



Blue Moon

The general energy available during the blue moon supports us focus on ways to increase our connection to ourselves and to expand that connection to all life.

The season will vary depending on the month the blue moon occurs

The direction will vary depending on the month the blue moon occurs

Suggested Aspect/Element: Working with Your Own Personal Rhythms and Cycles

This is the month to live everyday with the focus on your connection to Divine Energy. This energy flows through us whether we are aware of it or not. It IS the breath of life. Our choice is not if we use the energy, but how we use that energy. Read/re-read the material for the 13th month/moon and for the months just prior and following this blue moon cycle.

How the general energy of the moon cycle supports us:

1. If you are fortunate enough to have a blue moon in you Circle of Self® year, you have an invitation to become YOUR vision.
2. This energy calls you to get clear about what in your personal history may be limiting your process.
3. Focus on ways to increase our connection with/to Divine Energy on a daily, moment to moment basis and with all of life.
4. Work with the general energy suggestions for the moon cycles just before and after the blue moon cycles

Create a special 'advisory board' for this month:

Imagine that you have three wise elders sitting in a special council with you for the next 28 to 29 days. One will be the wise woman who supports you living your vision of yourself in your full potential (not perfect—just good enough) This elder represents the energy of the 13th Month in the Circle of Self® year. The wise elder of the blue moon brings with her/him the energy of your connection to All That Is, the Divine, God/Goddess. Sitting on either side of her are the wise elders of the moon cycles just before and after the Blue Moon Cycle. As you imagine the three wise ones coaching and guiding you, reflect on their unique gifts and teachings and how they support the direction for your life. With this extra support and energy what can you manifest or work on in your life that you would ordinarily not feel able to take on or tackle. Your goals for the previous month receive extra support and your goals and focus for the next month can begin to be energized.

In addition, take some time to use this month to look deeply at your personal history for patterns and experiences that have repeated themselves throughout your life. When you find these patterns or themes, see if there is a longing or a need that is identifiable with the patterns. This may be a time when you might seek a mentor or coach to help release and move through any unresolved issues that are underlie these patterns.