

FULL MOON in AQUARIUS

Musings for Aquarius

With its focus on distributing blessings to humanity, Aquarius is a great sign and energy to have for the beginning of a new calendar year. If we fill ourselves with spiritual energy love and light, we will begin to feel the desire to share it with others. The more we grow, the more we have to give until we can radiate it like the angel depicted above.

The angelic realm has a special affinity and connection with Aquarius and as we enter the Age of Aquarius more fully we will see a growing relationship between the angels and humanity. Perhaps you feel/work with it already.

The element connected to Aquarius is fixed air. In Aquarius one task we need to learn is to hold the air (a symbol for intuition light and love) so we can begin to be able to transmit it to all...so think of angels with trumpets and the water bearer with his/her pitcher of overflowing water. The air in Aquarius needs containment for the energies to be able to be built and distributed. For example we say .. Hold yourself steady in the light.. Here we are holding with the mind so we can contain the spiritual energies and then express/distribute them. Think of the creative pause in a ceremony or in the breath or think of the times we contain our feelings rather than express them. Learning when to contain and when to express is an important discrimination to learn ...and Aquarius is a great time to do it.

During the month when the sun moves through Aquarius we can work at ways to contain and express appropriately. As we learn to do this we learning our angelic craft and learning to be active participants with the angels and the Aquarian Age.

Here are a couple of possible things to practice and learn to work with around the Aquarian energies. You will probably be able to think of many more.

*Endeavour to find a balance between emotionally containing and expressing. If you mostly hold onto your feelings, you may try to practice expressing them to yourself and/or to others and if you tend towards expressing your feelings a lot of the time you might try containing them (with awareness) within yourself.

* When you have a day involving much activity- endeavour to pause at times and be aware of yourself. If you have day when you are not very active, balance this by expressing yourself physically mentally or emotionally in some ways.

*Above all in the month of Aquarius hold steady in the light whenever you can... then pour that Light out to all of humanity and say the mantrum for Aquarius which is "Water am I poured out for thirsty people/humanity"

I look forward to seeing you at the time of the full moon so we can explore these ideas further together