

AUTUMN EQUINOX and ARIES FULL MOON

Musing for the Autumn Equinox and Aries Full Moon

At the Autumn Equinox, the light of day and the darkness of night are of equal length and we then start an energetic move towards Winter with the nights gradually becoming longer than the days. The Autumn Equinox is a time of balance and on the wheel of the year sits opposite the Spring Equinox. Along with the Spring Equinox in the Northern Hemisphere, this brings a balance to the earth and with the Solstices forms the cardinal cross.

The Autumn Equinox this year falls approximately 4 hours before the Full Moon which is in Aries since we move into the sign of Aries at the point of the equinox. The Full Moon in Aries is a cardinal fire sign which brings a vital energy which can be compared to the vigour of a spiritual warrior or the enthusiastic growth of spring and the rebirth of the land following the winter. This is why Easter is celebrated at this time, for our Easter here is calculated from the Full Moon in Aries which in the Northern Hemisphere is spring. So here we have the spring like energies of Aries at autumn! In a sense in autumn we express the other side of spring and vice versa ... both are points of balance but headed in different directions.

If we imagine a seesaw, then the equinoxes provide the pivoting balance point, the midway point between the 'highs' and 'lows' of the Solstices. They encourage us to think of how we find the balance or the midway points in our life and the Aries full Moon energy encourages us to do it with vigour and enthusiasm. If we look behind us, we see the 'high' of the Summer Solstice and looking ahead we see the 'low' of the Winter Solstice but here on the equinox we are perfectly poised between the two extremes. In our lives this can help us to balance out the extremes in our lives by finding the dynamic equilibrium or balance within. This year the close proximity of the Aries Full Moon can help us to apply ourselves to this spiritual task with enthusiastic vigour!