

LEO FULL MOON



Musings for Leo “ENCOURAGEMENT”

One of the things that always stands out for me as we move into the sign of Leo is the growing awareness that there is a little more light in each day. August the 1st or 2nd is the midpoint between the Winter Solstice and the Spring Equinox. The sign Leo is deeply connected with the sun and we can see this reflected in the male lion with his mane like the rays of the sun and in lions in general with their tawny golden colour. The sun, like the lion is “royal” and is the sovereign energy for our planet and life on this planet. In Esoteric Astrology the sun is the ruler of Leo on all 3 levels- the personal the soul and the spiritual... the only sign to have the same ruler on all levels.

Our internal sun helps us to grow into the royal being that we are, which is the soul and spirit within us... the golden fire of Cosmos that is deep love loyalty royalty, strength and enthusiasm. Our spiritual life is about encouraging our soul and spirit to reign supreme within us as the lion reigns as king of the jungle. As we do this, we also increasingly want to reach out to others encouraging them to grow and shine too. Notice that the word encourage has the word courage in it. The warmth that we develop in our heart encourages all around us to grow and shine and fills all with the courage needed to travel the spiritual Way.

So, in the sign of Leo lets **encourage** ourselves and others to shine and imagine our hearts opening and becoming BIG with love. When our enthusiasm or the enthusiasm of other's wanes, let's shine with the sun to support ourselves and them inspired by the energy of the Leo way. If you are low and there seems to be nobody around here are some suggestions....

Eat the herb Borage well known to give courage with its lovely blue flowers (delicious in salad with a cucumber like flavour). This herb is also reminding us that in ray terms the sun's ruler is ray 2... the blue ray of love and wisdom.

Endeavour to be outside for a while when we get the warm sunny days and absorb the sun. Practice breathing deeply in the sun and imagine it flowing throughout your system. Then send this fiery encouraging love energy to yourself and to others- not in an intrusive way but in the way of encouragement and support. Help COURAGE to grow everywhere. Feel the sun in your solar plexus and breathe it into your heart. Let your heart open in self-acceptance and love of self and feel yourself to have the qualities of warmth, generosity, royalty and fire.

The colours for Leo are all the sun/flame colours ... red yellow gold and blue for ray 2