

You are invited to a

Wesak /Taurus Full Moon Celebration

to be held at

The Aquarius Healing and Education Centre

154 Mt Barker Rd Stirling

Monday 16th May 2022

1.00pm to 4.00pm

(Exact FM time 1.45pm same day)



The event includes a guided visualisation and meditation to join with the pilgrims who gather in the Wesak valley to celebrate Wesak. We will also share in ceremonies, input and discussion. To honour the Buddha and the Buddhist tradition the altar will be setup in a traditional Buddhist way . There will be some input about this from a Buddhist practitioner. Questions welcomed . The celebration will be followed by a shared afternoon tea . Please bring some food to share if staying.

Everyone is welcome to attend and although there is no charge, donations are gratefully accepted in the golden bowl at the event or can be made any time at People's Choice Credit Union BSB 805 050 Account Name: Conscious Connection. Acct No: 2371918. Account holder Margaret Tscharke. **All donations received from the Wesak celebration will be given to Buddhist projects yet to be named.**

If you would like further information about this full moon or other work I do, please contact me on **m.0400886872** or email me at skydancer8@bigpond.com or check out my website on www.wholisticpsychology.com.au or on face book www.facebook.com/wholisticpsychology.

Meg and I look forward to seeing you and celebrating this special time together.

Some thoughts and activities for Wesak and the Taurus Full Moon.

Wesak is a multilayered spiritual event and is a high point of the spiritual year. It celebrates Buddha's birthday, his life and death as well as his enlightenment. Wesak celebrations are held in many places, with the most special being in the Wesak valley located on high alpine plains of Tibet about 400kms west of Lhasa. From the Wesak valley there are views of Mt Kailash and the sacred lakes.



This area in Tibet is of deep spiritual significance and Mt Kailash is sacred to many spiritual traditions as well as to Buddhists. For some time before Wesak, pilgrims gather in the valley to meditate and pray and receive teachings from teachers and masters and to prepare themselves for the appearance of the Lord Buddha at the exact Full Moon time - for it is believed that at the exact time of the full moon in Taurus, the Buddha returns to the Earth for a few minutes to give a special blessing to humanity. At this same time it is also held by the esoteric tradition, that in the constellation of Taurus, the red star/sun Aldebaran (the eye of Taurus), opens and becomes a direct conduit of power. We can via our heart and inner eye open and receive many blessings from this alignment. This connects to the mantram for Taurus which is “When the eye is open all is illumined/light”.

The spiritual blessings available at Wesak are profound and I believe they are enhanced and more safely accessed when we work in group formation. When the group aligns it can safely become part of the Buddha /Taurus eye , inner eye connection and be open to many blessings and insights available at this time. It is said that the masters and teachers of Shamballa spend time preparing for the powerful energy flows of Wesak energy.

It useful and valuable for us to prepare too. There are many ways to do this. Here are some ideas..

Sit in a quiet space centre and breathe deeply. Align yourself individually to the sky and the earth and allow your heart to open . Sense the group and join heart to heart, mind to mind, soul to soul and spirit to spirit. Extend the group field by imaginatively allowing yourself to be part of the crowds gathering for Wesak and also with all spiritual workers across the world who are preparing as well. Use your breath to stabilise this connection. Continue repeating in your heart /mind.... “ heart to heart , mind to mind, soul to soul, spirit to spirit” to further deepen and stabilise the connection.

Develop a connection to your etheric inner eye, which you can sense in the middle of your head and which is the etheric pineal gland. Bring to mind the eye of Taurus (Aldebaran) and allow your higher self/Buddha nature to support and embrace you in your group consciousness as you imaginatively align these “eyes”. As you hold your focus there, ask your soul /buddha nature to reveal to you what you need to see and understand about your life or about the issues facing humanity and ask for insights about the plan/purpose for these. Or explore another insight you wish to deepen into. Write or draw to ground the insight if need be. If it seems right, bring any insights to the group to share.

Preparing ourselves for Wesak is important and Inner insight growth and guidance will come if we set a focussed heart intention and work for the good of all .

I look forward to seeing you and sharing more at the Wesak ceremony

Love

Janet