

Spheres Of Light Full Moon Circle 26/10/2018



Full Moon in Taurus



Jenny Taylor

On this night we will be connecting to the energy of the Taurus Full Moon. The Taurus Full Moon provides the opportunity to consider the purpose and direction of our life. Decisions that are ever expanding and deepening, that may bring transforming life changes within us.

As Taurus rules the throat, we may feel a strong urge to give voice to our emotions. On this night we will be opening our chakras with sound and allowing our inner self to find our true voice. This is a powerful time to give voice to our feelings; this Moon is assisting in releasing what needs to be released and helps us to recognise the value in our own emotional experiences.

Full Moon in Taurus (25/10/2018 3:45am)

The Throat Chakra: Domain of Taurus and Self-Expression

The Taurus Full Moon is going to help us to find our power. This is the strength that comes when we align with our centre and remain calm and open, even in situations that are volatile or difficult. This Full Moon is not necessarily going to conjure up challenges for you, but it may highlight and expose your triggers and you could find yourself feeling off balance or out of sorts. Taurus affects our throat chakra. The throat chakra is about the harmony of thought, sound, music, spirituality, emotional wellness manifested in the expression of communication through vibration.

Taurus is connected to the throat chakra. This chakra is one of the most stabilizing and spiritual places from which to speak from your physical and multidimensional body. It governs everything that you must express to others and helps you to become more aware of any issues that you may be in denial about. The throat chakra is the energy vortex that harmonizes your ability to express yourself and communicate with others. The throat chakra helps you tap into both personal and collective centres of creativity available to you.

Artistic Expression and Emotions - This is the chakra of spoken word artists, poets, singers, orators as well as any art medium that has to do with sound and vibration. This chakra has a very powerful psychic link to your ethereal body. This powerful link can manifest if you are feeling sad, angry, confused, content, ecstatic, or happy. This chakra energy must be expressed regardless of your socialization, shyness or any contrived ideal that may cause you to repress it. This blockage, whether it is real or perceived, can bring on sore throats, coughs or a sudden ringing of the ears; complete with high pitch frequency tones that you cannot always describe or interpret verbally.

When the throat chakra is not open, the energies become toxic and we undergo decay and bad health. When it is open, we radiate the vastness of imagination and possibility from the part of us that co-creates with the divine. This cosmic union gives us the ability to transmute negative experiences into wisdom, learning and growth that impact us emotionally, psychologically, socially and spiritually.

A balanced Throat Chakra will cultivate clear communication and creative expression within ourselves and to be received from others. Opening this delicate chakra will summon our inner truth and help that truth to be represented vocally.

Signs of a weakened throat chakra include: shyness in speech, stuttering, nervous clearing of the throat, a sensation of choking back emotions, whispered speech, or perhaps eliminating vocality altogether.

Signs of an hyperactive throat chakra include: chronic sore throat, laryngitis, rapid speech, self-deprecating speech, inability to listen, condescension/judgement and dominating conversation.

We will change the order around this circle with the activity going before the meditation. We will be sounding each of our chakras preparing our selves to find our voice. Start with smudging the circle and everyone and use the drum to change the frequency of the circle.

The Ritual

Opening the Circle

We honour the direction of the East and Air
Where the sun rises
Laughter of the Kookaburra
Spiritual birth and awakening
The realm of the child and young adulthood
The energy of the season of Spring
We honour the wisdom of the Elders of the East
Welcome!

We honour the direction of the North and Fire
Red-bellied Black Snake in the midday sun
The energy associated with life force
The vitality that arises when the heart opens
The realm of the mother and father
The energy of the season of Summer
We honour the wisdom of the Elders of the North
Welcome!

We honour the direction of the West and Water
Water Dragon lazing at the water hole
The direction of the setting sun
The place of harvest and letting go
The realm of the maga and magus
The energy of the season of Autumn
We honour the wisdom of the Elders of the West
Welcome!

We honour the direction of the South and Earth
Where the sun is hidden
Echidna lying deep within its burrow
The underworld, grounding and self realisation
The realm of the crone and the wise man
The energy of the season of Winter
We honour the wisdom of the Elders of the South
Welcome!

We honour the Centre, Father Sky & Mother Earth
The space of the all, right here, right now
The space of stillness and presence
The space of Spirit
We honour the knowledge of the Ancients
Welcome!

Finding Your Voice Meditation

Take some deep breaths, allow your breathing to completely calm your body, allow all your muscles to relax.

Now become aware of what is going on in your mind in this moment. Observe the thoughts as if they were soft clouds floating across the sky of your mind. Don't pull the thoughts down to engage them, simply allow them to pass by.

[let 30 seconds go by]

As you breathe direct your breathing through each of your chakras starting at the base chakra and gradually working up through each chakra. Notice any deeper feelings or emotions that arise as you go through each chakra. You are not trying to change any of this. Simply observe and hold it in your awareness. Acknowledge that you are not your thoughts or feelings; you are something deeper than that.

[let 30 seconds go by]

Now turn your attention to Awareness itself. Become aware of your own Awareness, the knowingness that lets you perceive all this, the inner spaciousness that holds together all the sensations, feelings, and thoughts that make up your experience in this moment. Just visualise that you are separate entity observing your awareness.

[let 30 seconds go by]

Focus your attention on your own Awareness. Experience your Awareness with your separate Awareness and notice how calming and peaceful it feels. Now gently sit your mind in this place of nourishing stillness. Let yourself “be” that stillness.

In that state of complete stillness, notice those aspects of you whether, physical, emotional, intellectual or spiritual that has not been fully expressed, voiced either to yourself or aloud. How do you perceive those unexpressed aspects? How does that make you feel? Do you feel frustrated, sad, angry, confused or other feeling?

[let 30 seconds go by]

Now gently notice your breathing: cool air coming in through your nostrils, warm air going out ... breathing in ... breathing out ... as you breathe again through your chakras gather feelings and then deposit them in your throat chakra ready for release.

Envision a pure, crystal-blue light, streaming in like a spotlight from the creator to the centre of your throat. As you inhale and exhale, see it fill the space and projecting those aspects deposited for releasing.

Now allow a deep sound come from your throat out through your mouth chanting Haaaaaaahmmmm

Expand the crystal blue light to go deeper and purify the larynx, the vocal folds, the thyroid. Deepen the breath and resume your chanting the sound “Haaaaaaahmmmm”.

Envision any toxins, impurities, and contradictions as black vapor separating from the blue light. Inhale deeply. Open the mouth, stick out the tongue, and exhale strongly on a fiery ‘HA’ sounds letting all the breath drain out. Expunge the impurities as you repeat 3 times.

[let 30 seconds go by]

Slowly take your time and come back to an awake state. When you are fully awake find that space within you that is your true voice and then project the sound of your true voice aloud.

Group Activity - Chanting through the Chakras

We will visualise the light moving down through our crown chakra down our spinal cord down to the base and we will chant through each chakra 3 times.

Base – Laaaaaaaaaaaaaaaaam

Sacral – Vaaaaaaaaaaaaaaaaam

Solar - Raaaaaaaaaaaaaaaaam

Heart – Yaaaaaaaaaaaaaaaaam

Throat – Haaaaaaaaaaaaaaaaam

Third eye – Shaaaaaaaaaaaaaaaaam

Crown - Oooooooooooooooooom

Closing the Circle

We release the space of the Centre, Father Sky and Mother Earth, the space of Spirit and the Ancients and give thanks for their teachings and blessings. Hail and farewell.

We release the direction of the South and Earth and give thanks for its teachings and blessings. Hail and farewell.

We release the direction of the West and Water and give thanks for its teachings and blessings. Hail and farewell.

We release the direction of the North and Fire and give thanks for its teachings and blessings. Hail and farewell.

We release the direction of the East and Air and give thanks for its teachings and blessings. Hail and farewell.

