



New Moon Shadow Dance



Moving from Arrghh to Aha!

Libra 2015

Journal Prompts

Libra New Moon

Today is October 8, 2015 and this is the Libra New Moon Shadow Dance. Libra New Moon occurs on Monday, October 12 at 6:06 pm Mountain Time. I am Barb Horn, founder of All Embracing Change an intentional community that is passionate about reclaiming our own truth and power. Welcome. For those of you who have been doing this for awhile, it is good to connect in person again. If this is your first time, thank you for exploring this work. I guarantee a shift in your life if you show up for at least three new moon shadow dances in a row. They are progressive. I know each of you have busy and important lives and I thank all for choosing to take time and do this work.

The cosmic weather report was busy last month. Some of those energies have shifted and some are still here, but is simpler from an activity point of view. So take a breath. Your hard work all spring and summer will unfold and pay off, patience is still a virtue. .

You are reading this for a reason. We have been building a foundation in our inner worlds to shift from the energies in the Age of Pisces to the Age of Aquarius. Aquarius is here, we are not waiting for it anymore. If we want unity, community, relationship to self in context with the whole then we have to change our inner worlds, which will cause a change out there. A new relationship with the earth and others starts with a new relationship with our self and Source. Whatever you say to yourself "I can't _____ because or until _____", is just a story you hold onto that is keeping you small and holding you back. You are awake or waking up and while that is challenging it takes much more life energy and pain to stay where you are than it does to claim your power and truth.

Why work with these energies? Staying stuck is painful, repeating patterns, attaching to stories and beliefs that no longer serve me and that were likely never mine is painful. Change is painful but not as much as all those other things. Change is constant. All Embracing Change is about claiming your power, your truth, so that your life flows. Flows with constant change, flows from lesson to lesson, experience to experience with resilience, openness and joy. Being in this human body and arriving is not about not feeling lower vibrations (sadness, anger, depression, apathy, etc.) – you will as long as you are human. It is about not staying there and choosing a path out. About choosing the tools of compassion, blessing and forgiveness. It is not your job to save the world, only to save yourself. All Embracing Change is about embracing you as an amazing and brilliant being. The world needs you!

If these energies are working and learning us anyway, why not understand them and work with them? This is sacred work. It requires showing up and paying attention. It requires listening to your intuition and guides. It cannot compete with to-do lists and constant motion and dilution of attention. Commit to loving yourself this way. I guarantee your life will shift if you pay attention to three new moon energies in a row. They do build on each other. Taurus new moon asked you to value yourself, Gemini to speak your truth, Cancer to set boundaries, Leo to Play, Virgo to be a team player and Libra to bring balance to black and white thinking and relationships.

The moon represents a deep connection with our emotions. You have to have a relationship with your feelings to do this work. Her shadow work is a call and response. She calls us to let go and release what no longer serves us and we can choose our response. Some months it is obvious and clear while other months it is murky. Some months it can feel like a large load and other months you get it and it is easy. Trust, stay open. You are never alone. Imagine a stadium of all of us in this community, awakened and open, witnessing and supporting each other. And smile. The work may be hard but it can be fun and infused with levity, in fact I require it.

Working with the new moon is our natural way. She travels around the signs every 28 days and acts as a reporter. She is your connection to your emotions. So she will show us exactly, through emotions, what it is we believe, hang on to, ignore, rationalize away, give away or control that keeps us small, keeps us from our truth and living the life we are here to live and deserve to live, whatever keeps us from feeling joy and love more than any other vibration. She shows us our shadow essence, energies that need to be brought into the light. In the darkness you find your brilliance. In the new moon your shadow essence shows up. It is your opportunity to take out your emotional trash and what is keeping you from your big dreams.

Your job is to figure out what you need this month to make this new moon work for you?

Since there is no live call this month I am going to do the journal prompts a little different, like a worksheet. First, get rid of any distractions, light a candle, and create a sacred space. Focus on your breath, play soft music, relax. Let the day's activities slide away and focus on your breath. If you drum, drum for five minutes or so. Center yourself, allowing tension to release and invite on supportive ancestors, guides and allies to join you. Set the intention to be open and listen. You want your responses to come from your subconscious not your filtered conscious mind. Trust what comes up when you read a prompt. Read it and sit with it before responding.

Libra works with Aries

Six months ago, in the Aries new moon asked to wake up and lead or initiate and deal with anger, a fire sign. Libra is an air sign, also one that asks for change or movement. You are being asked to empower our beloveds and work toward social justice, beauty and dynamic peace. A path of balanced alliance with the earth and all beings, to love in a mutually empowering, non-codependent way, develop practicality and trust your gut.

1. What did you lead or initiate back in April that now needs balancing with Libra love, beauty and balance? That you may need to reconnect with in a now empowered way to carry it further?

Libra New Moon Shadow Energies:

Sabian Symbol of 21 degrees Virgo is “A Jewish rabbi in a tiny room full of manuscripts and books, performing his duty” (The Sabian Oracle, Lynda Hill). The ancients divided the circle of the sky into 360 degrees to understand the 12 constellations or zodiac sun signs movement throughout a year. They gave each zodiac sign 30 degrees, times 12 is 360. Each sign, like Virgo combines uniquely with a degree like 14 degrees and creates a specific energy and story. Sabian symbols are a set of 360 words and phrases that characterize these unique energies in astrology.

A Jewish Rabbi in a tiny room focused on manuscripts symbolizes a man of religion in a constant state of learning, interpreting and reinterpreting text. His job is to translate spiritual teachings and administer them on behalf of the community he represents. All religious documents, the Old Testament, the Talmud for example have changed to be relevant to different cultures. For us, this symbolizes that we need to be aware of our established wisdom, be it religious or otherwise, but remain open minded to the way we apply that wisdom to your modern day to day life. In order to have this kind of freedom of thought, the Rabbit needs to have a thorough knowledge of the history of the foundations of the society he represents.

2. Where in your life is the established wisdom (traditions, rituals, it is this way because it is this way) and the way it is interpreted or implemented keeping you from your truth, manifesting, from integrity? (Confusing, contradictory, not relevant, doesn't honor all, etc.)? It no longer makes sense to interpret these things literally, it is your intuition, your eye on beauty and balance that can bring these up today's standards, even if that mean letting them go an replacing with new ones. This may not be popular.
3. How can you bring balance to the intent of ancient wisdom but upgrade its interpretation and implementation to include all, honor all?
4. Conversely, where are you being religiously dogmatic (in religion or other part of your life) holding on to rules of the book for the sake of rules, to be right or in control?
5. Where are you sticking with conventions, losing your own sense of individuality because you are not aware or not willing to buck the system?
6. Where do you have an over inflated sense of self? This will show up in self-righteousness, distrust of different religions (remember religion is not necessary a God thing, when someone has a belief they worship, identify with and preach that is a religion, NRA gun owners have a religion for example)? Where is intolerance showing up for you, different ethnic, religious, socio-economic backgrounds or other? This is where you get to work on breaking down your barriers, inviting inclusion, honoring both you and other.

*I call that mind free which jealously guards its intellectual rights and powers, which calls no man master, which does not content itself with a passive or hereditary faith, and receives new truth as an angel from Heaven, **Woody Allen***

*Rituals are important. Nowadays it is hip not to be married. I am not interested in being hip, **John Lennon***

*Individual commitment to a group effort-that is what makes a team work, a company work, a society work, a civilization work. **Vince Lombardi***

White Knights New Moon

New moon name this month is the White Knights Moon. The white knight dawns a youth who is the romantic, idealist white knight. Saturated in ideals, always looking for perfection in everything, doing right and correcting wrongs, rescuing people who then ought to be grateful, but often are not. He does this good not for applause but for principle. He can be rather rigid in his principles as he is young and everything is still black and white, gray is not on his radar, everyone and thing gets put into one box or another. His principles however are ruled by his heart, even if he doesn't see that, it is deeply felt.

7. Where are you being black and white in your life, coming from your principles and heart? Where are you rescuing people you think need help but have not necessary asked for it? Because if you give it, something in your life will be better, harmony, ease, peace, finances, obligations, duties, etc.?
8. Where are you looking for perfection by your definition, rather than allowing others their own learning path?

You may feel the scales of Libra's balance swing back and forth trying to find equilibrium. One side is under the influence Venus and seeks harmony, love, beauty and is invested in aesthetics and avoids conflict. The other side is air, windy, contentious and seeks abstract justice at all costs – even the cost of harmony, love, beauty and conflict. Force for justice doesn't care if pretty just fair. For beauty is often unfair, justice is often unbeautiful and we have contrast. The call this month is to balance both simultaneously. This new moon will focus on justice and launch you into black and white, right and wrong, good and bad. Some will ask you to jump in and resolve their conflict and others might roll their eyes if you initiate justice.

9. Where, with whom do you seek harmony, love or beauty but are avoiding conflict, asking for what you need, confronting injustice?
10. Where or with whom are you seeking heart based justice, demanding it at all costs? Where are you seeking things in black and white, right and wrong or good and bad?
11. You are being asked to re-examine your ideals, are they still serviceable and proven or just default knee jerk reactions that cause more harm than good now? Are they keepsakes but we don't really believe them? Have we been disillusioned and how did that happen? Are you willing to fight for what you believe in, even if no one else believes in it? Can you go to the silence and give it a voice, even if it is not the popular.

Every form of addiction is bad, no matter whether the narcotic be alcohol, or morphine or idealism, Carl Jung

Those are my principles, if you don't like them I have others, Groucho Marx

An idealist is one who, on noticing that a rose smells better than a cage, concludes that it will also make better soup, H.L. Mencken

Your Birth Mandala

We each have a personal mandala for our lives our birth chart. Each house in the mandala is a specific aspect of life and each new moon is asking you to walk through a door of that mandala. If you know which of the 12 houses Libra is in your birth chart that is where the primary trigger for this new moon will show up, what aspect of your life. For example, Libra is my 3rd house, the house of communication, self-expression, family ties and day to day travel. How I speak, think and write, logic, memory and manual skill, siblings and extended family relationships. The shadow energies of Libra new moon will show up in these areas of my life. Where am I resisting, guarding, doubting or defending self-expression? My extended family relations may trigger some situation or drama and I know I will need to own and look at some part of that. ? If you want a one-on-one to explore your birth mandala and new moon influences. I do primers on planet and house energies, as well as other goodies and more in the works on www.allembracingchange.com/classes-programs/new-moon-shadow-dance/

12. Where is Libra in your personal birth mandala and what is it saying to you?

13. It is time to balance- lives and loves (ancient wisdom with modern application for example), the mood is sociable, friendly, open, diplomatic, romantic and curious. You are called to pursue social justice and negotiate as equals, time to beautify world and nurture relationships. Be a peacemaker by knowing your own mind, handle conflict smoothly and balance relationships with purposeful work. What is your relationship with conflict, peacemaking and stepping up to pursue a social justice issue by negotiating as equals not dominating or being underdog?

Year of the Ram

And the theme is wild card because it 100% depends on if you show up for you and your growth this year. A wild card too because the goat has a choice to roam (doesn't have to stay and work). Goats never run out of things to eat (good or not good if distraction). They can digest plants poisonous to other animals but know what will harm them (bring this awareness to what poisons you). Goal is to focus on what we want, what is nourishing, fun, digestible, to have flow with our thoughts realizing we always have another choice. Discerning what is impure for us around teamwork, around solitude and around work and health matters. Sheep are asking you, bringing you opportunities to cultivate kindness, nurturing and caring for you and develop a sensitivity to all beings.

14. Reflecting on these qualities, what is coming up this Libra new moon?

In Your Body

15. Libra rules the kidneys which symbolizes partnerships. A pair of kidneys balancing extremes of one or the other, filters out disagreeable people from qualifying to be our partner, helps body with hydration giving us life and sustaining us, it all must pass through this pair – pay attention to this part of your body, especially around partnerships. The ultimate soulmate experience is that no experience is individualized, all is experienced as a partnership. Your entire lower back region maybe impacted and if so, look at your partnerships, especially close ones.

Other Planet Energies to Pay Attention To this month:

16. Venus and Mercury were retrograde but came direct October 9th, you should feel this shift before the new moon energies. You can review Virgo New Moon Shadow Dance journal prompts if you want to reflect, in www.allembicingchange.com, new moon classes archives, that goes for all these planet and eclipses.
17. Saturn is now in Sagittarius starting on September 17th and will be there for two years. We will be tasked now to clean house on our embellishments, hype and spin. Those who trade in spin will find their fortunes fail and backer's flee, so if that is you, this will be extra challenging. Restoring integrity is the goal. It will be a period of getting down to the simple, true story, no frills, no substitutes. We will see many examples playing out around us, but this will happen in your inner world too. If you are already there, then others will be looking to you for an example. You may already be feeling this in your life.
18. Mercury is in from August 27-November 2. We are asked to bring more rational approaches to one to one relationships. Improve your negotiation skills. Learn to see both sides. Don't so easily accommodate others without considering yourself either.
19. Partial Solar Eclipse, happened last month and those energies stick around for six months. Eclipse super charge a cosmic energy. We have two this month one partial solar the other a full lunar. Eclipses are tied to changing circumstances (you can already feel the context right?). However, we are usually the ones to precipitate or attract changes because our "inner guides" know that we need it. We are progressive by nature, which is why going with these energies is less work than resisting them. Although we might stay in situations that make us miserable for longer than we should, deep down inside we know that change is necessary for growth. Solar eclipse energies stay around for six months, lunar eclipses for three months. I will remind you of this next month.

The partial solar eclipse cannot be seen by us in North America. This eclipse will especially influence sharp minds, researchers, perfectionists, organizers. Jupiter (expansion) is in Virgo, so mountains can be made of mole hills. You want to integrate left and right brains, balance. You might find the logic left side taking over, or people and their logic taking over without knowing it.

This brought up areas where you are being dutiful or self-sacrificial, where you have power but are not exercising it and are a drone for others. Work and health matters were brought to life, new beginnings regarding work, attention to details, fitness, health-regimes and daily routines. Flaws in these areas of your life will be revealed, don't ignore them. What does this mean for you? What was the redo for you and how is it going?

Take advantage of the energies. Be proactive, discriminate, start a new health and fitness routine, set up routines to help manage your life in a positive mindful way, learn the power of now. Be in the now and master the details in front of you, this frees up day to day energy, your mind of clutter. . Be careful of striving for perfection and go to guilt versus excellence, this is where Pisces energy of compassion can help, finding the beauty in imperfection is a path to balancing this energy. Some of you may be hearing a new calling all together in the next six months, work that better aligns with your inner world, desire to serve or emotional make may

unfold. Pay attention to what shows up this eclipse period, what shows up will need attention, don't ignore it, it will have consequences down the road.

20. Lunar Eclipse on September 23, beginning about 7:07 pm and full at 9:11 pm Mountain time. This energy will stick with you for three months, some of you more than others. This will bring up what you need to purge and release that is no longer serving your higher self. Will illuminate issues with primary relationships that have been festering since Aries 2015, or February. The earth gets in-between the sun and the moon and interrupts the flow of energy. Depending on what we have done the past six months, we will see the fruits from what we planted. If it has been conscious, planted with care, nurtured, watered and weeded we will see a fruit. If the past six months have been stressful, or asleep or something in-between we may not birth anything alive, have a miscarriage. It is a question of how you handle change. If you don't pay attention to change you need it comes up as a volcanic purge. If you sit down, be quiet, listen, give it voice, feel it, allow self to cry or emote you shift. It will be an emotional time. You don't need to dread it. Tears are sacred salty purification. This eclipse will bring out leadership qualities and the trail blazer in you.

Keywords: connection with ancient sources of truth and understanding, faith in abiding laws, inherited wisdom, ancient books, rituals, initiation ceremonies, book work, studying and worshipping, doing deeds on behalf of the community, religious services, writings that reveals rules for living, advocates, hidden knowledge.

Make a SoulCollage[®], share with me your aha's. If you need support or a witness this month, please call me. Namaste.

Most important, whatever you intend to let go, release, transform that is keeping you small this new moon, set that intention 24 hours before the new moon and release it 24 hours afterwards. Then pay attention to you dreams.

Yea for you loving you.

Learn to Love, Love to Live, Live to Laugh

Barb

Live Classes Return!

visit www.allembicingchange.com (all new!)

Scorpio New Moon Shadow Dance, November 4th, 6-7pm