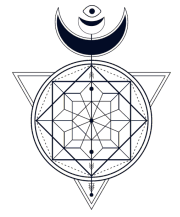


Re-connecting with Lunar and Solar energies



You will need

- A candle or something to represent fire and/or the Sun
- A glass or bowl of water

Practice

- Begin by getting quiet and comfortable somewhere where you will be undisturbed for at least 20 minutes – although take as long as feels right for you.
- Take some time firstly to consider your own thoughts around Solar and Lunar energy – what do the Sun and the Moon mean you and how do their energies manifest in your life. We'll go into this a little more deeply below, but it's always good to check in with where you are to begin with.
- When you're ready, start by lighting the candle. As you do that, mentally call out to the Sun and the Solar energy to join you in this space and work with you.
- Now close your eyes and imagine the Sun itself rising from the flame of the candle until it positions itself, fully formed, just in front of you and over your head. Feel its warmth and light upon your face, and take your time to sit in that energy, allowing it to shine upon you.
- As you do this, consider the ways in which our ancestors would have seen the Sun; as the bringer of all light and the fuel of all life. Consider that once upon a time the Sun enabled and supported so much of what was needed to live and to thrive.
- Allow yourself to sit in that energy for a moment and see what it brings up for you, then feel the Sun moving closer until it is right above your head, shining not just onto but into you as its golden light warms, illuminates and enlivens every cell of your body.
- Sit in that for as long as feels right, and when you're ready, give thanks to the Sun, and see it moving further away from you, dimming and falling back towards the flame. When you're ready blow out the candle.

Re-connecting with Lunar and Solar energies



Continued

- Next, take hold of the glass of water; looking into the water mentally call out to the Moon and begin to visualise it rising from the water as if over the sea itself.
- Close your eyes as you imagine a Full Moon (although it's OK if she comes to you in a different form) positioning itself above and in front of you. Feel its luminous, peaceful light above you and shining down upon you and sit in that light for a little while.
- As you do that, consider what the Moon meant to our ancestors; the way it acted as something of a clock for them, helping them to understand the rhythms of the Earth and of themselves. Consider how the moon represents nature and her move from seemingly empty darkness into the fullness and fertility of Summer.
- Recognise the ways that the Moon would have supported those who came before us in knowing when to rest, and when to power ahead; and in trusting that what was once full would be again, no matter how stark it may look in the meantime.
- Again, sit in that energy for a moment and see what else comes up for you, then feel the Moon moving closer and closer until it is right over your head, shining onto and into you as its pearlescent white light illuminates, soothes and inspires your every cell.
- Sit in that place for as long as you wish, and when you're ready give thanks to the Moon then see it moving away from you, becoming less and less visible as it sinks back into the water.
- When you're ready, take a few deep breaths and take the time to come back into the moment, looking around, stretching out and allowing yourself to come fully back to the hear and now before going about your day.