

Mother Tongue

New Moon April

Together we continue to dance along as the wheel turns toward increasing light in the Northern Hemisphere, and toward the death the decay of darkness in the South.

This New Moon cycle embraces a few of my favorite cross-quarter days in the Celtic Wheel of the Year.

In the Northern Hemisphere we are anticipating the first mark of summer - a fire festival known as Beltane, or May Day, which is celebrated on May 1st with the sun in Taurus. The Southern Hemisphere is moving toward Samhain, or final harvest where the seed is distilled to be taken into the cycle of life to come, hidden deep in winter's dreaming until spring.

This spectrum of power is one of the crossroads of transformation. Beltane is a celebration of life, fertility, passion, sensuality, and pleasure - it invites us into a feeling sense of the power of life (*eros*). Samhain is a celebration of surrender, dropping away, releasing - we explore here a feeling sense of the power of death (*thanatos*).

Both Beltane and Samhain are archetypal invitations into feeling and being, more than doing and controlling. Beltane energizes the one of us who is perfectly content in the meadow of wildflowers, feeling the springtime sun on its skin, enjoying the sheer pleasure of being alive and surrounded by life. Samhain is the part of us that flows deep under the surface, that shows up with intuition, strong emotion, and a pull to go into the depths and discover what is there.

Regardless of where you find yourself on the globe, I invite you to feel these two complimentary energies together - and how one couldn't exist without the other.

Learn:

Read the section on First Summer in the East Guidebook.

Read the section on the Gibbous Moon in the East Guidebook.

If it moves you, find any supplementary resources you can on Womb Wisdom, Pleasure, and Sacred Sexuality. One great resource is the book:

[Womb Wisdom: Awakening the Creative and Forgotten Powers of the Feminine](#)
by Prakasha, Padma Aon

Live :

My invitation to you this lunar cycle is to track the erotic - the thread of passion and pleasure that lives within you, and within all expressions of life. This is the energy that draws us toward each other.

The erotic aspect of our lives is one of the least understood dimensions of human experience today. In broad strokes the erotic within each of us is the very essence of vitality and power. - it is life force energy; the red thread of passion that underlies everything. Our erotic energy has the power to transform, create, to enlighten, and to experience more of our world and ourselves in it.

This seasonal energy is the lure of becoming that takes you to a place that is simultaneously edgy and a bit terrifying and enlivening, energizing and fulfilling - the front line of our lives. It is paradoxical and full and lives on a spectrum of life and death, known and unknown. Tracking the erotic invites us to learn how challenge and obstacle, and change can be delicious, pleasurable and fulfilling experiences to lean into, and how sensuality, desire, and power callus into creation.

Unveiling the erotic in our lives is about unveiling your own potential for flourishing. In this way it's both connected to, and uncoupled from sex. It is a whole systems concept - it's about unveiling life force in every life arena, in all facets of you inner and outer. We assume that the more we free up the pulse of life, the more wildly, authentically and turned-on we live. The more effective and magnetic we become. The more potent.

Tracking the erotic is akin to tracking what makes you come alive, feel good, experience presence. Eros is everywhere in the world - plumping up flowers, buzzing through bees, in smells and tastes, in the simple movements of the body.

How are you called to track?

What imagery, sacred subjects, altar items, tools, artwork, journaling, dance, or land-based practice are you called into from your pleasure center?

Another way you can track the essence of this spectrum of seasonal power is to begin a daily womb meditation, where you simply tune in to that space of becoming and potential - of life and death, and listen/learn from the wisdom that is there. You might begin a dialogue with your womb, or base a movement practice off of its intuitive desires in the moment. Remember - the womb in Celtic shamanism is a center of perception - just like the heart and the head. How might you set yourself up to come to know this center?

Reflect :

What is the story you are telling yourself about sexuality? About your own sexuality?

In what way is the erotic something more than sex?

What or who in your life is drawing you in - human or other-than-human, for connection, intimacy and exchange?

What does your womb-wisdom whisper when you pause to listen?

How are eros (life-force energy) and thanatos (death force energy) related?

Lead :

As women in leadership we need to acknowledge and be in right relationship with all our many voices and expressions. Sexual/sensual energy is one of the most repressed, withheld, and misunderstood - understandably so in our culture of distortion.

And yet it is this same energy that we pull from in order to show up fully in the world - with some charisma, or at the very least a soft invitation for connection with our people and families.

Creating spaces, classes, and visions of beauty is also related to this seasonal energy...to set a mood, or a space for healing and discovery.

Eros is also related to our voice, and our creativity. As leaders, we need to speak out - to let our voices be heard and heard with power. Your task as leaders this month is to commit to optimizing your energy.

Where have you depleted yourself, or denied yourself pleasure?

How can you regain that current that you so dearly need to offer your gifts to the world?

What kinds of self-pleasure practices do you have for yourself?

How might you guide others into creating practices of their own?

What needs to be said, or sung, that hasn't been?