

Mother Tongue

September New Moon & Autumn Equinox

A beautiful and earthy happy New Moon in Virgo to you all, and wishing you a harmonic turn of the seasons as we shift toward the Equinox.

The Virgo New Moon is a wonderful time to honor the physical - our bodies, our homes, our food... Virgo when it is in balance, is in service of sacralizing - or making sacred (re-memorizing the sacred) our daily lives. She's wonderful at helping us review where we place our time and attention, and with what quality of heart.

REFLECT

Contemplate the generosity in your life. What do you notice?

Review where you may hold back from offering yourself in service. What might you be afraid of? What is at risk?

Where do you experience grief in your life? What is your relationship to grief?

Where do you experience abundance in your life? What is your relationship to abundance?

LIVE

I suggest that you set up a self-designed ceremony for the Equinox in a few days to mark the gifts of the season of fire and warmth and light, and to offer yourself - and all in your life that is ready to make way - to the art of death. Make like the leaves in the fall and go with brilliance and beauty! Refer to the reflection questions in the Guidebook (Autumn or Spring Equinox...also listed here above) to help contemplate how you might do that in a meaningful way.

LEAD

If you are working with a group, you might design this ceremony for others, or simply host a council. A council is a ceremonial sharing circle where strong boundaries and guidelines can help people go deep and share what's really on their heart. Here are a few ways to do it:

1. Set complete confidentiality
2. Pass a talking piece (your choice) counter-clockwise for the season (earth-wise). Only the person with the talking piece speaks. No responses are necessary, but when the speaker says they are complete, everyone can hum or grunt or make a small sound so they know they were heard fully.
3. Listeners are offering the gift of their present attention from the heart. No judgement, and no talking in the bushes afterwards!
4. To begin, speak to all the guidelines, any intentions or topics you might have and stir the pot with a poem or a reflection practice (you could offer the questions above). Place the talking piece in the center and the first person that feels called to speak begins. Then the piece goes earth-wise.
5. You can choose to set a time limit, but if you have a small group, I'd suggest not. Let people know they don't have to make sense at all, they are not performing, they can "speak" through movement or silence or sound or song in addition to human language.
6. Set up your space with soft lighting and candles...make sure people are comfortable to sit for the duration.