



Evolving Shamanic Reiki Master Teacher LEVEL ONE FULL MOON SHADOW PRACTICE

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MOON SHADOW

Immerse in nature whenever you can. Remember that ‘she’ is ‘you’. Feel her through what challenging collective or personal life circumstances may press upon you – feel the vast and loving spirit of the Earth always here to guide and support you. Offer back to the Earth in whatever ways you can, and this will keep your connection with her strong.

*Shadow Cannot Remain Shadow by the Light of a Full Moon.
This is the time when the Mystery is Cracking Through.*

I had a vision last year of two very angry men fighting. Their blows were finally broken by their tears, which brought them to embrace.

As I watched this scenario play out, a voice said:

“Whatever is in you – and other – that sees you – and other – as “enemy” – intensifies now to be eventually broken down.”

No shadow can remain shadow by the light of a full moon. Everything is seen for what it is, as all comes into the light.

There is an intelligent wave rolling through. There is a mystery trying to crack through. We may feel lost as if in a dark night, but it is here in this lost place that we will find who we truly are. The way to touch the mystery is the listen, so that we may truly hear. This is a deep, intuitive listening, which opens to feeling. It is how to feel the vibrations of the moon and other luminary bodies, and of the universe. Open to the spaces in between – people, things, ideas, each breath. Open to sacredness and the cosmic sounds.

The internal struggle in each of us reverberates with and reflects social and global struggles that play out externally.

By the light of the full moon, ask the moon to help you see your internal fight for what it really is; really listen. Make peace with the ‘enemy’, the stories of ‘other’ that reside within you – however you can. Allow all the stories you’ve been told and those which you also tell yourself – of who you are, and what our world is – to soften.

Ask the moon’s swelling light to help you see and embrace every ‘other’ within.