

THE MOON IS MY CALENDAR

MOON MANDALA COLLECTIVE

“The powerful lightning bolt clings to the cloud to turn it to rain. It opens the womb and soon there will be the birth of new life.” — Tao Te Ching



Image: National Geographic

THEME FOR THE CYCLE

ELECTRICITY OF (RE)VOLUTION (January/February Lunar Cycle)

Aquarius “We are all in this together ...”

- Feel free to reinvent yourself and release the fear of what others may think
- Express your role in creating inclusive community networks
- Consciously share your light to help liberate others from what binds them
- Encourage progress to the next stage of development

Prompts: How can I open up my creative process so that there is room for surprises? What am I willing to go on a limb for, to step out of the box?

Intention and affirmation: I am willing to speak my truth. I am free from the need of other's approval. I can channel brilliance when I open up to the current of energy that wants to flow through me. My sound current is healing.

Aquarius is like electricity because both are full of surprises and transmit a current of brilliance.

- Air waves.
- Sound waves.
- Sonar communication. Think dolphins.
- Current, up to date. Who am I now? Get current with yourself.
- This waterbearer air sign activates imagination that is unbound by convention.
- Carrier of message of progress, communicating the pulse.
- Circulation. Making waves. Wake-up call.
- A rebel without a cause, or a rebel with a cause?
- Living and speaking your truth liberates others. When something comes out of (seemingly) nowhere to wake up the personal and the collective, this is Aquarius energy.
- What does it feel like to be on the same "wavelength" as someone?
- Every hair on the body is like a little antenna that picks up on vibrations in the environment. Sound current. Flowing. Waves and frequencies.
- How are you able to change the frequency with your words and ideas?

- Electricity is a form of energy, a current, a flow of charge, and a transfer and movement of particles. It is also a state or feeling of thrilling excitement!
- In an electrical storm lightning occurs when there is a build-up of a charge.
- What happens to you when there is a build-up of charge? Without thinking of it as good or bad, notice when you have a feeling of lightning striking in your life. How do you feel about lightening - write a few words.

Read more about Aquarius on Guru Rattana's blog: [New Millenium Being](#)

Lightning is like quicksilver, a symbol of rapid change, a flash of insight, something powerful and magical that creates a connection between heaven and earth. How might you bring this energy into your creative practice?

Other symbolic meanings of lightning*

- Power
- Clarity
- Sacred
- Fertility
- Creativity
- Revelation
- Inspiration
- Destruction
- Enlightenment
- Announcement

*from [Aviva Venefica](#) I love her work, but the website has soooo many pop-ups it is hard to read.

ARTIST SPOTLIGHT

Remedios Varo (1908-1963)

Surrealist painter, exiled from her homeland of Spain to Mexico

Creating other realities and possibilities through images

Exploring outer and inner landscapes

Dreams, magic, and psychology

“Still Life Reviving” was her last painting - a cosmic reflection of the cycles of life

Book [The Magic of Remedios Varo :: National Museum of Women in the Arts](#)

WARM-UP MEDITATION

KUNDALINI YOGA SEVEN WAVE SAT NAM MEDITATION

Tune-in with the Adi mantra: Ong Namō Guru Dev Namō

I bow to the Creative Wisdom, I bow to the Divine Teacher within.

- This meditation can help you access your creative voice and not get swept out to sea by negative thinking. Sat Nam translates as True Self or bowing to the truth.
- Vibration comes in the form of waves of light, sound, and energy. Thoughts are silent sounds. What we vibrate we become. Mantras help to change the frequency of the mind and the body.
- When you chant Sat Nam it activates the eternal truth that resides within.
- Audio track by Madhur-Nain Webster: [Here](#)
- Link for how to do this Meditation: [Here](#)

CREATIVE PROCESS

ELECTRICITY OF (R)EVOLUTION MOON MANDALA

Refer to the Mandala Collective Overview PDF for the following steps as you begin:

SETTING THE STAGE + PLACE OF POSSIBILITY

TEND TO YOUR CREATIVE FIRE

EMBODYING THE INTUITIVE PROCESS

SUGGESTED MATERIALS

- New Moon Calendar Journal or paper
- Something with texture: I used a shell, it could be the bottom of your shoe
- Colored pencils, pens, crayons and/or pastels
- Collage materials: magazines and glue
- Hair, yarn, or string (optional)
- Use what you have on hand, there is no expectation to buy new supplies

STEPS FOR THE NON-LINEAR INTUITIVE CREATIVE PROCESS

These steps can be used a guide to the creative process. Your process may be totally distinct. Make it your own, make a mess, make it meaningful and transformational!

- Set the timer for 15-20 minutes, light a candle and see what comes through you onto the page "I am entering the place of possibility!"
- Begin with a word, something you want to connect with: I chose serendipity
- Write the word and bring it to life with little dots of energy or color
- Follow prompt from *Wreck This Journal* by Keri Smith: Scribble wildly, violently, with reckless abandon
- Get it out! It doesn't need to be directed at anything, just release what has been build up inside
- From this storm of chaos begin to draw some rhythmic waves
- You can draw waves as you chant the seven wave Sat Nam - or another word or mantra if you like
- Notice the difference see how it feels to move with reckless abandon, and how it feels to move with steady rhythm
- If you have something with texture, transfer that on to the mandala so that it becomes woven into it
- Electricity is a form of transfer, what else can you 'transfer' into the image
- Begin to tear a magazine page - what was whole is now in pieces
- As you tear the paper, work with the theme of lightning, surprise, sudden change. Now you get to put it all back together in a new way.

- Try another prompt from Wreck This Journal: Write with the pen in your mouth
- Thoughts are silent waves, your words make waves, how does it feel to write with your mouth?
- What new awareness does this bring?
- Work with hair, string, or yarn as if it were a receiver, perhaps glue it on
- When you reach a pause or stopping point - you may close the mandala with a wave around the outer edge
- Continue to be in conversation with the mandala throughout the cycle to see what messages it holds

Refer to the Mandala Collective Overview PDF for the closing steps:

THE END IS ALSO THE BEGINNING