

New Moon February 2011. The locals are crazy. Listen to what they have to say.

Having been through a few winters here in Sandpoint, Idaho, I've become accustomed to the crazy temperature swings we get. From forty above to forty below, over and over again. We get these massive plumes of moisture that start somewhere down by Hawaii, dumping a soggy sponge of wet-snow-turning-to-rain. Then the arctic dome bulges over, temps drop, maybe the wind blows.

I've always kind of wondered what it's like to come here for the skiing. It can be so good – but then again, it can be unusually bad. Rain to the top of the mountain, winds over 50. Which it was about a week ago. Or like yesterday, -30 with the windchill. And there you are, the vacationer. You planned the trip a couple of months ago, got the time off of work. The package was a good deal, the destination interesting. And now you're in your room, the kids are bored, it's getting a little gnarly. Wherever you go, there you are, right?

You could put in a movie, let the time go by. Imagine a family plugged in like that, in their room, the TV and the video games. Is this a vision of life?

Or you could look around, see if you can find a cozy café, read the flyers on the bulletin board, see what kind of place this really is. When I imagine being a tourist here, I find a nice little lesson on how important it is to be flexible.

We could do the tropical vacation metaphor, too. The weather is great, but there are 6 inch centipedes and cockroaches as big as a cat. Or, there are no bugs but you see the guys spraying clouds of insecticide.

It's enough to make you drink, or smoke, or stay glued to the TV, anything to escape. But you've been through that, by now, and you've realized you're here to see what's here.

There're lessons in being the journeyer. You signed up for the trip. When you write home, what are you going to be writing about? The movies you watched? Or the crazy barista you met who told you about a great art show in this funky antique store where you talked to the woman from Switzerland who came here 25 years ago and fell in love with someone and now she does this incredible healing work and she told you about the most amazing restaurant and....

It's a choice you make, that's all. It's both not that simple and that simple. If you have hope, and allow yourself to be guided towards the good stuff, it seems to work. No guarantees, but man, I've found some amazing things in those aimless wanderings that come when my original plan ran into rain, or cold or _____.

I think this is a good month to keep that in mind. Because the inner journey is ON.

One of the reasons I like writing these MoonCycle pieces so much is because it reminds me to be adaptable, to be open. I get a chance, with every New Moon, to set an intention of being a good tourist. I know that the Half Moon Waxing is often where I meet my, how shall we call it? Lower chakra self? And then at the Full Moon, there I am again, and how did I do? And then the Half Moon Waning comes along, and I somehow really understand where I've been all month.

There are so many metaphors that give me perspective when I look at these month-long journeys. It's a plant cycle, from seed to root to stem to flower and back to seed. It's a Chakra journey, from the heart down to the root up to the heart, up to the crown and back down to the heart. Its tides and waves and beginnings and endings. Circles and lemniscates. Diamonds.

And the moon phases represent the most accessible astrological energies. They are the direct expression of the Sun and Moon in relationship to Earth. The Sun's light is in a sense this constant, cosmic life force, and the rotation of the Moon around the Earth is sort of a cycle of the unconscious response to the Sun's light. The light always shines, but our relationship to it, the sense of it, is cyclical.

But doesn't it help to know it's cyclical? It's like knowing a little about the places you're going to visit. The weather – what're you going to do?

So, what I want to say about this month is that it looks like the weather is going to be a little tough. You could be walking around in your mind, the little towns you visit, not sure what there is to do. Talking to some crazy locals.

The New Moon is all about possibility, about potential. I see it as a time for really setting intentions. At this point in the article, I usually find a way to tie what I'm talking about into a Chandra symbol, which is what I'm going to do now. I tune into the degree of the Moon or some key planetary position that gives me a way to look at things as lessons, possibilities for growth.

For this month's New Moon, which is exact at 6:30 PM, Pacific on February 2nd, what I'm tuning into is the energy of the Half Moon Waning, which doesn't actually occur until Feb. 24th. I'm still aware of the New Moon energy as a seed-state. I can affect the potential of my journey through the month ahead. To use the tourist metaphor, if I set an intention to go ski perfect powder and show up for a rain event, I might end up feeling trapped. But if I set an intention to welcome every possibility as a chance to learn love and gain wisdom, then I'll probably have an amazingly rich trip.

Tomorrow evening, at the New Moon, I invite you to meditate with me on the energy of the potential in letting go of expectations. You are on an inner journey, and you have crazy voices in your head. It's too hot or too cold, there are bugs. What can you do? You signed up for this trip.

Take it, with - *A woman, manacled in solid gold chains.*

“Vividly attached to your own personal limitations, idiosyncrasies, and karmic backlog, you are identified within a strict circle of familiar difficulties, dilemmas, issues, and problems. Habituated to a thick atmosphere of being surrounded and enveloped by all the places you have hung out forever. Immobilized by your will and truly feeling incapable of overthrowing the past. You feel chaotically fascinated by and deeply saturated in patterns, syndromes, and subconscious escapes. Yet in the fiery midst of this very enchantment, you can go free if you inwardly come to a place where all the old spells no longer work and your resurgent spirit simply refuses to confound itself any further.”

Improvise, and the old spells no longer work – it's a choice you can make. Take what you can get.

May the Moon make you free!

Jon