

Meditation at the full moon



Many believe that symbols can convey living truths. By meditating at the time of the full moon, or during the full moon period, we can be said to be acknowledging this unimpeded relationship in the heavens as a symbol of the potential for unimpeded relationship within ourselves, and between humanity as a whole and sources of light, love and power. It presents us with a time of opportunity, a time in which we can allow spiritual energies to reach human hearts and minds. The meditating individual is part of a network of meditation. In places groups meet as well, strengthening the 'channel'. It is a conscious

and deliberate process, a reorientation of the heart and mind towards sources of spiritual energy and a conscious direction of the energies and impressions received out into the world, using the mind to create thought currents that will carry new ideas into the world of human thought.

Imagine, if you will, the world at the time of the full moon, with people from around the world sharing in meditation. A massive global intent is manifest in human hearts and minds, an expression of human will to serve in a spiritual sense. Each meditating unit adds to the network, adds to the focus. Like a series of radio telescopes focused on a particular part of the night sky, the worldwide meditation network focuses on the unimpeded relationship between sun and moon, and through that to the opportunity this time presents for unimpeded relationship between the soul and the human heart and mind, between humanity and sources of spiritual light, love and power.

It is a vast enterprise, unseen by many, like a regular monthly in-breath with the thought-life of humanity being replenished by the flow of spiritual energy, oxygenating it as our breathing oxygenates out blood. As more and more human-beings choose to share in this work, the breathing deepens, the oxygenation grows. Human thought is vitalized, human hearts are instilled with greater life. As a result, human behavior and relationship can be adjusted to reflect the light, love and spiritual power that can be, and is, drawn into the world. For this we work. The full moon provides us all with an opportunity for spiritual service.