

## Lunar Moon of Challenge

Essence = Challenge

Power = Polarize

Action = Stabilize

August 13-September 19

Drum Circle is September 21

Our Drum Circle is scheduled to celebrate the Autumn Equinox. Please bring snacks or appetizers.

Welcome to the lunar moon of challenge. The second tone is the 13 Moon Calendar. The tone invites us into the sacred dance of polarity. After the unity of the Magnetic Moon of Purpose, we now meet life's natural dualities: light and shadow, movement and stillness, expansion and contraction, etc. These are not contradictions – they are the rhythm of creation itself. Think of Yin and Yang.

How do you respond when opposites arise? It is good to become aware of how we handle polarity. It is felt as tension between the opposites. We are love and light and we are love and shadow. The dark is most often unconscious until it rears its ugly head. Embracing and integrating the shadow creates more love and light becomes even brighter.

We can approach this 28-day time knowing that we may want to use tools to integrate our shadow. Practical ways to

work with polarities – journaling, meditation, art making, and/or other practices.

The Lunar Moon reminds us that transformation happens not by avoiding the dark, but by entering it with courage. Just as seeds need the darkness of soil to sprout, we too must recognize our darkness to find our wholeness. When faced with tension, can you see opposites as partners in your awakening? Let's walk together as partners in this journey through polarity, balance, and transformation.

The totem animal for this Moon is the Scorpion, guardian of transformation. It teaches us about death and rebirth, reminding us that crisis is not only destruction, but also the possibility of profound transmutation. In its sting lies medicine: the chance to shed what no longer serves and to re-align with the essence of life itself.

I will bring blank calendars on Sunday with a sample of how to use them. Pick one up if you are interested in tracking synchronicities.