

LUNAR LESSONS: MOON GUIDED MEDITATION & REFLECTION



Professional wellness coach and mind-body skills practitioner, Cami Smalley, will guide a session that reflects on the wisdom of the (Harvest) Moon. Wear comfortable clothing for gentle stretching. Session will include breathwork, guided meditation, personal reflection, and moon inspired practice. Practice looking to the natural world for wisdom and instruction.

May: Flower Moon. September – Harvest Moon

This Flower Moon represents development, rejuvenation, and life's flowering. It's a time to celebrate fresh starts, think about personal development, and enjoy the beauty of nature.

Harvest Moon: Gathering harvest by light of moon (reflection)

SUPPLIES

Mats/bolsters/blankets/eye pillow/moon drum

Center table/candles/

Autumn: harvest/hunting

May: Flowers

WELCOME

Introductions

- Name, where you live, and favorite moon memory or association
- Introduce Guided Resilience – and Mindful Pause

Instructions for living a life:

Pay attention.

Be astonished.

Tell about it.

Mary Oliver

“We are going to the moon that is not very far. Man has so much farther to go within himself” is attributed to Anaïs Nin.

Warm Up:

Mountain Pose: grounded at Earth. Head tall to the sky. Palms open. Mindful Pause: practices to align body, mind, and spirit.

4-simple steps: Stop: to inhabit the body | Breathe: to nourish body, mind, and spirit | Think: Guided into movement practice, guided meditation, self-reflection, and group sharing

LUNAR LESSONS FROM THE MOON

•	
Make waves – move your energy – make shift happen <ul style="list-style-type: none">• Where does your power come from that guides, energizes, or supports your shifts?• Breathe and surrender to this flow...in body, mind, and spirit	Flowing Motion
Take up space!	Standing Cat/Cow – shoulder rolls

<ul style="list-style-type: none"> In the vastness of the universe...you are uniquely designed. You have your spot among the stars. What do you cherish most about who you are? About you show up to the world? 	
<p>Remember those you look up to.</p> <ul style="list-style-type: none"> Name those that stand...solid...consistent...as a tender grace, a gentle reassurance, a presence of light in darkness, a model of moving gracefully through phases of life and change. 	Upward Salute Side Bend pose
<p>Remember those who look up to you..</p> <ul style="list-style-type: none"> who do you guide with tenderness and care? how do you show up and reflect the light of goodness to others? 	
<p>Know what phase your experiencing – even as your life light waxes and wanes</p> <ul style="list-style-type: none"> How would you describe what phase you are in? Waxing? Waning? <p>Write it...or draw it out</p>	Supported Crescent Lunge
<p>Accept with grace the phases of life.</p> <ul style="list-style-type: none"> Do you notice any negative thoughts/emotions /resistance/ or denial around the particular phase of life you are in? <p>Witness light even in the dark moments of life. Where could you benefit from a shift in perspective?</p> <p>Shine despite your imperfections.</p> <ul style="list-style-type: none"> With fist at heart (fierce honesty) <ul style="list-style-type: none"> What parts of you do you judge harshly? In ways do you feel less than? More than? With fist at heart (fierce honesty) and the other hand gently holding your fist, acknowledge these tendencies, habits, conditioned thoughts...and breathe the grace and light of the moon...to carry deep love and acceptance of self...despite our imperfections. 	Hand mudra Moon Goddess
<p>Reflect light when surrounded by darkness.</p> <ul style="list-style-type: none"> Are you in environments where the mood, energy, or lens of the world, work, or relationships is dark? Heavy? How can you guard your own light? How can you shine or reflect goodness in these situations? Like the moon moves tides...your coherence can shift the energy/mood of others 	Star
<ul style="list-style-type: none"> 	Seated Triangle – Full Moon Arm Circles
<p>Humbly reflect the light to others.</p> <ul style="list-style-type: none"> Who, in your universe, could benefit from hearing the light you see in them reflected back to them? 	Pyramid
<p>Surround yourself with stars.</p>	Star with full arm circles

<ul style="list-style-type: none"> • Where to do enjoy observing the night sky? • How could you benefit by a practice of seeking and experiencing wonder and awe? • Who are the stars you surround yourself with in life? Do they add beauty, wonder, guidance? 	
Harvest/Hunt your blessings <ul style="list-style-type: none"> • PTG inventory 	Blessing Bowl
May: Flower Moon <ul style="list-style-type: none"> • Let this moon remind us to savor the beauty of this season...the colors, the new life, fresh beginning, striving toward abundance...and allow it to invite us to participate! • Oh what a special sweetness it is to participate in creation! – Pamela Nedav 	Moon Flowers
Bring gentle light, grace, and peace to the world. <ul style="list-style-type: none"> • What circumstances of your life could benefit from a more graceful, peaceful presence or approach? 	Calming Left Nostril Breathing
Shed light on your wish for transformation. <ul style="list-style-type: none"> • "I have to know what I wish, what I profoundly wish. I have to know the need of my being" (Jeanne de Salzman, Ibid., p. 193). Can you sense the need of your being? What you profoundly wish? 	Reclined Butterfly pose to Savasana

PRACTICE CALMING LEFT-NOSTRIL BREATHING (*CHANDRA BHEDANA PRANAYAMA*)

According to yoga philosophy, the left nostril relates to *ida nadi*. This energy channel is associated with cooling lunar (*chandra*) energy. Chandra (moon) nadi has also been linked to the parasympathetic nervous system (rest and digest response), the left side of the body and the right hemisphere of the brain, which focuses on intuition and creativity. *Ida nadi* is one of the three main nadis, or channels of energy, in the body. It is a Sanskrit term with *ida* meaning "comfort" and *nadi* meaning "channel" or "flow." In yogic philosophy and the sister science of Ayurveda, it is believed that keeping the nadis free of blockages promotes the flow of prana (life force energy), which improves physical and mental health. The *ida nadi*, which represents mental energy, travels the length of the spinal cord, weaving in and out of the chakras.

Ida nadi is also called the *chandra*, or "moon," nadi because it is connected to lunar energy.

In our consciousness there are two channels, nadis, the sun and the moon. These nadis are linked to your breath. Surya means sun, removing the darkness. The sun energy is your breath in. It is arising. You are giving life to your consciousness, to your heart, and to your soul. Chandra means moon. Your breath out is Chandra Nadi, you are discharging. Together – breathing in and breathing out – you are charging and discharging.

Chandra bhedana pranayama involves inhaling through the left nostril and exhaling through the right nostril.

A pilot study conducted at the Advanced Centre for Yoga Therapy Education and Research (ACYTER) involved 22 hypertension patients practicing 27 rounds of Left-Nostril Breathing. The research revealed that the patients had

an immediate decrease across cardiovascular parameters, including a reduction in heart rate together with systolic and pulse pressure, declaring it effective in hypertension management.

Along with cardiovascular benefits, nurturing chandra bhedana pranayama is practiced to reduce internal heat, refresh the body, quieten the mind, elicit deep relaxation and promote better sleep.

How to:

- Sit in a comfortable position either in a chair with your feet flat on the floor or on a cushion with your legs crossed.
- Keep your face and shoulders relaxed and your spine erect.
- Bring your right hand into *vishnu mudra* by folding your index and middle fingers into the base of your right thumb, and keeping your thumb, ring and little fingers extended.
- Rest your thumb lightly over your right nostril, and your ring and little fingers over the left nostril.
- Close your right nostril with your thumb and slowly inhale through your left nostril.
- Then close your left nostril with your ring and little fingers and exhale through the right nostril.
- Close the right nostril again and continue inhaling through the left nostril and exhaling through the right for a further 10 cycles, slowly building your practice to 27 rounds with time. (All inhalations are done through the left nostril and all exhalations are done through the right nostril.)
- This exercise can be practiced before or after yoga, or on its own

CULTIVATE GRATITUDE – HARVEST MOON

“Gratitude is a gracious acknowledgment of all that sustains us, a bow to our blessings, great and small, and an appreciation of the moments of good fortune that sustain our life every day,” writes Jack Cornfield, a renowned meditation teacher and author of *The Art of Forgiveness, Lovingkindness and Peace*.

A growing number of scientific studies have examined the effects of gratitude on mental and physical health. They have revealed that a gratitude practice lifts your spirits, promotes empathy, boosts happiness and can also enhance your relationships, decrease depression and improve your heart health.

HUNTER’S MOON (OCTOBER)

Post-Traumatic Growth inventory

Choose a lesser trauma to explore the wisdom from the moon that light/goodness is in all things.

**Development of
deeper
relationships**

Who has experience surviving such a trauma? Are there people whom I trust to share this experience and gain perspective in reframing the experience?

**Openness to
new
possibilities**

While I cannot change what has happened, what can I learn from this experience? How can this experience better prepare me for future stress and trauma? How can I transform tragedy into triumph?

**Greater sense
of strength**

Because I survived this experience, am I stronger than I thought? Are there role models who have grown stronger under conditions of extreme adversity and suffering?

**Stronger sense
of spirituality**

Is this experience bigger than myself? What brings meaning to my life? What are my true values? Are my choices aligned with my values?

**Greater
appreciation of
life**

Will this be a wake-up call for me and push me to reorder priorities in my life?

MAY – FLOWER MOON

Practice 3-Blessings Exercise in Final resting pose – the Bouquet of beauty in our lives