

The Cycles of Earth



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Plan, Do, Finish, Rest.
Living in Harmony With Earth
A Weekly Almanac Guide
Weekend of December 26-27, 2009

In A Nutshell...

We have moved into the Resting Sun Cycle with the occurrence of the Winter Solstice on Dec. 21. While there is much celebrating at this time of year, we also feel the desire to slow down. It is wise to follow that desire and allow the body more rest.

Mid-day on Thursday, Christmas Eve, the Moon will reach the First Quarter/Planning stage. The increasing energy is very subtle. We can perceive it as uplifting and carrying us to the New Year when the Moon will be full on New Year's Eve.

Last Weekend

December 19-20, 2009: Rest

Did you find a bit of quiet time for a break from the hustle and bustle?

This Weekend

December 26-27, 2009: Plan



Moon symbol from photo © David Haworth, www.stargazing.net/david.
Sun symbol from photo by NASA.

A Planning Moon in a Resting Sun Cycle bears little resemblance to its Spring or Summer counterpart. This is truly a season of subtlety. When snow blankets the landscape it masks what lies beneath, muffles sound, and gives us a different kind of beauty. When the cold drives us indoors, we find hot soups and early bedtimes inviting. We find ourselves in a different mood and needing different sustenance.

Plan to honor the season and your body-mind-spirit by choosing a nourishing, more restful lifestyle for the next two months of January and February.

Next Weekend

January 2-3, 2009: Do

A Doing Moon gives us a lively start for the first weekend of the New Year.

Musing

This is Christmas. This is home.

You may have come from some other place. You may eventually wind up someplace else. But for now, you are here. Why not consider it home? Look around, you have arrived in an authentically beautiful place. Not only that, we are especially glad you are here; welcome. We hope you will regard here as home and enjoy being here.

If you are thinking about being someplace else, you will probably not enjoy being here as much as you might otherwise. No sense complaining. For right now, it is undeniable. You are here. Make yourself at home.

Wise people seem to prefer to "...live in the here and now". Most of us here at home, live in a revolving mixture of the past, the present and the future.

Sometimes, we drift back into the past. Pleased to relive a pleasant memory. A few minutes later, we might suddenly be startled back into the present. We may hang out in the present for a while. And then, when the realities of the present become too much, we may drift delightedly into fantasies of the future.

Here at home, we drift around in the past, present or future whenever we like. Because, this is home. Kick off your shoes. Drift around at will. Enjoy being at home.

Perhaps someone, not at home, wishes to have what you have right now; to be here at home. You, however, have no need for such wishes. Because, almost as if by magic, you are actually here, right now, for real. Pretty neat. Relax. You made it home for another Christmas.