



ZODIAC MOON

*Integrating Symbolism into
your Every Day*

By Tess Hadley Durand

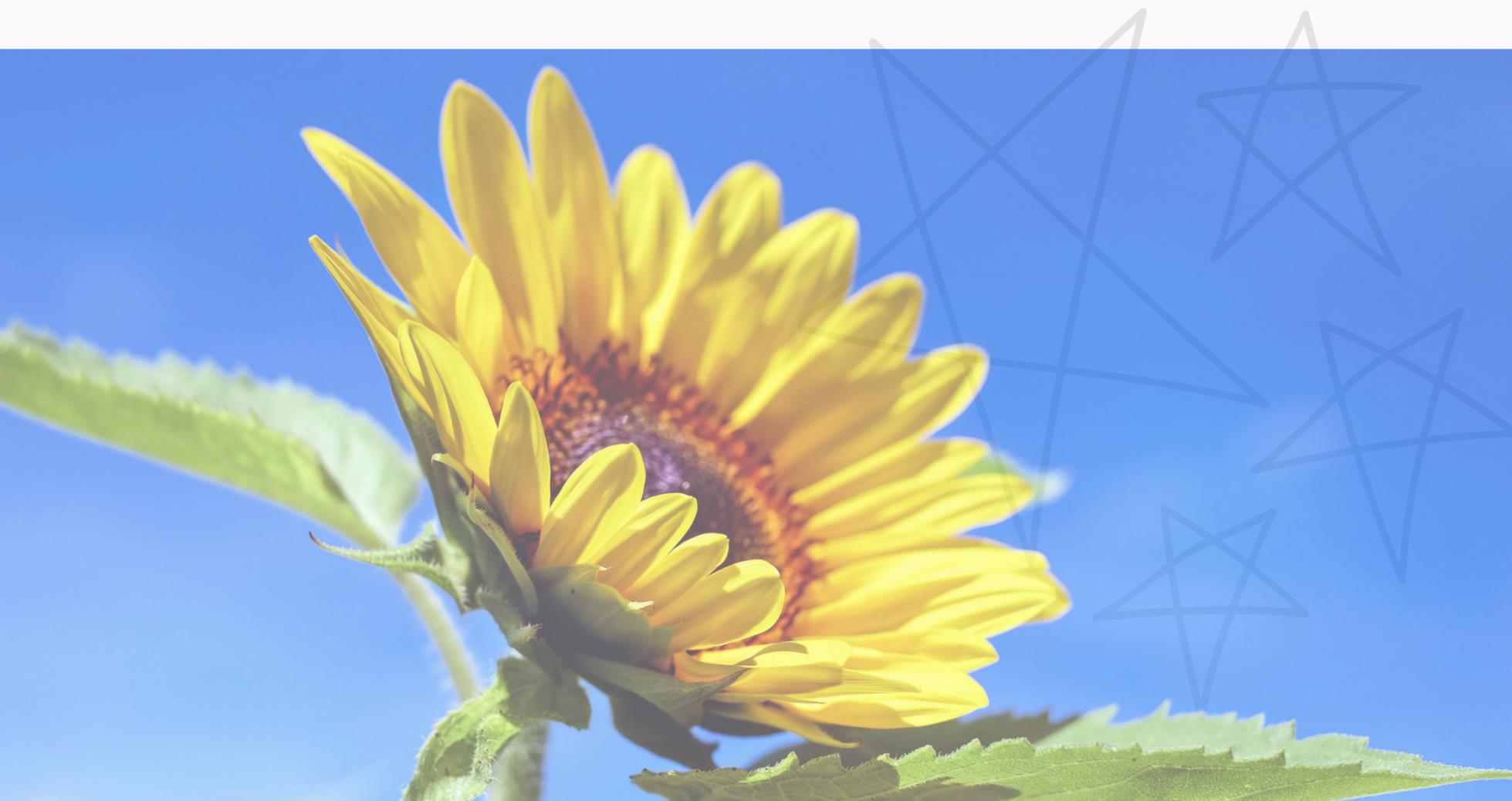


"WHERE DO WE LIVE SYMBOLICALLY? NOWHERE EXCEPT
FOR WHERE WE PARTICIPATE IN THE RITUAL OF LIFE."

- C G JUNG

The Ritual of Life

need not be limited to holidays, birthdays, weddings and graduations. We can participate in the ritual of life daily, and allow ourselves to be nourished by a more symbolic life.





What happens to us when symbolism is lacking? Is life much different without a conscious connection to symbols and their meaning?

Bear in mind, having a conscious connection to symbols and their meaning doesn't equate hours of study and discipline (unless that is your preference). Symbolism is dying to meet you half way, everywhere you look. The archetypes are as old as time itself. Rich in complexity as they are, they are also incredibly simple, and ready to be internalized, where they continue to grow and become more complex. They are evolving just as we are, guiding us just as we are guiding them.

When we attempt to integrate a bit more symbolism into our life, we are essentially tethering an interior part of us to the exterior, and thus reducing the painful fragmenting of emotions and thoughts that are inevitable in the ever increasing frenzy of modernity.



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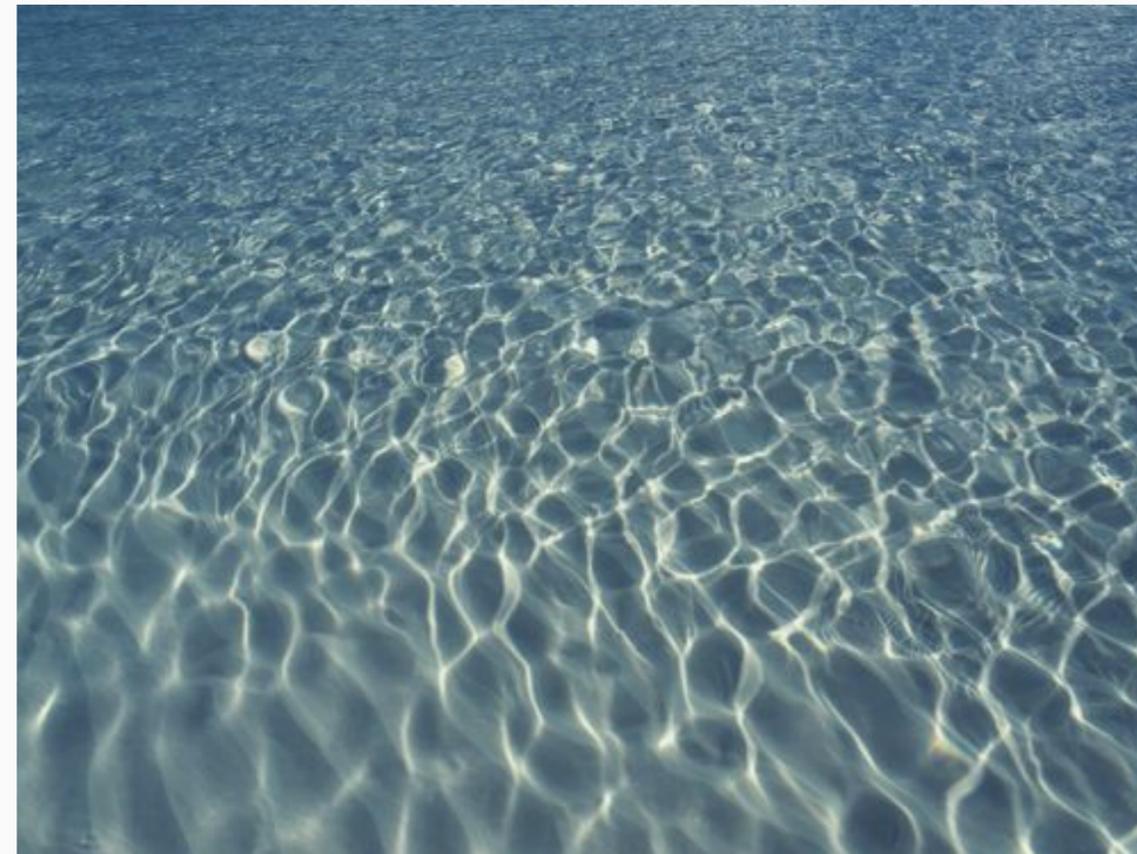
We are curious creatures, just look at the popularity of the internet! We thirst for novelty, information, connection and learning. We thirst for these things to such an extent that it can become an addiction. As we fall into compulsion loops of overusing the internet, we lose focus, and find ourselves less settled and able to contemplate.

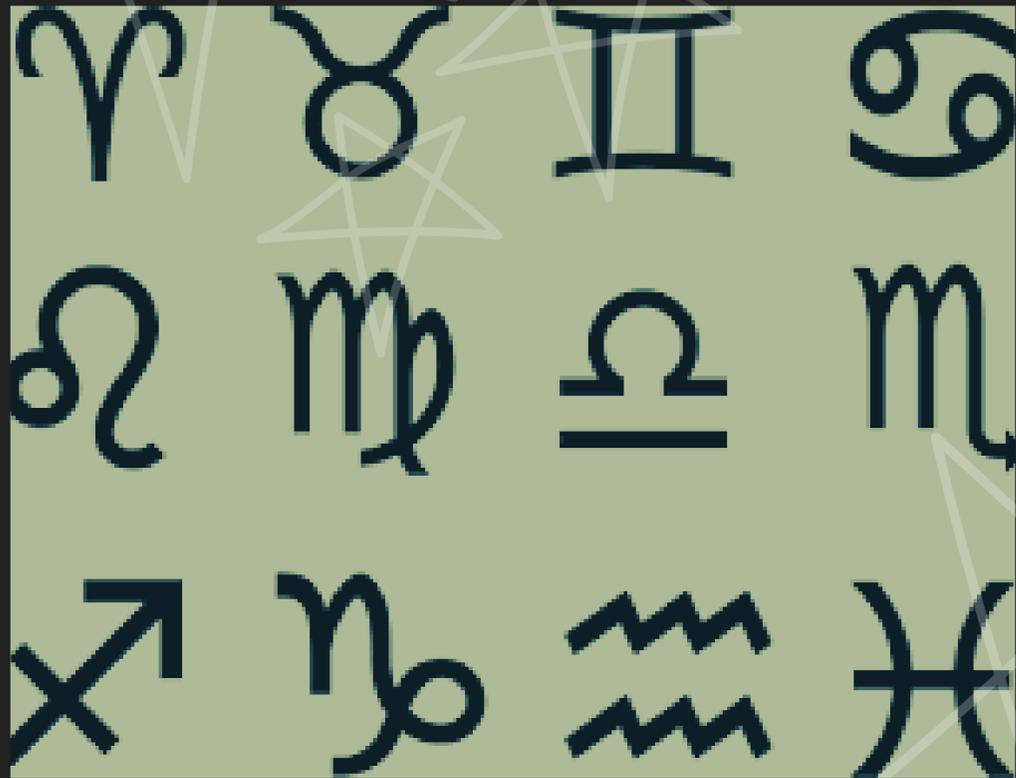
This curiosity is not meant to be quelled, it's meant to be nourished and strengthened. We are a thinking creature and a deeply feeling creature. We can project into the future and reflect on the past with fully conscious awareness. What a gift, to have such a nature in such a world that provides so many patterns.

The word archetype comes from the latin root “syn” and “tupos”, which together mean “original pattern”. The power of the archetypes lie both in their rich and ever evolving complexity as well as their timeless, unchangeable essences.

For example, the archetype behind the influence of the Moon, be it Artemis, the sign of Cancer, the Mother, etc., will never lose the essence of containment, protection, nurturing, subconscious mind, etc., as these are parts of it’s eternal essence. You can count on them as core essentials of meaning. From these core essentials, the evolution, the depth and the connections are endless.

Archetypes and symbols are never stagnant, yet they provide timeless anchors of meaning, *core* meanings that are the same today as they were since the dawn of time.





The Zodiac is a powerful tool for reflection when it comes to integrating symbolism into your life. Just like any individual archetype, the zodiac is both simple and endlessly complex. The avenues of contemplation are infinite, from the natures of each sign, to the way they interact, to their connection to the planets, to ourselves and others. You can go at any speed you like. If you never want to move beyond the mere contemplation of the connection between a lion and the Sun, that is just fine. And you may learn a surprising amount from such a simple reflection.

Symbolism in your Everyday



One very powerful way to integrate symbolism into your everyday life is by paying attention to the Moon.

The Moon is a constant in our earthly lives, just like the Sun and stars. Yet the Moon offers more noticeable change on a nightly basis, waxing into a big bright full orb of brilliance, and then waning into oblivion. It zips around the zodiac, as do the Sun and planets, yet the Moon zips a lot faster. The Moon stays in one sign for only about 2 and a half days, giving each archetype a more timely constraint of integration. As it falls in Aries, you can apply Aries insight into your daily affairs, and then 2 and a half days later, shift naturally into the insights of Taurus.



Such dependable changeability encourages a state of flow, where your internal life is tethered to the external in the name of meaning, where synchronicity becomes a common theme and where you can catch a glimpse at what the ancients deemed the “numinous”

This book is a simple introduction into a basic approach of integrating symbolism into the everyday, by the light of the Moon, through the circle of the zodiac. I hope you enjoy it.





The Archetype of the Moon

Before we jump into 12 shades of the zodiac, let's look deeper into the source of light that will be illuminating them.

The light of the Moon is soft, gentle, sometimes not very bright and sometimes brighter than ever. Yet still at it's brightest, it is soft. Such softness clues us into one of the essential principles of the Moon, which is the principle of nurturing, to foster growth.

The Moon is associated with mothering and fertility. It is a feminine, yin energy, meaning it is based largely on receptiveness.





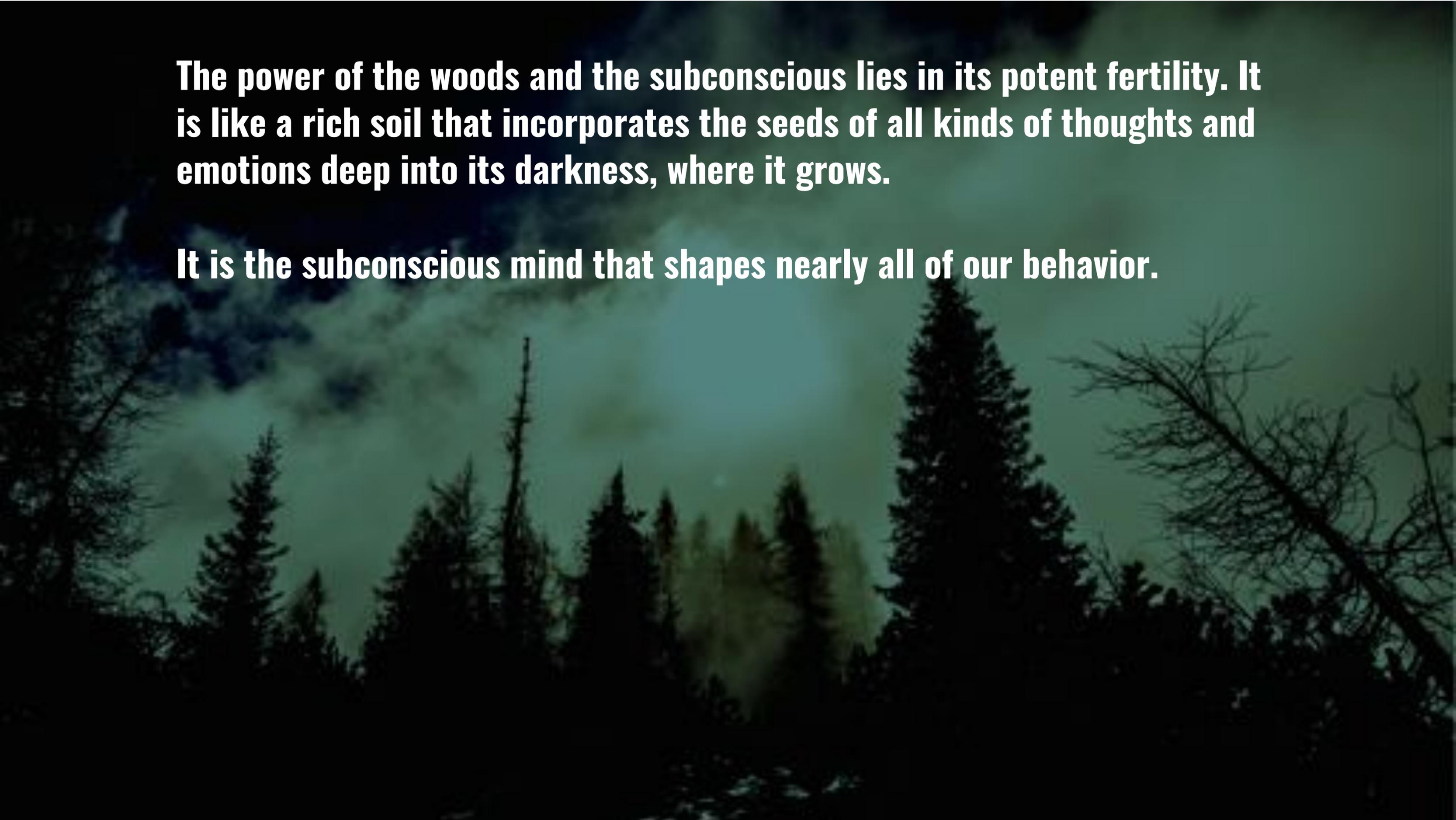
The dimmer light of the Moon compared to that of the Sun represents the Moon's connection to the subconscious, which is where much of our human consciousness resides. It is the subconscious mind that is in control of most of our behavior, and we are often completely unaware of its activity.

It is in the dim light of the forest at night that Artemis, the Greek Goddess associated with the Moon, runs along the hillsides. She chose to live a life alone in the darkness of the woods, where she could run and hunt, and protect the forest from invaders.

This forest at night is symbolic of our subconscious mind. Artemis' fierce loyalty to protecting it represents her commitment to keeping the subconscious healthy. She is aware of the power of the woods, and she pledges allegiance to maintaining its integrity.

The power of the woods and the subconscious lies in its potent fertility. It is like a rich soil that incorporates the seeds of all kinds of thoughts and emotions deep into its darkness, where it grows.

It is the subconscious mind that shapes nearly all of our behavior.



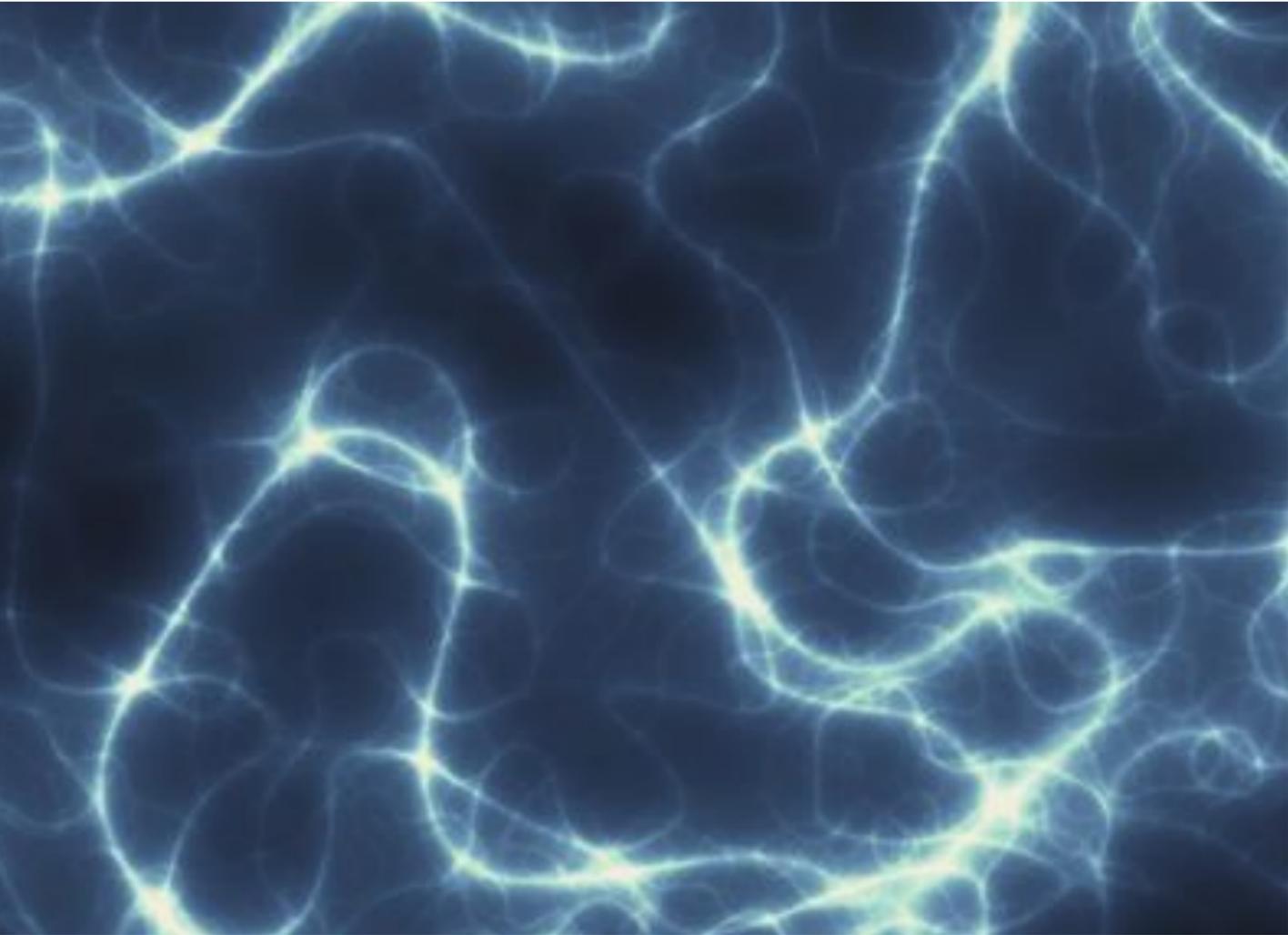
A very interesting thing about the subconscious mind is that it lives in the present moment. The subconscious' anchoring in the present moment is what keeps us driving our car safely, as our conscious mind travels into realms like "what should I have for dinner tonight?". The subconscious is a mind that is in a constant state of reacting to the the circumstances, feeling- tones and happenings of the present moment.



It is innocent, like a child, making associations and drawing on past experiences to make sense of what is presently going on. Up until about the age of 6, we are exclusively using the subconscious mind. This is shown in EEG scans of young children, as they have slower brain waves (subconscious activity). It is a bit like a dream-like state, or a state of hypnosis. And it is during this time that the foundation of the subconscious mind is formed.

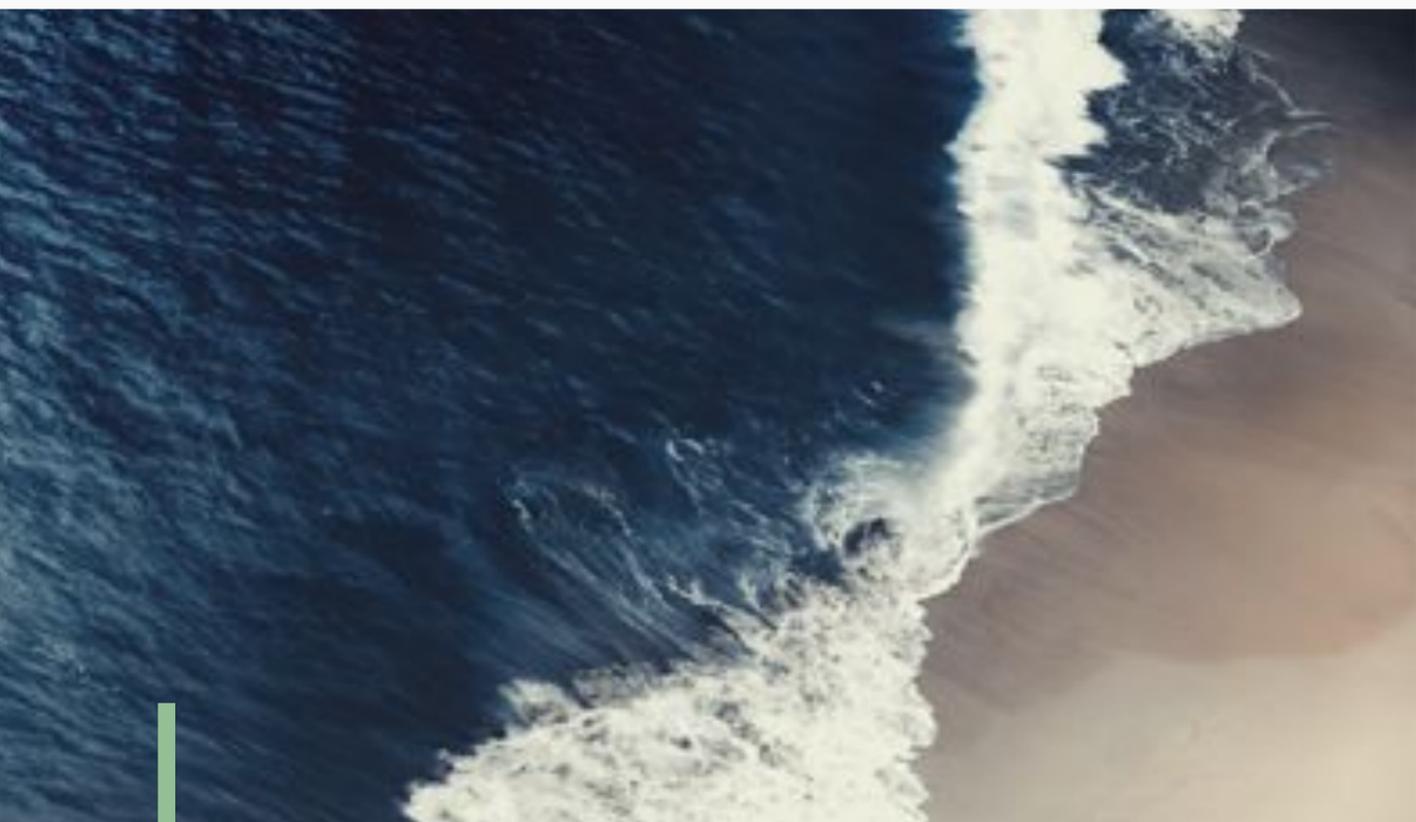
Combining the themes of the subconscious child-like mind with the archetype of mothering, we are made aware of the Moon's potential to bring a tender nurturing to this dimmer consciousness. It needs to be heard, cared for, guided. The Moon is both the constantly reactive subconscious and the gentle awareness needed to get the most out of it.





When you do navigate your inner Moon stealthily, the result is a true tapping into very real and measurable power. Since most of our brain is under subconscious rule, and the brain conducts electricity, we are literally learning how to claim more of our real and electric power.

This electricity is conducted all through the body via salt, a Moon-ruled substance. The salt in the ocean is much like the saline in our blood. The ocean of the subconscious runs through the blood as well, extending to all parts of the body. The blood ties us to all of our ancestry. Did you ever feel like you do what you do or love what you love simply because it's... in you blood? This is the mysterious matrix of the Moon.





Following the Moon through the zodiac is a great way to engage the conscious mind with the subconscious. By simply being aware of the dynamics of the zodiacal archetype that the Moon is currently transiting, and applying this awareness to the life you are living, in the day to day, you are engaging in the “participation mystique” that the ancients talked about. You get closer to living a symbolic life, a concept that CG Jung found indispensably important. You are opening the door for meaningful synchronic insights to find you. It’s fun and incredibly rewarding.



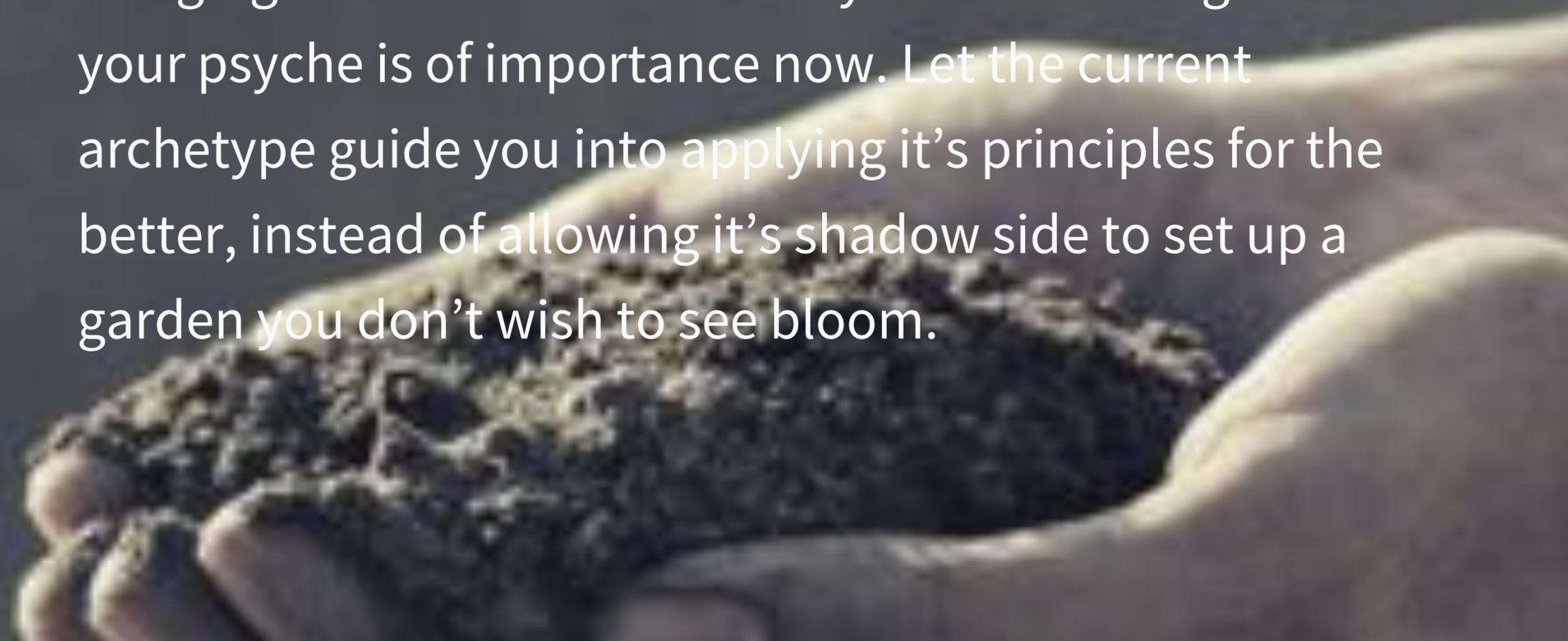


A Brief Overview of the Phases of the Moon

The New Moon

This is when the forest of the subconscious is at its darkest, least conscious level. There is no Moon to be seen, and no Moonlight to illuminate the surroundings. You are flying blind in a sense. All you can do is understand that your subconscious is at its most fertile state, it is a dark soil and seeds are being planted.

Bringing consciousness to what you are allowing in to your psyche is of importance now. Let the current archetype guide you into applying its principles for the better, instead of allowing its shadow side to set up a garden you don't wish to see bloom.



The Waxing Quarter



As the Moon begins to wax it starts to look like a smile, or like the upturned horns of Taurus the Bull, the sign in which the Moon is exalted. The magic of the Moon is gaining momentum, the light is growing, and there are more opportunities to connect with it's many gifts. These are the gifts of feeling cared for, through your own attention or allowing it to come from other places. The gifts extend to an increased connection to the power of mystery, the supernatural glow of the Moon evokes an inner glow that gives in to not needing everything to make rational sense. Let the current archetype encourage the mystery and the nurturing by means of it's properties, like a lighthouse to your ship.

The Full Moon

A glorious celebration of a forest fully-lit. All of the mystic and magic is upon us and in our immediate surroundings. This is a time of fruition, the momentum of the growing Moonlight has reached it's peak, and you are standing in midst of it's brilliance. People become more united on the Full Moon, it is talked about, it is gazed upon and the soft light is soaked up into our skin. There is a visceral, sexy quality to this night. You are stepping through the looking glass, like Alice, into Wonderland. The current archetype will be bold in it's guidance, it will be as accessible as it can be, all you need to do is tune in and let the mystery unfold. The manifestations of it's symbolism will be earthly tangible as well as conceptual and subconscious, like a Full Moon being reflected in a body of water.



The Waning Quarter

In the aftermath of the hoopla of the Full Moon, the next phase is one of turning back inward, reconnecting to your intuitive home base. As the light of the outer evening grows less dim, the light of your inner terrain grows brighter as a complementary measure. There is much potential in taking some extra time to restore yourself in your own preferred way. The archetype of the dimming Moon guides by inviting us further inward, gently and sweetly. It reminds us to mother our child-like tendencies, to connect to our psychic anchor. The principles of the current zodiac will show you how. Trust it's wisdom in anticipation of the fertility of the upcoming New Moon.





End of Part One