

# Lunar Alighment With Animals



## Full Moon in Pisces

Last night, I dreamed I met a bear at Griffith Park, a woodsy, mountainous park in Los Angeles. We became friends, and I was concerned for his safety, as people were afraid, and the park rangers were trapping bears and holding them captive in a round blue vat. But my main concern was to find a blanket for the bear. He was cold. All through the dream, we searched for a remote, secure place to keep a blanket for him where no one might find it. I wanted the bear to have a good night's sleep. It was difficult to find a place. People and public structures were everywhere. I took notes in my dream and wrote inside of a pink-outlined heart shape on paper (any Jungians in the house?). I kept waking up, in and out of this dream, to my cat Louise rubbing her ear against my lips. Weird. She's never done that before. She usually rubs my head with hers. It was all very strangely comforting--the bear, the dream, and her. In the morning, I missed my bear friend! Bear is one of my Spirit Animal guides, and I looked up Bear in my deck.

### *Dreamtime*

The message was to rest up, allowing my dreams to percolate and inspiration to flow in, as it does when we rest, or first wake up, journal, take a shower, or go for a walk. And most importantly, know that Spirit is leading the way. Then I pulled two more cards from two different decks, which said about the same thing-- that inspiration comes when we get out of the way, allow it to guide us, and ask for help from Spirit if and when stuckness sweeps in again.

For me, with my little knowledge of astrology, my dream seemed to align with this month's full moon in Pisces.



It seems that this is the ideal time to trust and let Spirit lead the way, because there could be a lot of unexpected twists and turns. Transformation.

A total lunar eclipse will turn the moon blood red on September 7-8! Eclipses can unground and overwhelm us. Things can erupt or come to the surface, and it's said that the best way to flow through this is to rest--take baths--don't push or resist.

It's a good time to realign with your heart with renewed energy and momentum. It seems to me it's a time (especially now, but always) to call on your inner surfer, ride the waves for any unexpected crashes, upsets, or obstacles.

Pisces calls on the third eye--let your intuition and inspiration serve as your guide.

Below is the Kundalini Yoga meditation for Bear:

I invite you to practice along with me.

Actual times are 19 minutes for the meditation.

The meditation in the video is only 3 minutes to give you a taste.

Feel free to extend the practice to at least 7 minutes or 11 minutes--build up to it--for maximum results.

This is a powerful Kriya that will help you conquer your shortcomings, anything you're struggling with, or want to eliminate from your emotional centers.

It will give you the stamina to ride your waves.

Today, I thought I'd pull a card from my new card deck,  
***Healing to Happiness: Journey Through Animal Loss***  
*As we know, loss takes many forms.*

*I hope this card's message resonates with you as it does with me!  
I just returned from teaching autistic children who scream and  
resist the entire time. I'm exhausted, and upon reflecting on my  
life and the transitional, seemingly endless, limbo I've found  
myself in for the past three years,  
I was saying, to myself, exactly this today---  
shoulda, woulda, coulda.  
Now I need to apply what I've written in this newsletter!  
And stop screaming and resisting.  
LOL*



### SHOULDA WOULD A COULDA

Change rattles our foundation, up-roots us, and can tear us down. Your animals have done their jobs! They're here in your life to wake you up, shuffle your cards, and shake the floor of your foundation. Time to prioritize your life. What are you compelled to do now? Are you listening to your hunches?

Hunches are the intuition guiding you to where you should be and what you should be doing for your greatest good. Take time to grieve your losses, then welcome the new energy and opportunities awaiting you. Your companions have opened your heart and given you a door to explore new possibilities. They guided you then, they guide you now. Walk through, be brave, don't look back.

**EVEN THOUGH I FEEL I MESSED UP,  
I DID WHAT FELT WAS RIGHT AT THE TIME**

Love and Blessings.  
And until we meet again, keep smiling.  
Diana