Lunar Alighment With Animals

FULL MOON PRACTICE

It's time to examine existing relationships, make adjustments, and find harmony between individual needs and partnership with the coming of the Pink Full Moon in Libra.
April's pink moon is named after the bloom of a wildflower, wild ground phlox, that blossoms across North America and reaches full bloom around April.
Astrologically, with the full moon taking place in Libra, we have the sign of balance, beauty, and relationships professionally and within family and friendships. Pink Moon is a softer, gentle lunation in all aspects of our life.

Here are a few exercises for you to do. Choose one, or all.

Pink Full Moon Self-Development Exercises

Growing in Grace – Be in harmony with animal wisdom and the energy of the Pink Moon

1. Animal Ally Reflection*: "Who Walks Beside Me Now?"*
Can you identify the animal spirit that is currently helping you grow?

Exercise:
Sit quietly in meditation, breathing deeply and grounding.
Ask inwardly, *"Which animal is supporting me in this phase of growth and balance?"*

- Journal your impressions, feelings, or images.
Reflect on the qualities of this animal.
- *How does this animal's nature help you balance your own?*

- **Pull from the SPIRIT ANIMAL Deck**: *Where are you being asked to grow in how you relate to yourself and others?*

PART 2

Strengthen Your Self-compassion and Emotional Regulation.

Exercise:

- **Choose an animal** that mirrors the emotions you might want to regulate (for example, a deer for gentleness, a bear for hibernation, a swan for grace).
  Imagine that animal standing beside or behind you.
- **Speak affirmations** aloud, supported by the presence of this animal:
  “I grow gently, like the spring blossom.”
  “I am in balance with who I was and who I am becoming.”
  “I can hold space for others without losing myself.”
- **Journal** what felt true, what was hard to say, or what surprised you.

- **Pull from the GRIEF Deck:** What do I need to look at to become the person I want to be?

What do we need to know about balance in our lives?

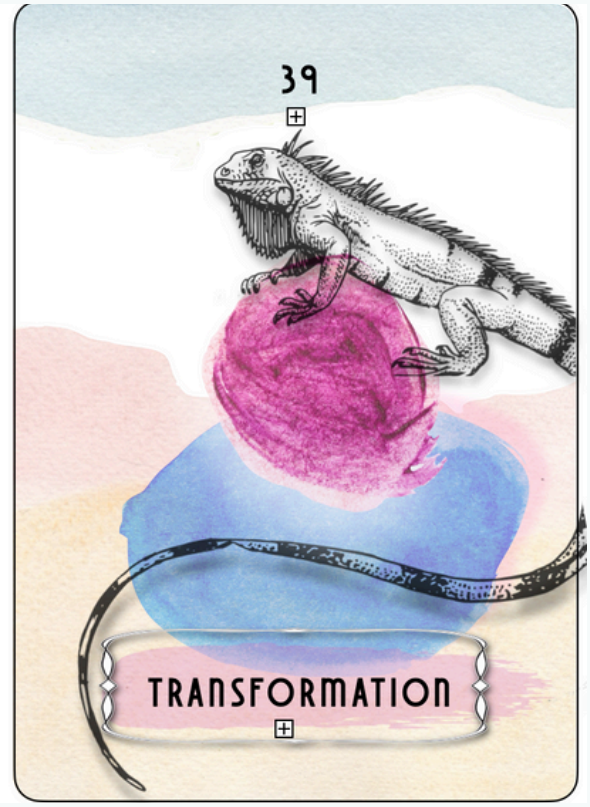
(Balance in our relationships professionally, with family and friends, and for self-regulation)

GROUP CARD PULL FROM BOTH DECKS

In agreements lies a fundamental truth and acceptance that everything is what it should be, and designed for our benefit.

—CRICKET—

We hear Cricket's rhythmic lullaby in the quietude of the night. She participates in the melodic agreement of the natural world. Here, no one has a hierarchy over another. Jealousy, fear, righteousness, and competition are nonexistent. Absent is anger, hatred, and conflict. We can bring this baseline into our human lives. Cricket Spirit Animal asks us to question every thought: *Is it true? How do we know it's true?* We can ask ourselves if what we think and feel helps or harms us. Believing the validity and solidity of every thought can magnify inner conflict and false convictions and lead to our own demise. Repeated thoughts become our beliefs and reality. Cricket takes refuge in agreements, but this doesn't mean not taking a stance. We always help to create positive change in the world, in our own lives, and for others. But we do so with the understanding that life is laying out its plan and design purposefully. We can keep a gentle grip on our goals and not proceed from blind-sighted arrogance or despairing thoughts about how things should be different from what they are. When we resist and fight against the natural order of "what is," we create suffering for ourselves. We can instead proceed as usual but follow the cyclic pulse of life and its transitory nature. Everything plays out for the highest good. In agreements lies the key that opens the door to genuine insight into every instance.



MY LIFE IS A PORTAL FOR GROWTH,
FORM IS ALWAYS CHANGING,
AND I AM ALWAYS WHO I AM.

TRANSFORMATION

Death is a transition from one form to another for the living, too. We wake up to our fragility, impermanence, lessons, challenges, and growth. Grief reminds us that we are alive, human, with emotions. Pain reminds you that you are part of the human condition, part of the living, and therefore, part of that which is constantly changing. Nothing stays the same, and neither will you. Loss may rip a piece of your life away, change you forever, and you will become a different narrative of your former self, just as you were another person at age five and even two years ago. Who were you then? Who changes? Your identity or ego changes, but your consciousness never changes and sustains you throughout life and after death. Blessings for your ongoing adventure and your animal companion who's gone first.