New Moon Shadow Dance

Libra 2019

Journal Prompts

Libra New Moon

Today is September 24, 2019 and this is the Libra New Moon Shadow Dance. Libra New Moon occurs on Saturday, September 28th at 12:26 PM Mountain Time.

Welcome to this work. I am Barb Horn, and it is my passion to be the best I can be and help others find their power and voice to share their gifts in the world. We can’t be our best and share our gifts when our shadows keep us small, quiet, holding on, in or back. That is why I love shadow work and dance with each new moon. We are born not knowing who we are – and our purpose this journey is to uncover who we are and fall in love ourselves. I argue it is our only purpose.

I appreciate you showing up for you and checking out this work if it is your first time. The moon is a reporter that travels through the entire zodiac each month, showing us what is keeping us small, quiet, holding in, on or back. She represents emotions, mother and nurturing. Your job is to find what she brings you, set your intention on what to release 24 hours before the new moon, release 24 hours after, and create a beginning for yourself.

Libra, ruled by Venus, and this new moon is full of Venus energy. The new moon will feel romantic, exciting, flexible and social, a contrast to last month’s new moon which was heavy, emotional and confusing. Libra a cardinal air sign, is creative and mentally focused. It is the sign that is the most partnership oriented and is constantly seeking balance and diplomacy. The new moon is close to the Equinox too, in which the veil between dimensions is thin and we can move into a higher state of consciousness with more ease. Transition is all around us, the seasons, the climate and our evolution. You likely feel this transition in you.

Libra is the 7th planet and ruled by # 7 so there is a spiritual quality here. Libra, with the scales of justice and balance (the only zodiac sign with an inanimate object) wants us to balance the needs between self and others but also the needs between this world and the next. The balance between the physical reality we see and the spiritual reality we are. We are the Universe taking human form and then shifting back out again. Life feels so serious when we are in it, but there's a gift in not getting so caught up and attached to the events that unfold around us. There is a gift in remembering that we are here to experience all the things that make us human. The spiritual quality of this New Moon will help us to shift...
and transform out of the old and into the new. The strong energies at this time may make us feel tired, sensitive, and dialed in to psychic energies. Finding ways to be open, yet protected can be a helpful guide to navigating these energies.

This is a great time to let go of anything holding you down, back or stressing you out. You don’t need to take the weight of the world onto your shoulders. You don’t need to fix everything or have your life neatly balanced in the way your mind thinks it needs to be.

Balance is achieved by surrendering to what is and accepting where we are in our lives. It is about honoring the human journey and respecting the processes of our mind, body, and soul. We are never going to have it all figured out, but rather than let this get us down, we can use it to inspire ourselves to just live in freedom, knowing we are here to learn and that part of learning is not always getting it right. When we allow ourselves this freedom to make mistakes, to join the flow of our lives, and to surrender to the human form that we appear to be, we actually move into a deep state of balance between our body, soul, heart, mind, others, and the Earth. Balance is not just you and me, black or white, yes or no, it is about harmonizing every aspect of your being to vibrate along with what is happening around you and within you.

Libra is about all things relationship. This new moon will bring up major insights into how we want to partner, romantically, professionally, with friends and with ourselves, looking at attitudes and behaviors in regards to the connections in our lives. We will be making decisions, discerning about who is in our life, how we might commit or who to let go – and that includes updating beliefs and stories with parts of ourselves. All things relationship – so relationship with money, possessions, the earth and more are fair game as well. This new moon will ask you to look at your values or ideals as well – and how they are or are not serving the relationships – hence experiences you want to have. You will be asked to compromise most likely versus an either/or, black/white, my way/your way, I need to make you wrong to make me right or make me wrong to make you right dynamic.

The past months and really years we have been going through loss, rough and gritty challenges and have degrees of grief running through us, for personal and global reasons. This grief is going through transformation and allowing our power to transform in a healing way. This time is re-working and re-learning our relationship to power, our own and with others. You are likely in some kind of power dynamic that is asking for balance this new moon. It is time to find and rest in your authentic power and bring it to the surface. This allows you to express you, what you came to express and give, to allow source to move through you. Whatever circumstances, past or present that wouldn’t allow that, it is time. The outcome of the expression is not the focus as much as the act of allowing expression itself- that is sacred moving through you. This will bring an energy of life, alignment and vulnerability that is needed now. You must take time to integrate your feelings and let them catchup with your body and mind- otherwise you miss your own transformation and fall back into old ways. You are of no help if you stay overwhelmed, over committed, ungrounded and focused.

It can be challenging to remember, especially in grief, that grief is both a death and a birth. From the grief, as we let go, and arrive on the other side, something is born. It is an integration process not an event. That birth helps you rise to the next and be in your authentic power. Your authentic power sources your values, ideals, mission and purpose.
You matter and you make a difference whether you know it or not or it is positive or not. They myth you have to effect 2 million people versus 2 is just a myth. They are different roles and lives but the all matter. We are all one unit, connected and when one heals we all heal, when one suffers we all suffer. You smile at someone today, you don’t know the impact, and it is not your business. It is your business to be you, be love and light and give your gift, no matter what. That comes from inside, authentic power, not from anything external. That is why this new moon is a great one to connect to your values, ideals, mission, purpose—and wants.

If you are experience burnout, exhaustion or overwhelm you are pushing not allowing. You are pushing to get something out there that you can only get “inside”. Time to rest, integrate, align. This new moon is a super new moon which means we will feel its effects more strongly. It also falls on the same day Saturn (task master) aligns directly over the South Node and Chiron (wounded healer) bringing upheavals for our growth – that is the lens to process this.

The relationships we keep can be very revealing to us when it comes to the journey and lessons of our soul. This new moon we may be guided to think about how we can create healthier bonds and connections with others, by setting boundaries with others, showing gratitude to our loved ones, moving on or taking another approach in a challenging relationship. Sometimes challenging people cross our path in order to awaken, activate and strengthen a part of our soul. If you have a challenge with a particular person, set an intention to work on finding love and forgiveness in your heart and see if this energy helps shift you to a new level of action or awareness.

Time to get down to it. Get rid of any distractions, this is sacred work so create a sacred space and have a journal ready. Focus on your breath and center yourself. Let the day’s activities slide away and focus on your breath. Drum or go within and invite you to call in your guides, teachers, ancestors and/or allies to be with you. Set the intention to be open and listen. Let yourself write your first response. You want your responses to come from your subconscious not your filtered conscious mind. Trust what comes up when you hear or read a prompt. You will not resonate with every question and let that be okay, go with the ones that do resonate, where an answer does bubble up.

1. What do your relationships say about your desires (lovers, friends, business partners, co-workers, etc.)?
2. Who are you in a power struggle with? Who are you abusing your power or being abused by another’s power? Beware of increased drama and intensity with an existing issue, or it may be a new power struggle that arises. What can you bring to this that is literally “a totally different response”? Where do you need to compromise, make more effort or draw a line in the sand once and for all? Do you need more boundaries or gratitude? You can’t be light in the world if you don’t own your shadow, you will see the world as a victim and it coming at you.
3. What is your relationship with your finances, condition of your finances? What needs to shift? A belief or habit or commitment? What needs to come back into balance, more spending or less, more saving or less? Where do you need to spend more on YOU or on OTHERS?
4. What do you need to bring your love relationships into balance, more play, more romance, more? or less obsession, possession and control? Do you need more boundaries or gratitude?
5. If you are struggling with a decision, who to let in or let go, a move or change, a belief or habit, ask your heart, it knows your truth. It is a time to be not do. What is your issue and what does your heart say about it? Where do you need to be in control right now? The thought of you releasing control feels like death, crises, suicide or something extreme? But, the control is leading to conflicts with others in power or authority? Be careful of self-destructive choices, bullying, threats or intimidation that puts you in a corner and you must go on the defense or make a major change. This will likely bring up deep emotions and issues around fear of death, losing control, abuse or persecution. Facing your fears will help you understand our need for control – so you can evolve, let go and relax and feel less threatened. This increases your inner power, channeling your intensity into success through ambition and hard work.

Libra New Moon Sabian Symbol Energy:

Sabian Symbol (from The Sabian Oracle, Linda Hill) of 6 degrees of Libra is “A man watches his ideals taking a concrete form before his inner vision”. This person has had the knowledge or insight to know what he wants, or what he wishes to accomplish, and it is now materializing in front of him – it is “taking a concrete form before his inner vision”. As the “vision” unfolds, so do the things that he’s wanted. He will seek realize and understand that dreaming of and working on future possibilities often does indeed, in time, bring them into current realities.

This is a good time to visualize your needs, wants, thoughts and feelings. In the situation facing you, what are the “ideals” that need to be made real? Something that we are learning in this new and exciting age of human progress is that conscious concrete manifestation is entirely possible, especially when we feel aligned to our core purpose. When you decide what it is that you truly want, allowing the energy of it to be focused through the power of the mind will allow it to manifest. Here, something new is being formed, even if it is only in its preliminary stage or early days. If these “ideals” are really meant to be brought into “concrete form”, focusing intently on them will bring them into reality. By doing this, you will make it possible for your creative ideas to be projected out into the real world. However, one must be truly thoughtful about what one wants to create. You may find that your hopes and dreams are not only brought into the light of reality but are truly being put to the test. Be careful what you wish for. The mind is very powerful, and, if your focus is not used correctly, difficult situations can emerge. Concentrate carefully on what it is that you want and “watch:” what happens. Think positively as this Symbol can create wonderful magic in your life.

6. What do you want? And why? What is your core purpose and heart’s desire. For many of us that is our bane. We are bogged down by conditioning, trauma, obligation, anxiety, stress, fear or living others agenda’s, shoulds and who they want or think we should be. The way to access what you want is to listen to your heart. Take the time to go inward, drop into your heart (it might take an hour or so of sitting to let all the voices and noise come and drift away). Others know their truth and heart’s desire but resist allowing it to move through you and be your driver. There is no more hiding in these times – it will cause more pain and suffering that whatever your story is regarding owning your own “ideals” and allowing them to become “concrete”. What do you want? And Why? The why will tell you if you are in the flow of well-being and it is your truth, if it feels light it is right – no matter what anyone else has to say about it, period.
7. What do you want to achieve this year? We have just three months to go, what do you want to set the stage for 2019? What last actions can you take this year that feel good (light) to you?

8. It is time to name and claim your vision if you have not, what has been calling, nagging, maybe even screaming to come up and out from a deep inner knowing? What is your heart’s desire? Back in March new moon you were dreaming of? This literally speaks to the energies that are working and learning our inner worlds to wake up, clean up, grow up and show up. Where we are being called to experience now joy, peace, security and love from an inner peace, grounding and vision – that manifests like vibrations externally. The age of Pisces was the opposite, get joy, peace, security and love from OUTSIDE of you. We are in the process of aligning our inner worlds to match what we want externally. Your vision is key to this active transformation. With a vision you plant intentional seeds, without who knows what will grow in your garden?

9. Where is your focus (life energy, attention, words, stories, dreams) in relation to your heart’s desire and vision? Is there alignment? If you are talking, ruminating, thinking, dreaming about what you don’t want, won’t tolerate, can’t do anymore, or the target is a person, organization or situation – you will get more of it. This month, flip the focus to what you want – vision that, visualize that with all your senses, every day as many times as you can. You know you are changing the vibration when you feel better, feel in the flow of well-being and you know you are not if you still feel a lower vibration- so keep flipping your focus to something you appreciate in every moment you drift. (Get a journal and go on a 20 minute rage of appreciation listing all you appreciate then you have a menu of options in when tempted to go down the rabbit hole).

10. What is the gap between who you want to be and how you actually are to yourself? And then to how others are experiencing you? It is time to bring both of those into alignment, starting with compassion for yourself.

11. This is a time to stay grounded. How do you know you are not grounded in your body, spirit, mine and emotions (what does it look like to you- it is a form of resistance)? What habits, practices, and mantras can you do to stay grounded?

12. It is time to stop, rest, let your feelings catch up with your body and mind to integrate- so you can be present, grounded and aligned. We have been through loss, chronic stress and anxiety at a fast rate. Use these energies invoke a habit of self-care. You could argue the health of the planet and humanity depends on your intention and commitment to your self-care. This is especially true for care-takers and those in unhealthy co-dependent relationships. When you care for yourself you are not engaging in drama, trauma, power struggles, passive aggressive, codependency or other low vibrating strategies to get your needs met from “out there” and can be present giving MORE of yourself and gifts than you can imagine. What will it take to give yourself permission to engage in real self-care and what does that literally look like in the next four weeks?

13. How is resistance to moving forward (manifesting your heart’s desire, vision, ideals) showing up in your life? You know where because there is a division, separation, and feeling of alone, invisible or not belonging. Power struggle, blame/shame, staying busy, checking out, ignoring, addiction, if only then game, drama or trauma,
health? Once you name it you can be with it, ask the parts of you that still think/need that they need to move on, use parts ready to move to work as a team with those feeling left out.

White Knight’s New Moon

New moon name this month is the White Knight’s New Moon. All new moon archetypes are children and have a youthful quality to their emotional nature. The White Knights is saturated with ideas, looking for perfection in things, do it right, correcting wrongs and rescuing those who ought to be grateful, but often are not. He does this for the principle of it versus the applause. He sees things as black and white and is rigid but the view is from his heart. He will look to create balance at all costs. The problem is – or tension is that beauty is often unfair and justice often ugly. This new moon focuses more on justice than beauty, but is in service again of restoring balance. And it is all impersonal.

14. What ideals, black and white views do you have that are creating separation, destruction, division? What ideals are not inclusive, equitable and in service of our unity, our oneness that you are either asking others join or others are asking you to join (may point to the resistance of you moving forward)?

15. Where are you called to fight for what is right (in service of all) and might be going it alone right now?

Birth House and Body

16. If you know what house Libra is in your birth chart, that will is likely the area in your life this new moon shadow issues will show up. Your Birth Chart mandala is how the zodiac was arranged at your birth, creating 12 doorways to go through a year, one each month. Another way to see new moon work is progressive. For example, Libra is in my Third House, the house of communication, siblings and short trips. It is in these areas of life that this new moon is most likely to be a trigger and show me what where I am keeping myself small.

17. Libra rules the kidneys, rules in partnership, balancing extremes (love/hate—light/shadow—the balancing is impersonal) whose goal is to balance extremes of the other. If you deny the dark in you, you will project your dark/shadow on other and vice versa. Filter what gives us life and sustains us as a whole versus what is toxic and separates us and causes divisions. Live in the question that moves you toward lightness.

Here is a mantra to guide you- “I welcome the portal of the Libra New Moon and ask to remain open to the opportunities and healings that are meant for me. I ask for protection from all that is not aligned with where I need to be.”

Most important, whatever you intend to let go, release, transform that is keeping you small this new moon, set that intention 24 hours before the new moon and release it 24 hours afterwards.

Learn to Love, Love to Live, Live to Laugh
Barb, 970.903.3029
barb@allembracingchange.com

Next Live New Moon Shadow Dance
visit www.allembracingchange.com
Scorpio New Moon Shadow Dance, Oct 22nd, 6-7 pm