

## MARCH 31ST FULL MOON - ALIGNMENT

This Saturday we have the second full moon of the month, termed in contemporary culture as a blue moon, which is thought to be rare and unexpected although in reality it is neither of these things nor does it have a special spiritual significance beyond the fact that it highlights how we have moved out of alignment with the natural cycles of nature and life and this is something that we have all been given the opportunity to ponder this year especially in the first and third months.

One of the first things you can do to prepare for this weeks full moon is ask yourself how out of alignment have you come and how this year have you worked at bringing yourself back into alignment and how has this shown up in your life?

A full moon will illuminate for you potential areas of growth, it will shine a light on those issues that are still within the darkness of your unconscious yet at the same time it will show you how far you have come and allow you to reap the rewards of your hard work so far.

This full moon is bringing with it many areas of growth but let's start by looking at alignment. Take some time out to reflect on these points, make some lists so that you can see in the physical 3d how far you have come and where you need to look next, it is important to get these things out of your head and onto paper, it makes it real so that you can tackle it actively and therefore speed up your growth. When we keep things in our mind they stay as intangible concepts, they are without form or structure by making them real we can then take action and physically create something new.

When we are fully in alignment everything in our life is working at optimum efficiency, so If you use this as your yardstick, throughout every aspect of you and your life you will soon be able to see where you are out of alignment and also to what degree.

Areas that you may want to look at are

### 1. Physical Body - Are you working at optimum efficiency physically?

Do you feel tired or energised? Are you fit and healthy or have you been suffering with illness lately? Are you giving your body what it needs or is your body reacting to the food you are eating? We can look to our own bodies cycles and processes to determine how in balance and alignment we are, these follow a regular pattern if in alignment, our sleep and toilet patterns can tell us a lot.

2. Physical World - This is related to our public and private persona, how much of the true you do you present to the world, how much of your inner creativity and passion do you bring to your everyday life? How you is your life? Are your dreams becoming real? You could write a list of your dream life and then your Current life

3. Emotional Body - Do you control your emotions or do your emotions control you? Being in alignment with your emotional body means that you can truly feel your emotions without being controlled by them, you are neither controlled nor the controller, you neither suppress nor are overwhelmed or reactionary. This full moon is going to bring up a great deal of fear and worry, so now is the time to be ready for it, start looking at these things now, they are not real and the greatest fear we have is fear itself. If you are prepared you are less likely to be overwhelmed when the emotions begin rising up within you. Know they are coming, know that now is the time to face them and know that you will get through this and come out the other side, wiser, calmer and stronger.

4. Mental Body - The emotional hand ringer of worry and anxiety may kick start some negative thought patterns and belief systems, many of these are old companions so now is the time to face these head on too, look for the truth behind them and rewire a new thought pattern. I will be giving you some tips on how to do this at the end of the article

5. Spiritual Body - We have had some amazing shifts since the last new moon and big changes have been happening on so many levels to all of us and in this full moon we are going to become aware of the changes within us and also what that means for us in real terms. This is a great time

for us to bring all our bodies into alignment with our universal self because our centre point is our heart and it is from here that we have full access to our infinite source of courage and it is courage that we need most right now, the courage to face ourselves and jump right in.

Fear and Faith is a big issue this full moon and a great opportunity for you to take a big leap...of faith. You are not mad, you are not a fantasist or delusional, it's time to put both feet firmly on your path and make that commitment. Spirituality is not something that you do, it is not separate from any of your other bodies, it is who you are and this is expressed in everything you do. It is only fear of being wrong, of making a fool of yourself, of failing, all of which are tied up in other peoples opinions of you, that is stopping you because in your heart, in your soul and in every fibre of your being you know this is right for you. This knowing may not be backed up by any rational thought or tangible proof and you may not even be able to express it but your knowing goes beyond words and thought as it comes directly from your heart.

By being more aware of these areas that may be triggered by the full moon energy, you are able to work with it and take the opportunities for growth when they are presented, rather than reacting unconsciously and then wondering why everything kind of turned to shit.

So what can you do?

You can do these exercises and bring your life and self into sharp focus, ready for the full moon energy that is going to give you a helping hand for work in progress and reward you for the awesome work you have done so far.

#### TRANSFORM THOSE NEGATIVE ENERGIES

AREA	REFLECTION	ACTION	OUTCOME
PHYSICAL BODY & WORLD	<p>List what your dream life would be like, real things like your job, how your day would be, where you would live. Then in the next column write down what your life in the present is like.</p> <p>For your physical body, list what you believe to be your body working at its optimum and then how it is working now.</p>	<p>Look at your list and highlight the areas that are most out of balance, the greater the gap between them.</p> <p>Work on these areas first as smaller changes will have a greater impact and make some physical changes.</p> <p>List a few changes you could make immediately and then do it!</p>	<p>By making physical changes, by taking action you are showing integrity commitment and responsibility and these are vital characteristics for your continued development.</p> <p>The expansion of conscious awareness means that you are able to take full advantage of the energy available to you.</p>
AREA	REFLECTION	ACTION	OUTCOME

<p>EMOTIONAL BODY</p> <p>Related to Fear, Anxiety, Worry and Loss</p>	<p>When these emotions come up in you, don't push them away let them speak to you. Write down whatever comes up, You may find a trigger in the present is related to a memory from the past, just let whatever needs to come up present itself to you.</p> <p>You can then ask, what am I afraid of? Write down whatever comes up</p>	<p>Look at these memories and then step back, as though you were just an observer, looking at the memory as a stranger would or maybe a friend. Was the fear at that time justified? If you had that happen to you now, would you react the same way? Look for the opposite point of view</p> <p>Think of times when your fear was and wasn't justified, I bet there are a lot more times that you were worrying over nothing.</p> <p>So ask yourself is any of this real anymore? Does this event really have power over you or is it just the power you give it. It's time to unmask the fear and see it was just you all along.</p>	<p>Clearing your emotional body of old scars and wounds that are stored in your memories is important for your growth.</p> <p>Moving from duality into unity it is important to release your polarities</p> <p>By doing this exercise, by looking at a fear, you are bringing into your conscious awareness, memories associated to each polarity, the perfect pair.</p>
<p>AREA</p>	<p>REFLECTION</p>	<p>ACTION</p>	<p>OUTCOME</p>
<p>MENTAL BODY</p>	<p>It's time to listen to that voice in your head, really listen, become more aware of the tone of the voice, is it funny or critical, is it always telling you that you can't ?</p> <p>What story is your mind telling you? As with the emotional body step back and look with an objective eye and just allow the story to unfold</p> <p>Write everything down that comes to you</p>	<p>Make a list of all the things that came to you and look at each one in turn, ask yourself is this true? Can you find examples in your life that prove it isn't true? Is this me, right here right now, forget the past and who you may have once been, it's all about the now.</p> <p>In the next column re-frame it, in light of the new info and perspective you have, write down the opposite to the first column but only when you really feel it.</p>	<p>This is helping your to rewire your thought processes, so that you are not automatically going down the negative route and it is bringing you into alignment with the truth of your life and the power you truly hold and how awesome you really are.</p>
<p>AREA</p>	<p>REFLECTION</p>	<p>ACTION</p>	<p>OUTCOME</p>

<p>SPIRITUAL BODY</p>	<p>Meditate, Meditate, Meditate!</p> <p>Ask the questions you want answers to, then just wait, open and calm, assured that not only the answers will come but that you will hear them.</p> <p>Take care of all of you and just be!</p>	<p>Meditate, Meditate, Meditate.</p> <p>Practice all of your senses, knowing, seeing, healing and so on.</p> <p>Have faith, take that leap and land with two feet firmly on your path</p>	<p>It is time for alignment and you need to be stood tall for that, so you need both feet.</p> <p>Making this commitment opens up a whole new world of possibility and opportunity for growth and so much more, it is the final ring to slot into position for the door to open.</p>
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Spend a little time before Saturday bringing yourself into alignment, you will be glad you did

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WHAT IS BEING IN ALIGNMENT

In a nutshell being in alignment is when all of our bodies are in complete sync, working perfectly together but also independently, everything running at optimum performance. This also includes our physical world, as it is just a reflection of our inner world, so when everything is in alignment life is easy, it is fun, it is rewarding, exciting yet calm, intriguing yet familiar, it is everything you need to support such an awesomely diverse creature.

Our own centre of alignment is then also in alignment with the centre of the universe,