

ASH & ALDER NEW MOON MAGAZINE

MARCH 2010

SACRED EARTH RETREATS©

Before printing this, please consider the environment!

Note: *This magazine is intended for the sharing of information, so please feel free to pass it on, or if you want to be removed from the circulation list, just send an email reply to info@arthurianschool.com with the word "unsubscribe" in the heading. Thank you.*

EARTH CHANGES AND US

Flooding at Machu Picchu - earthquakes in Chile - storms and drownings in France – the list goes on and on...

The Earth has always experienced extreme weather patterns and catastrophic events, but never at this scale and regularity as are happening this year and WITH us humans still being here and living on the planet.

This is unprecedented change happening right before our eyes and oh boy- how our eyes are being opened!

Nothing can stay the same - us, our families, our homes, our work, our consciousness.

And that is what this is all about- a complete change in consciousness that releases everything, but *everything* from the past, and bringing a new awareness that is fresh, alive, vital and honouring - honouring of ourselves, of those around us - and of the Earth.

2010 is a year of fire and as predicted, this is not going to be a comfortable ride. Have faith in your body being able to cope with this ride- it has all the wisdom and power to do so, all we need to do is *direct our energies and intention more - more towards a common goal, more towards benefiting everybody, more with the awareness that when I do something to help "out there" and what is seemingly not really a part of me, I am also helping myself immensely.*

LET PEACE FILL MY HEART

Keep us, o God,
from all pettiness
Let us be large in thought,
in word, in deed.

Let us be done
with fault finding
and leave off all self-seeking.
May we put away all pretence
and meet each other face to face,
without self-pity
and without prejudice.
Grant that we may realise that
it is the little things of life that
create differences, that in the
big things of life we are as one
And, O God,
let us not forget to be kind.
Mary Stewart

NOTICING AND DEALING WITH THE "SMALL"

The other big teaching at the moment is to pay attention to the minute and the small. It is the small that is also the big, and when we can master the small, it is the big that also changes. It has to be so, because all is connected - and yes, big surprise! The small is the big - we have just been *conditioned* to believe that we are powerless and only if we are able to change the big can the world change!

Well think again... when you donate one piece of clothing to the people in Haiti you are doing something big - it is the energy that counts, not the physical thing!

I remember when living in Cornwall I would often take some cake and spread it along the river for the faeries.

And yes, of course the faeries can't physically eat it!! But you know, they are able to digest and take in the energy of Love that came from just putting it there for them.

So some may think I am mad - faeries? They don't exist- a figment of the imagination. However, how many of you have seen the orbs on your cameras? And do you remember the time when the aura was a mystic concept and now it is as simple as taking an aura photograph?

Yes the world is changing and so are our perceptions of what is real. This material world is not where we are at- even in the hype of advertising that tells us that by having a material thing we will at last be happy, hides the truth that what we are *really after* is an emotional state of something.

WE ARE ALL LOOKING FOR PEACE

So start noticing what makes you happy or gives you that peace - when do you feel connected? You will probably find it is the "small" moments in life - in your contact with people that resonates with the Heart and love, and Mother Earth – Nature. That is all that is real - no thing, no money, nothing in the material world can give us back our sanity or security.

MAKING A DIFFERENCE

Many people have been asking (including myself) what we can do to ease and assist with this major transition we are going through. At times my body have felt as heavy as lead and it has been so difficult just to accomplish the smallest of tasks. Yet when I managed to drag myself out of my inertia, miracles started to happen - it just needed that one step of doing something to get things started. I find physical exercise and being in nature - even if it is just working with a pot plant - immediately connects my energy and I stop feeling so tired. It is as if I get plugged in and start moving with the flow.

Later on in the magazine I will be talking about you also thinking of doing some earth healing work - especially in places where the Earth is still aligned and it "feels good". See if you can do some of this, it is easy, and will help to ground you to – and the Earth and so many other people will feel the benefit of it:

IF YOU ARE SLEEPING,
WAKE UP
IF YOU ARE RESTING,
WALK
IT IS THE HOUR OF THE DAWN!

Grandfather Cirilo Perez Oxlay, known as Wondering Wolf, Grand Elder of the Living Maya

With blessings of Love
Elizabeth

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“Revitalise and Enlighten your Life with the Moon”

THE MOON CYCLE OF MARCH

We have just had the very intense full moon yesterday (Sunday 28th February) in the sign of Virgo that brought with it difficult but huge cleansings and healing opportunities. Virgo is the sign of purity and so the energies of the Ash Moon (as it is called in the Celtic tradition) have been helping us to purge and cleanse aspects of ourselves and our world that have become contaminated and lack purity by a healing process of forgiveness and letting go.

The full moon was also the day of the Chinese Lantern Festival, the Tibetan Butter Lamp Festival and the Jewish festival of Purim that is based on the Book of Esther and traditionally celebrated to avert a massacre in Persia.

The moon will now be waning until the Equinox Dark Moon on the 15th MARCH when the new moon will start in the fire sign of Aries (new beginnings, inspiration). 15th MARCH is also the beginning of the Hindu LUNAR NEW YEAR. The cycle for this new Moon is called the ALDER MOON in the Celtic tradition.

On the 20th MARCH it is the SPRING EQUINOX in the Northern Hemisphere and the autumn equinox in the Southern Hemisphere. *This is an incredibly important date, because huge cosmic energies will be flowing into the planet and it will be an amazing opportunity to ground and anchor these high frequencies for our lives and also the Earth, by being conscious and by keeping our heart open.* There will be an expansion of our hearts- some may even feel this physically- as if we are able to hold more of the high vibration in our hearts and our body. Breathing during this time will be very important. It may feel overwhelming for some, and so just to rest and slow down anything you may need to do, so as to help the body to adapt to these new energies more consciously. The animals will also be helping us a lot to ease the transition that becomes very intense during this time.

I will be with a group in Egypt doing a ceremony with the Great Pyramid and you will be most welcome to join us energetically through your intention to connect and be part of it. Send love to the Great Pyramid and its enormous structure, so as to awaken the Stones and strengthen the angelic energies that will be working with the group and the Earth there. It is a very interesting group of people coming to Egypt, representing over 5 countries (Romania, Switzerland, UK, South Africa, USA, Zimbabwe) and so helping to bring healing for those countries in particular. (See the earth healing meditation also below).

The pagan Equinox Full Moon will be in the sign of 29th MARCH in the sign of Libra.

WHAT ARE THE PLANETS UP TO THIS MONTH?

Mars has still been very bright in the sky but is fading gradually in intensity as it moves further away from the Earth. Mars was close to the Moon on 25th February.

On 21st March Saturn will be opposite the Sun and its nearest to Earth this orbit - at 1272 million kilometres or 70.7 light minutes. The rings of Saturn that have been hidden from our view here on Earth for some time now, are beginning to make a reappearance and you should be able to see them through a small telescope.

EARTH MEDITATION TO ALIGN ON EQUINOX – SACRED SITES (20TH MARCH)

In the City of my Ancestors -
where they were devoted
where they gathered visions
where they gathered power –
The wise and visionary men

Grandfather Cirilo Perez Oxlay, known as Wondering Wolf, Grand Elder of the Living Maya

Much has been written about Sacred Sites of the World. These places of the Earth could be natural places of earth power, such as the Niagra Falls, Machu Picchu or places built through human effort such as the Pyramids of Egypt, South America and elsewhere in the world.

What is so special about Sacred Sites? They are places where the energy and healing ability of the Earth is magnified and so it is possible to have very special experiences there. As this quote above says, it was a place where one could go and find some kind of spiritual experience in nature very easily.

These places were also built or just naturally have and the building of the temples etc magnified it- a very strong cosmic connection with the stars and planets above. And so it was possible to experience both heaven and earth at the same time.

As time passed we forgot about this and became very alienated from nature in especially the Western Civilisation. We started to fear nature and the Earth because of her awesome power that we now longer understood and also wanted to control for our own purposes. And so we disrupted the earth energies and stopped them from flowing. The energy of the Earth mainly conducts through water and crystals- crystals are really just crystallised water

and they have an amazing ability to bring alignment and unity back into the Earth and with us.

Crystals do not necessarily have to be the type you find in shops - it can be stones and even shells have a very crystalline nature- so you can find them everywhere in nature - if you know where to look and become more aware. Trees are also very important, because they "control" and regulate the flow of water in the Earth through their roots. The roots have far more functions that we know- they anchor the tree, draw nourishment etc, but they also do so much more in terms of the whole ecology and environment- we need to be very grateful to the roots of trees!! They are helping us immensely at the moment.

During this upcoming Equinox, find a place where you feel very happy and peaceful - preferably outside, but you may also find that inside with maybe a view of something lovely outside in nature. Just tune in with your intention and see where you are guided to sit or stand. Don't allow your mind to interfere and tell you why - logically - it should not be where you want to be naturally.

Now take your attention to your third eye- the area between the eyebrows and start to focus your mind there. Try to imagine a light that is shining directly into the third eye - as if it is being highlighted for some reason. See if you can hold your focus there for a while, just helping your body to get used to the feeling. You may feel a slight warmth there, or buzzing - whatever you feel or don't feel - just relax with it.

Now start to imagine a colour - a very, very light, almost see through blue. Intensify this colour and make it bigger - as if you are building it in the third eye. Now imagine that you are connecting and bringing down this light also to your physical heart and your heart becoming stronger- it is able to beat more easily and slowly- as if it is settling down.

Stay with that for a few minutes.

Now imagine that you are inside a beautiful tree and you can feel the roots of your tree going deep down into the Earth – just as if they are coming from your feet. Feel the freedom of the roots although they are also in the Earth and connected.

Now imagine a beautiful pink crystal that is at the very bottom of the roots of the tree. Feel the gentleness and love of this crystal and how it is creating harmony all around the area of the roots.

Imagine that you are drawing up through the roots of your tree the most beautiful energised and clear water - the water is being imprinted with the love energy of the crystal and so is carrying that up the tree to its branches and leaves. Feel the revitalising energy of this on all parts of your tree.

Feel how your body is also benefiting from this experience. Feel how stable and secure your body feels.

Now imagine that with your intention you are sending love and gratitude down into the Earth - first through the trunk of the tree and then through the roots and finally into the Earth herself.

Feel the Earth drinking up this love energy that is coming from you and your heart and how it connects you and the Earth, - it is almost as if you can feel her heart beat in you.

See yourself as a part of her - your body being a part of the Earth and she is a living part of you.

Now if you want, broaden your focus and imagine that you are connecting with the Great Pyramid of Giza. Imagine the shape of the Pyramid and see how the walls of the pyramid are glowing- gold and silver and there is the same light, light blue colour that is coming down into the apex of the pyramid. Give thanks to the builders of the pyramid for creating this structure on Earth. Realise it is a conductor of positive energies for ourselves and our planet.

Feel the joy of reconnecting with the Pyramid and also its true purpose.

Stay with this image and after a while, you can slowly come back more into your everyday surroundings and drink some water.

EARTH HEALING

We all can make a difference while we are outside in nature - often we become more aware of these opportunities when we are travelling, but we can just as easily do this in our garden or in a park or field nearby.

Jenny Hart (one of the participants that went to Peru with me in August) recently went to New Zealand and Australia and has written this of what she experienced and did there:

MY TRIP TO NEW ZEALAND AND AUSTRALIA.

While on holiday in January 2010 I was privileged to go to the most northerly tip of New Zealand, to Cape Reinga. We got there after travelling along 90 Mile beach in a bus especially modified to go on sand and the tide was low so we were able to travel the length of the beach. We came out the other side along a riverbed with huge dunes on either side. We climbed to the top carrying a buggy board which was hard work but the reward was a very fast trip down! After all this exhilaration we arrived at Cape Reinga. In Maori legend, this is where the spirits of the deceased leave the land. This is also where the Pacific Ocean and the Tasman Sea merge. We walked to the light house and to the point which was a long

walk down to Spirits bay. Several energies were swirling around but due to the busloads of tourists it was difficult to connect, so I just sent love and light to both the earth and "stuck" souls. We then came back to the Bay of Islands and had a beautiful boat trip with loads of dolphins frolicking around the boat. They had babies with them so we were unable to swim with them but they entertained us for hours. We had to leave as it was getting late -with special memories.

We then travelled to Australia and drove down the east coast from Brisbane to Sydney and decided to go inland to the Blue Mountains. As it was January it was very hot 40 degrees and so we looked for shade in the canopy of trees that cover these mountains and the special rock formations. One evening we waited for all the tourists to leave and the whole area was filled with this special Blue Haze, we were at the site of the 3 Sisters in Katoomba. You are above the canopy and you can see a long way into the distance, one mountain is completely surrounded by other mountains and it reminded me of Mother Earth sitting in the middle of the huge universe with all the interplay of energies and oneness. I also felt the same peaceful energy of Machu Picchu and I linked the two energies by leaving some charms that I had brought along, a drum from the shaman in Peru, some beads from Janet with a heart that had fallen off my key ring, a Rhodonite stone from my altar at home and a special quartz crystal from Elizabeth in Pringle bay. I offered these to air, wind, fire and earth as blessings to link the energies and asked the angels to send light to the people of the Blue Mountains.

It was a special place and I thought I would share this with you.

*Namaste
Jenny Hart.*

UPCOMING SACRED EARTH RETREATS

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For the love of the Earth- building a New Future.

2010 COSMIC HEART AWAKENING JOURNEYS:

Learning how to communicate with Cosmic Nature.

MACHU PICCHU PERU

24 AUGUST – 4 SEPTEMBER 2010

(the Magician - Tarot)

PLEASE LET ME KNOW IF YOU HAVE AN INTEREST IN VISITING MACHU PICCHU- IT IS AN INCREDIBLE PRIVILEGE THAT WILL CHANGE YOUR LIFE!!

MAYAN TEMPLES

I am also considering doing a trip to the Mayan Temples of Palenque in Mexico and Tikal in Guatemala end May/beginning June 2010 – let me know if you are interested!

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This magazine's stated intention is to be for the Highest Good of All, and to harm no one.

"Revitalise and Enlighten your Life with the Moon"