

COMING UP: NOTES ON SATURDAY'S FULL MOON
May 2, 2012

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The Full Moon in May is when the Buddha became fully enlightened. This particular Full Moon on May 5, 2012 at 11:36 PM EDT looks to be a strong one, with a lot of contrast or opposition between what is going on outside us in our day-to-day world and what is happening within us internally, in our heart of hearts.

Outside things may appear to be going smoothly. Day follows day, and not too many obstacles appear in our path. Outwardly we may even be in somewhat of a celebratory mood.

Inwardly, however, could be more of a grunt, with rock meeting bone and forward motion grinding to a standstill or close to it. Our more spiritual side may be stuck in the mud or at least meeting with obstacles to free flow and ease. It is not enough that for months we have been churning along with more than an average number of barriers to cross, but now inner progress becomes even slower or actually comes to a halt. That is the bad news.

The good news is that these additional obstacles are fleeting, only temporary, and even a few days will see them clear, so have patience and don't let it depress you. I can't say everything will clear, but at least we will return to just the normal amount of baggage that we have been carrying around for the last number of months. And there actually may even be some further good news.

This little slowdown I mentioned may accumulate some very practical ideas relating to our career or life path, at least our sense of forward motion -- of going somewhere. What appear like stones in our pathway may actually be an opportunity to further engage ourselves meaningfully in a positive direction (career or life path) or at least reset our sails to where we really need to go or should be going.

So, although I look to this Full Moon as probably not a pleasure cruise, it is a chance to lock down to action some things that we may have forgotten to attend to – an opportunity. I am into that.

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NARCISSUS
April 30, 2012

As a youth,
I studied my reflection,
In everyone I met,
Looking to find,
Someone,
Clear enough,
To see myself,
Within.

Older now,

To my surprise,
'I' have begun to reflect;
Others,
Now can see,
Themselves,
In me.

Reflection,
Like a mirror,
Is when,
'We' reflect,
Not when,
We are,
Reflected.

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April 30, 2012

[Poems are inspirational shorthand, a way of quickly catching what cannot quite be grasped in prose, no matter how much you write.]