

## It's the Mourning Moon! November 14th, 2016

### The Mourning Moon

In November, the Full Moon is called the Mourning Moon. The Mourning Moon is a Celtic name and November is the Celtic New Year. We are mourning the descent into darkness at the changing of the seasons. I personally believe the name Mourning Moon is also appropriate because Demeter is still mourning Persephone's departure back to the Underworld with Hades.

Weather related names include the Fog Moon or Snow Moon, depending on where you live. It is sometimes also referred to as the Frosty Moon. This name is because it's the time when we wake up in the morning to frost.

This moon is also known as the Beaver Moon. In the past, this was the time to set beaver traps before the water froze, to ensure an adequate supply of warm winter furs. Another interpretation suggests that the name comes from the fact that the beavers are now actively preparing for winter but so are other animals so I can't imagine why beavers were singled out.

### Astrology

The Full Moon is in Gemini and exactly opposes the Sagittarius Sun. The Gemini-Sagittarius polarity is a mental axis meaning it will affect the area of thinking. Gemini represents the "lower mind" and Sagittarius represents the "higher mind". Gemini wants us to stay in your mental comfort zone while Sagittarius wants us to expand our mental horizons. For more info visit [This Week in Astrology](#).

### Correspondences

Alternate names: Mourning Moon, Fog Moon, Snow Moon, Beaver Moon, Frosty Moon

Colors: Gray, blues, browns

Scents: Cedar, sage, pumpkin, cinnamon, cloves, apache tear

Gemstones: Lapis lazuli, turquoise, topaz

Trees: Cypress, alder, hazel

Dieties: Bastet, Isis, Kali, Hecate, Astarte

Herbs: Thistle, betony, verbena, fennel

Foods: Left over foods from the harvest, corn, squash, pumpkins, root vegetables, garlic, potatoes, carrots, turnips, onions, smoked meats, wild game, wild birds

Animals: unicorn, scorpion, crocodile, jackal

Birds: owl, goose, sparrow

Workings: take root, preparation, transformation. Strengthen communication with the god or goddess who seems closest to you. Letting go, breaking bad habits.

Element: Water

This is a time to cleanse away the baggage of the past and let it go in preparation for the New Year. Once you've done that, you'll be able to be in the now, as well as have better focus on the future. During the Mourning Moon, you can also take this opportunity to say goodbye to bad habits or toxic relationships so you can have fresh start for the new year and get a heads up on those New Year's Resolutions. Let go of anything that doesn't serve you anymore.

Find a quiet place.

1. **Clear your energy.** Imagine standing under a silver waterfall and allow all negative and non-serving energies to be washed away.
2. **Create a sacred space.** Find a quiet place to sit, declutter and clean, place crystals or other special items around you.
3. Light the candle, fill one small bowl with water – place both in front of you, along with the other empty bowl.
4. Take a few deep breaths, center yourself and then begin to **write on the piece of paper what you wish to release from your life**, what limiting beliefs you want to be free from, what no longer serves you or what you want to let go of.
5. When you have finished your list, **sign and date the page.**
6. Breathe deep into your heart and declare *"I now let this go. And it is so."* Then place one corner of the piece of paper over the candle **allowing the flame to light your page** (throw the page into the empty bowl as it burns) watching the flames consume what you are releasing, the smoke taking your intention to the Universe. *Please note:* if your piece of paper struggles to light or burn, please consider if you are really ready to let this go! Only when you are willing to let go will the page burn – the faster the flames, the more willing you are to let it go.
7. Then **place your hands in the bowl of water.** Signifying cleansing of the old and opening to the new.
8. Remove your hands from the water and take a deep breath. Sit in silence for a moment. You may want to keep your candle burning for a while as you sit, **allowing inspiration to spark.**



You could feel hyper when the Moon conjoins Mars on November 6. Be more physically active, or expend the energy preparing for the work week. The November 14 Full Moon shines directly on your world of love and romance. A friend could express the desire to be more intimate, or you might suddenly notice someone great who has been nearby all along. The November 29 New Moon ushers in a lunar month of good financial prospects and a sensible slowing down of any previous binge-spending spells. You know when to act on a good thing and when to wait.



A question at work goes your way when the Moon sextiles Jupiter on November 2. Gently speak up about an opportunity that advances or expands your position. The November 14 Full Moon favors home finances and personal budget. Discover something useful that's been overlooked but now solves a small money mystery. Make an effortless change (switch brands or stores?) that saves you money daily. The November 29 New Moon is all yours and it's ablaze with cleverness and good sense. Any new idea will turn out to be proper and successful. Social interactions will all benefit you. Now go be your energetic self.

## CLASSES & EVENTS

### November

11<sup>th</sup> Across the BiFrost

15<sup>th</sup> Get to Know Your Bitch Goddess  
24<sup>th</sup> Closed

29<sup>th</sup> Psychic Shielding & Defense

### December

6<sup>th</sup> Grounding & Centering

8<sup>th</sup> White Light Warriors

14<sup>th</sup> Finding the Goddess in Judaism

18<sup>th</sup> Yule Ritual 6pm  
25<sup>th</sup> Closed

Classes are at 7:30p and are approximately 1 1/2 hours to 2 hours long. Fee is \$10 per person

Rituals are family friendly and free to attend.

## Sweet Potato & Black Bean Chili for Two

Cook 20mins Ready in 30mins

Recipe By: EatingWell Test Kitchen "This satisfying vegetarian chili for two is studded with black beans and sweet potatoes. Serve with some warmed corn tortillas and tossed salad with orange segments and avocado."

### Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely diced
- 1 small sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon ground chipotle chile (optional)
- 1/8 teaspoon salt, or to taste
- 1 1/3 cups water
- 1 15-ounce can black beans, rinsed

- 1 cup canned diced tomatoes
  - 2 teaspoons lime juice
  - 2 tablespoons chopped fresh cilantro
- Directions

1. Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes. Remove from the heat and stir in cilantro.



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## Moon Cycle

First quarter	November 7, 2016	12:52:48 PM
<b>Full moon</b>	<b>November 14, 2016</b>	<b>06:53:38 AM</b>
Last quarter	November 21, 2016	01:34:58 AM
New moon	November 29, 2016	05:19:35 AM