



LUNAR MYTHOLOGIES

Manual for Observers of the

MILK MOON



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This Manual for Observers of the Milk Moon serves as a guide for the creation of future Milk Moon ceremonies. It also bears witness to a particular Milk Moon gathering on Mother's Day, May 12, 2019, graciously hosted by Domestic Performance Agency in Brooklyn, New York. It will unfold in parts for contemplation and practice. This manual is part 5 of the 12 part Lunar Mythologies, a companion for the observation of the Full Moon throughout the year.

Preparations & Considerations

Collectively aligning our focus with natural cycles and with the Milk Moon's unique symbolism heightens intuitive awareness and creates clarity. The Milk Moon, also known as the Corn Planting Moon, the Flower Moon, and the Hare's Moon follows the momentous and ecstatic energy of last's month's Egg Moon. It asks: What follows resurrection? In other words, what truly sets us on the path of a sustaining this new life with which we were graced? The question and the wisdom reverberates through our traditions and through the means we use to contemplate them. This moon calls us to move forward in earthly action, committed to and guided by a higher calling. Our actions should be characterized by discipline and service.

The terrain for practice is created through three main elements. First, the post truth invocation of reality. This forms the meeting ground for consensus and non-consensus reality. We begin with the question: What happens after rebirth? We consider our relationship to our commitments, understanding them as the allocation of our time and as the actions in which we are most engaged. Are our commitments aligned with our intended priorities? Second, we introduce and define key concepts. Finally, we invoke the common notions, or operating principles, which underly our ability to perform the exercises. These three elements form a portal to communal practice space. It should not only draw the participants in, but should give them a share in the space. This very activity of creating terrain, employs the first glimpse of answer to our opening question.

The translation practices require selecting (or creating) and memorizing two statements which elaborate the Milk Moon themes. In the first translation exercise, the first statement is spoken aloud to the person on your left. That participant repeats the line to the person on her left as faithfully as possible, but without interruption even if faithfulness is not achieved. This process continues around the circle, for 3 or 9 circuits, ending with the person to your right. Record the final, resultant iteration. The exercise is repeated with the second statement, only the statement is now whispered from one participant to the next. The result is, again, recorded.

In the You-Be-Me exercise, one at a time, each person recounts a story to the person on their left reflecting the personal implications of the biblical question, a refrain in Pope Francis' Easter homily: Why do you seek the living among the dead? Alternatively, she will recount a Mother's Day memory or consideration. Instead of just listening, the person receiving the story will attempt to simultaneously tell the story back to the person, mirroring their speech and gesture.

Select a bloodstone or other object to serve as the vessel for an energetic charge for psychometric processing. Charge it with a thought emblematic of the Milk Moon for a minimum of 3 nights prior to the ceremony. Bloodstone is used traditionally to enhance intuitive capacity and is unique in its ability to balance that sense of receptivity with being grounded. This grounding relates to balancing the root chakra, when balanced this activates a secure foundation through basic elements of shelter, food, and sex. The charging of the stone can be achieved by holding it and meditating on the chosen concept. Then, write the concept word on a piece of paper

and wrap the stone. Place the wrapped stone on a windowsill until the time of the full moon ceremony. During the ceremony, unwrap the bloodstone and hold it while silently contemplating the charge. When ready, hand it to the participant on the left. Each participant will hold the bloodstone until she comes to an intuition, be it sound, image, or concept. At that point, she will pass the bloodstone to her left until each participant has held the stone. Once the bloodstone has passed through the circle, each participant will share her intuition. Each one will be recorded. Finally, the original charge will be revealed. Now is an optimal time for each participant to elaborate on their image or intuition and to discover themes and relationships within the group and to the symbolism of the Milk Moon.

Give each participant a sheet of paper and a drawing implement attached to a board. Mark one sheet of paper in some way to indicate the end of a rotation around the circle, for example, tie a ribbon on one of the boards. Each participant will draw for 1 minute and then pass the paper to her left. Each participant will draw for another minute on the drawing now in her possession. This process continues until one cycle is completed, (when the paper with the indication returns to its original scribe). This process can be repeated 1, 3, 6, or 9 times, the images becoming successively more detailed. Collect all drawings.

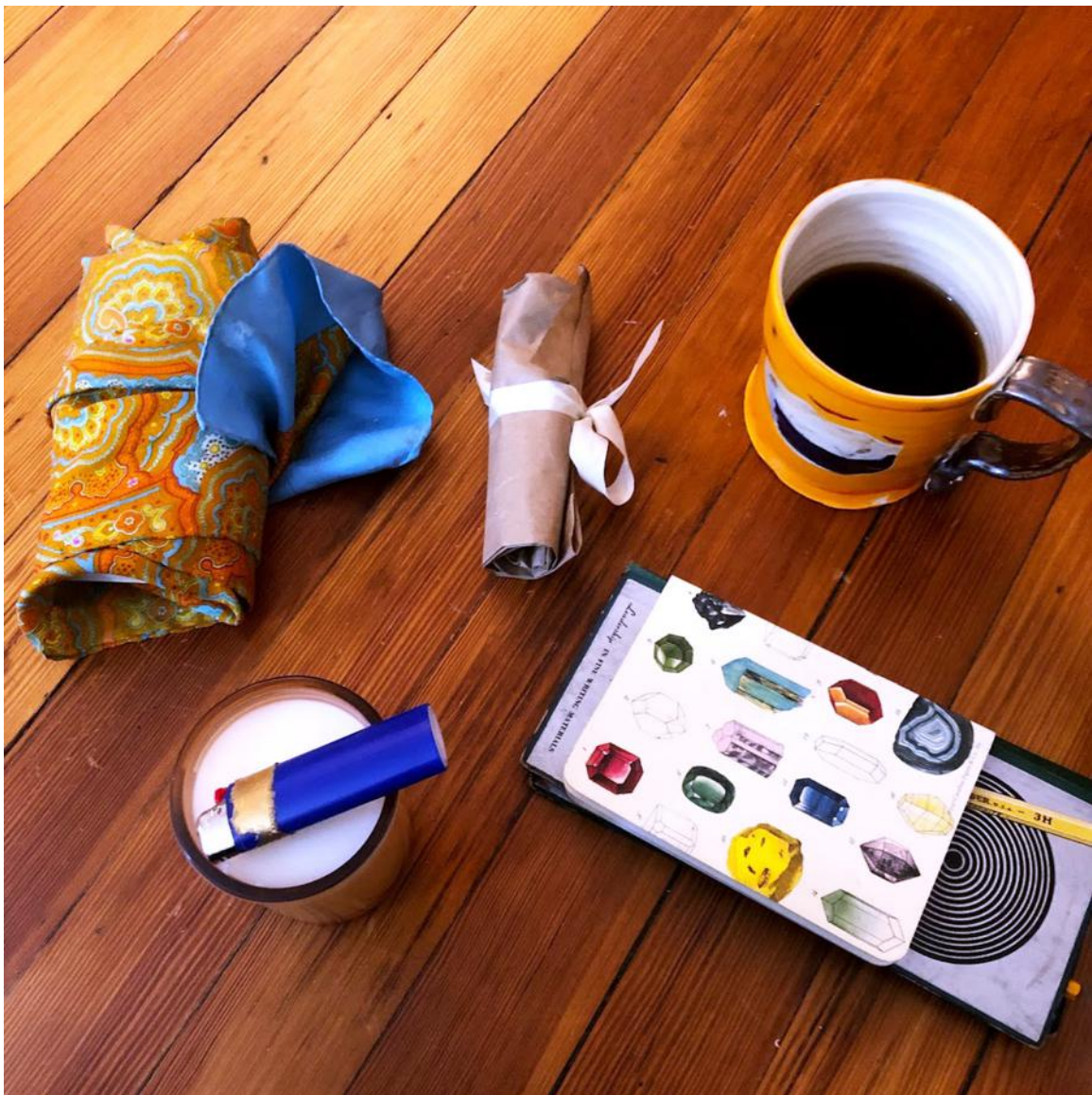
The full moon is a time of culmination, but also revelation. It marks the end of the month's cycle and illuminates what must be released to begin the cycle again. Provide time to reflect and set intentions for manifestation and release. This full moon occurs in Scorpio. Scorpio governs the journey, the earthly actions taken after rebirth. This path can be understood as the Path of Discipleship. It is marked in the Christian Gospel by the Acts of Apostles, an accounting of the building of the church after the resurrection of Christ. In the words of Alice Baily, the highest incarnation of the Scorpio is the eagle, representing "the triumphant disciple." She describes a key theme: "Warrior I am and from the battle I emerge Triumphant." In order to frame our intentions and release, we consider the nature of our own battles. What do we need to release or grieve in order to fulfill our highest commitments? What do we need to cultivate to triumph in our battle?

In closing, select a reading and/or recording to bring the ritual to an end.

The reporting process results in the compilation of the information generated into the Milk Moon Manual. The manual should also serve as a guide for future ceremonies, in this way, it is self-generating. All manuals becoming part of the perpetually expanding, Lunar Mythologies.

Sign with peace.

The Manual for Observers of the Milk Moon is now complete.



May 12, 2019

Lunar Mythologies
FULL MILK MOON

Introduction 1 minute

Post Truth Invocation of Reality 40 minutes

Opening Questions:
What comes after resurrection?
How do we live after we are reborn?



Journal:
What are your commitments?

Definitions 2 minutes
Flower
Harvey Milk
Mother's Day

Common Notions 8 minutes
Prison Songs - Early In The Mornin'
Historical Recordings from Parchman Farm/Alan Lomax 1947-1948

Propositions: 50 minutes
Meditation
Verbal Translation
Whispered Translation
You-Be-Me
Psychometric Processing
Collaborative Automatic Drawing

Closing 20 minutes
Reading – Alice K. Bailey – Full Moon Scorpio
Ain't Got Time To Die - Rev. Ernest Davis, Jr.
& the Wilmington Chester Mass Choir
Intentions
Burn/Release

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Post Truth Invocation of Reality

What happens after the resurrection, after a rebirth? In a sense, this question asks what it means to be alive, perhaps at a time when the question is most impactful: in the beginning. How do we harness the clarity and ecstasy of the birth energy into the practical and earthly realities of incarnation? The full Milk Moon in May represents the first steps forward.

The divination governing the cycle from last month's Egg Moon to this month's Milk Moon (the of the pre-birth structure to the post-birth nurture) is the reversed Kind of Pentacles. This card suggests the fragility of this new life and in a sense cautions against pitfalls as much as guides towards best practices. It represents committed action through self-discipline. As one enters into the realm of earth-bound activity, one should guard against status-seeking, workaholism, selfishness, and avarice. The concept of self-discipline reminds us to follow the self, or be true to the self. As we know from last month, that self is a prime decision. We encounter that self, that decision, in various ways. It appears as intuition, an inner voice, our conscience, or even as the Holy Spirit or voice of God.

This particular moon follows a new moon in Taurus to arrive in Scorpio. This movement takes us through the sensual and earthy energy of Taurus, which governs our material pursuits. Taurus energy immerses us in the power of our bodies as earth-bound agents, but strongly cautions us to stay in alignment with our originating, spiritual purpose, using that incarnate power for imaginative glory. A perpetual cycle from Word to Flesh back to Word. In May, we are in the Flesh, the Flower, the Milk.

The full moon's presence in Scorpio represents discipleship. The astrology, like the divination, has a decidedly cautionary aspect: Self-centered thinking, ego-driven thinking, even overly rational thinking could lead to strife and discord. There are suggestions of painful memories and losses, even aggression and victimization. These are symptoms that one has not properly grieved the self that died in order for the rebirth to occur. These are symptoms that the lessons of that previous life have not been fully learned and the body is behaving at odds with spirit, at odds with the true self. The antidote remains the same: positive transformation through sacrifice and service.

This full moon asks you to remember that inner source which allowed for last month's rebirth, the internal clarity that allowed for decision making. Draw upon that in order to focus on the serious work that lies ahead. Do not get drawn into ego-driven pursuits, actions without higher purpose. Generating awareness of emotional triggers for destructive behaviors can lead to positive transformations.

This full moon calls for greater empathy for those who are suffering. The moon facilitates karmic rebalancing through sacrifice.

The astrological significance of this cycle, as well as the divined significance through the Tarot, correlates to the movement of the Christian calendar. This movement begins at Easter's resurrection through to this post-resurrection time distinguished by a period known as the Acts of the Apostles. It is the fifth book of the New Testament and tells of the founding of the Christian church, harkening back to last month's Three of Pentacles.



To what are you committed?

anxiety

frustration

an artificial timetable

worry is a theme

being in my head vs action or experimentation

my family

capitalist life

preparation, constant preparation: lists, food, projects, suitcase for studio

EXTERNAL TIME

How are your commitments, the allocation of your time, aligned with your highest purpose, with your priorities?

They are more aligned than I give myself credit for and the ability to be aware of how I am on the right path through circles of sisterhood, somatic work, moving into the body, time spent cooking and taking care of my body, would help remove the anxiety around.

Not a shift in time commitment but a shift of expectation, time table, and awareness.

My allocation of time is where I want it to be, but I wish there was more time in addition. I wish I would stop looking for additional time and instead develop better sleep habits. I don't want to take time away from the things I do spend time on.

Fred Moten on time and black joy - capitalism time doesn't serve anyone

Where am I preparing space for myself? For another scale of hosting?

The only arrival point I think about is my body - that I can't do as much as I used to. Sleep-wise, substance-wise.

Wanting to go back to the body - to make work that displays my body.

INTERNAL TIME

Definitions

Flower:

1. To flourish, to unfold
2. To produce flowers
3. The best part or example
4. The specialized part of an angiospermous plant that possesses whorls of often colorful petals or sepals, and bears the reproductive structures involved in the development of seeds and fruit
5. A finely divided powder produced especially by sublimation

Harvey Milk:

The first openly gay elected official in the history of California: “What set Harvey apart from you or me was that he was a visionary. He imagined a righteous world inside his head and then he set about to create it for real, for all of us.” Milk was posthumously awarded the Presidential Medal of Freedom in 2009. It recognizes those people who have made “an especially meritorious contribution to certain interests including: world peace, cultural or other significant public or private endeavors.”

Mother’s Day:

The modern holiday of Mother’s Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St. Andrew’s Methodist Church in Grafton, West Virginia. This church now holds the International Mother’s Day Shrine. Her campaign to make Mother’s Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother’s Day Work Clubs to address public health issues. Anna Jarvis wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed a mother is “the person who has done more for you than anyone in the world.” She later criticized and resented the commercialization of the holiday.

Common Notions

Play two audio recordings from The Alan Lomax Collection: Prison Songs, Vol. 1 - Murderous Home, Historical Recordings from Parchman Farm 1947-1948

What makes a work song leader?

Early in the Mornin'

Propositions

Translations

Why do you seek the living among the dead?

Why do you seek the living among the dead?

You-Be-Me

I realized I'm trying to keep an old version of myself alive and it's doing me harm to live in the past I think we're more familiar with that saying "living in the past" rather than "why do you seek the living among the dead?" It's an old version of myself that I was living in material ways, I was trying to realize, to recreate certain aspects of my life here, for instance rental properties which I realize that's not part of who I am any more and I was really hanging on to parts of my identity from the past.

I was probably 7 years old and it was our first cruise the Dolphin Cruise Lines and my mom made friends with this Brazilian diamond dealers group of the boat and they were a really glamorous fun group of people and they had this scavenger hunt and they had to find people of board who were willing to sing Girl from Ipanema for their final party and they asked my mom if she would do it and she said yes and I remember watching her get ready for the performance of it and thinking what an amazing woman she was and I ended up sneaking out of my cabin and going to where she was performing and sitting at the top of the stairs to this club that was on a lower deck of the ship and just watching her and just being mesmerized by how beautiful she was and how confident she was and the amount of sex appeal she had. She was wearing this black dress with white polka dots and just looking incredibly glamorous and I was just in awe of her.

I increasingly have a problem with the phrase making a living, but I like the phrase little death.

It's this ancient form of time, Persian water clocks, I found these touristy Iranian clocks decorated with these patterns but these Persian water clocks they were used, you would fill a bowl of water and put a second bowl with a hole at the bottom and you would use them to time irrigation systems, but also speeches, a method of keeping track of how much something took up space, time. This connection to Rise, this crane exercise, I feel like I can just show it to you. I just have to remember it. If you think about your foot in the back, it's pulling water up. I'll do the feet first and then the hands, you pull the water up and then down. The palms of your hands and the soles of your feet, taking the water up. A rising and falling. The hot and the cold. The rising and falling. The crane. There's another crane that's super fast, though. It's about tendons. The form the body can take: the Crane.

Psychometric Processing

RISE

Veins in the circulatory system.

A baseball cap full of dead fish.

Warmth.

Dogs, water.

I enter the field where the crane flies. I become aware of an uncanniness to her motion and realize she is not moving forward, instead she hovers, wings flapping. She begins to rise. The work is not to move forward or to progress, it is to rise above. The first part of the movement requires grieving what has died as essential to rebirth. Grief is part of the work of rising.

















Closing

Excerpted from Ron Thurlow, Ph.D., Esoteric Astrologer at Meditation Mount

Libra provides us with an opportunity to decide which direction to travel. This is a pivotal choice. Do we take the outer path of illusion and separation or do we choose the reverse direction and tread the inner path of return?

When we choose the path of return, the sign of Scorpio governs the journey. Scorpio rules the trials, tests and challenges that each person endures on the road to self-realization. In The Ageless Wisdom, this is called the Path of Discipleship.

Scorpio has three symbols: the scorpion, the phoenix and the eagle.

The first symbol, the scorpion, is a crawling insect armed with a deadly sting. It represents desire and greed. The scorpion is concerned only with self-preservation and selfish pursuits indicative of the early stages of human development. The person endures terrible pain and suffering as the ego pursues one desire after another. In time, after lengthy struggles and many trials, the scorpion begins its journey to personality integration, and transcends its baser nature. In this stage, the human character begins to take shape. We begin to value inner spiritual growth more than outer material gain. We balance the desire for acquisition of power and material wealth with selfless values, kindness and compassion and generosity.

One's spiritual practice must include self-discipline and service to humanity, as well as time for meditation, spiritual group work and always kindness in word, thought and deed.

Whereupon, we encounter the second symbol in Scorpio: the phoenix. The phoenix represents transformation. It symbolizes immortality, idealism and hope. Here the person emerges from the ashes of his self-centered ego and assumes his or her position as an honorable and altruistic human being.

The phoenix is the symbol of the arising of spirit from the ashes of a form that could no longer imprison it. Transmutation is the destruction of mental and emotional constructs that support the illusion of a separate personal self. The shattering of these false ideas introduces crises in the life of the evolving personality. There comes a time when the ego must let go of all points of reference upon which it is dependent for the safety and security of its identity. At that time, it becomes abundantly clear that the only safety is an inner awareness of our relationship with soul. With transformation comes freedom.

The third symbol in the Sign of Scorpio is the majestic eagle. The eagle represents liberation, the solar angel in free flight, soaring through the heavens. The eagle stands for freedom from the hardships and suffering that plague us in our earthly existence. Freedom is won through surrender of our personality. In The Ageless Wisdom the symbol of the Scorpio eagle is "the triumphant disciple".

The Keyword for

Scorpio is: "Warrior I am and from the battle I emerge Triumphant."

What is your battle?

Faith

Love from a place of Sovereignty, from Interdependence

Care

What is the fire that consumes the Phoenix? What is its intention? Is it internal or external?

What do you need to release/grieve in order fulfill your highest commitments, in order to Triumph in Battle?

Expectation

Ego

Self

External time

Linear time

Co-dependence

What do you need to learn or cultivate?

Patience

Surrender

Steadfast

Asking for support

Setting boundaries

Navel-eye

Body clock

Play video:

Ain't Got Time To Die - Rev. Ernest Davis, Jr. & the Wilmington Chester Mass
Choir

RISE

Peace



In the spirit of service and spiritually aligned action, we suggest a donation to Weeksville Heritage Center:

Save Weeksville & Save Brooklyn's Black History

What We Do

We are a unique historic house museum located in Crown Heights and our work preserves the history of one of the largest free black communities in pre-Civil War America. For 50 years, we've used arts, culture, education, and historic preservation to make this history relevant and resonant for contemporary audiences.

But all of this work is in jeopardy. We'll be forced to shut Weeksville's doors by July if we are not able to close a budget gap.

Where does our money go? We oversee a 23,000 square foot Visitor and Education Center. We also preserve and maintain our Historic Hunterfly Road Houses, landmarked buildings from the mid-19th and early 20th centuries that are each over 100 years old. Maintenance on all of these structures is expensive, and while costs are rising, our traditional funding sources have not kept pace. Overall, it's an extremely difficult funding environment for black cultural institutions.

What would be lost :

As those who love Weeksville know, the loss to Central Brooklyn--and to New York City--would be devastating. We're asking for your help to protect and preserve the Houses and the dreams of our founding executive director, Dr. Joan Maynard, and all the working people who came together to save the evidence of historic Weeksville in the 1960s. Also, it's to ensure that we don't lose:

- Our ability to inspire over 6,000 NYC schoolchildren who tour our grounds annually
- The means to preserve and make available collections that document and interpret historic Weeksville, its rediscovery, and our unique grassroots institutional history
- The training and workshops that educate and empower the community to be the custodians of their own memories and history
- Our ability to bring high-quality arts & culture programming to an underserved Central Brooklyn community.

We need your help to raise at least \$200,000. Please donate and help us reach our \$200,000 funding goal by June 30. This will enable us to remain open through September and give us time to plan for the future: We will use that time to engage in a critical, much-needed strategic planning process to develop an operational and funding model that's much more appropriate for the non-profit landscape we find ourselves in now. Our goal is to come out of this planning with a clear path to sustainability and to ensure that we never find ourselves in this financially vulnerable position again.

Please know that the number above is a minimum. Exceeding that amount would help us in additional ways. For example:

- At \$250,000, we could expedite much-needed repairs to the Historic Hunterfly Road Houses.
- At \$300,000, we could begin building an emergency cash reserve.

The Bottom Line

With your help, we can get through this challenging moment. Please donate to save Weeksville and save Brooklyn's black history.

Weeksville Heritage Center, legally known as the Society for the Preservation of Weeksville & Bedford-Stuyvesant History, is a 501(c)(3) non-profit and all donations are tax-deductible to the fullest extent of the law.