

Lunar Wellness



New Moon in Gemini: Communicating to Bring Forth a More Embodied Self Ritual

Each New Moon is an opportunity to plant new seeds, ideas, and intentions for the next Lunar Cycle. The New Moon in Gemini brings an energy of new perspectives and space to evaluate and communicate with ourselves on how we would like to move through life differently.



Enodia Therapies

MAY 2022



By Irene Maropakis, LCAT

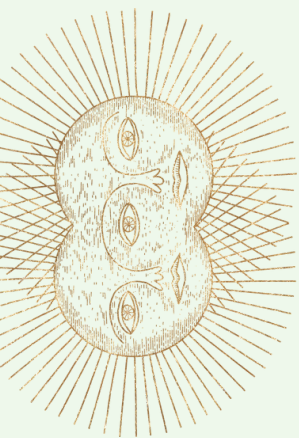
New Moon in Gemini Ritual



Story

Each lunar cycle gives us the opportunity to look inwards towards ourselves and the use the energy of the cosmos to explore where we are at in the journey towards our true, authentic selves.

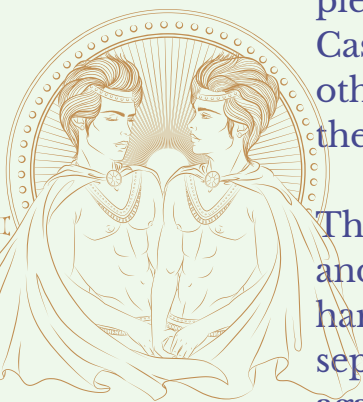
The New Moon in Gemini will peak on Monday, May 30th at 7:32 AM in EST. Each New Moon is an opportunity to plant new seeds, ideas, and intentions for the next Lunar Cycle. The New Moon in Gemini brings an energy of new perspectives and space to evaluate and think on how we would like to move differently in light of our recent experiences in the past few weeks. The Sign of Gemini carries with it the element of air and the planet Mercury. This offers us new ways of thinking, and opens up communication with others and most importantly ourselves.



The Mythology of Gemini

The Constellation of Gemini is founded on the mythology of the Twins, Castor and Pollux. They were identical twins, inseparable in their looks and actions. Castor was a great horseman, and Pollux a great fighter. Together, they joined Jason on the Argo and saved the ship from a terrible storm. Castor was the mortal son of King Tyndarus, while Pollux was the immortal son of Zeus. When Castor fell in battle, Pollux pleaded with Zeus to bring him back. Zeus agreed to immortalize both Castor and Pollux, if they spend half of their time on the Earth and the other half amongst the stars in the heavens. Since then, when sailors saw these two stars together, they knew their journey would be prosperous.

Rituals



The Gemini Twins share their wisdom of mutual love, care, bravery, and intelligence. Different in their talents, when they worked in harmony together was when they truly could do great things. When separated, Pollux made great sacrifices to be joined with his brother again.

Who is our greatest life partner? Who will carry us from one point to another? Our friends, and family are wonderful supports in our life journey, however it is ourselves that we are in constant presence with.



Parts Psychology and Embodied Self

If we turn to Parts Therapy, based upon Internal Family Systems therapies, this approach is founded on the idea that most of us have parts, and while that does not mean you have different selves, rather that you have inner parts that carry and address the different needs of the self. When in harmony and connection with all of your parts, you can uncover beautiful elements of yourself, have an ability to shine, connect, and relate to not only yourself but others. However, we live a human life, and we can compromise our different parts needs to accomplish different goals. Overtime, this can lead to neglecting certain needs of our inner parts and lead to inner conflict and struggle. Inner conflict occurs when there are differences and conflict in the “agendas” or “needs” between parts that can block emotional healing.

Rituals

In hope of developing a more embodied self where all our needs are met it is important at times to tune into these parts and give them a voice. What are the worries, fears, or insecurities that need to be reassured, honored, and given space to move forward? These other halves are much like the twins of Gemini, inseparable in looks and action, but carrying their own talents and desires.





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Story

Materials:

- Pen & paper
- Art Materials of your choosing
- Crystal of your choice (optional)
- Cleansing tool of your choice

1. Cleanse your Crystal with your chosen method
2. Come to a comfortable seated position or laying down. Gently hold your crystal to your heart center. If you do not have a crystal, you may gently place your hand on your heart.
3. Holding the crystal to your heart center, set the intention of giving your parts permission to come forward with curiosity to connect under the New Moon in Gemini Energy.
4. Take several deep breaths, focusing on the crystal against your heart space and ask yourselves the following questions.
 - What is it that I feel?
 - What needs or actions have I desired to do, and not have had the space to do so?
 - Where have I compromised in my life too often?
 - What desire or dream have I been putting to the side?
 - What is it that I truly need?
 - What part of myself is presenting itself to me at this moment?
 - How can I work together with this part of myself?
5. Continue to breathe deeply and take whatever answers may arise without judgement or alteration. When you are ready open your eyes and set the crystal aside. Write down or journal your insights.
6. Now taking your chosen art materials and paper, create a spontaneous image of expression in meditation of what you have learned.
7. After you have crafted your image, ask the image, what would it say if it could speak?
8. Take your pen and paper and create an affirmation that will address one need that came up. For example, "I will give myself space to create without judgement."
9. Work with this affirmation throughout the next lunar cycle to encourage more embodiment in self and tuning into inner needs.