

Astral Meditation

Tutorial 2

Connecting with the Moon Goddess (High Priestess, Yesod)

(Do not move on to this meditation until your Guide Energy is clearly established)

At the start of this meditation you are standing in front of your cave. The sun is pouring down from above and you can feel the warmth on the top of your head, your shoulders, arms, legs and the top of your feet. The light breeze lifts the heat of the Sun from your skin and leaves you with a feeling of freedom and anticipation. Look down at the ground and see your feet standing firmly on the warm sand. Rub your feet into the sand and focus on the gritty feeling beneath your feet to ground you. (Focusing on your feet will always ground you back in the meditations if you lose it.) Walk forward into your cave, noticing the coolness as you leave the outer sunshine. Sniff the air in the cave and notice how it smells. Look and see what the floor of the cave is made of and let your eyes adjust to the darkness, if you need a torch remember that there is one on the ledge to your right. Head to the left towards your door; (some of you may have a tunnel without a door). Your Guide will be waiting for you the other side. (If your Guide is not there, call him. If your Guide doesn't show up, come out of meditation and re-read the [Guide notes](#).)

Greet your Guide and ask him if he will take you to see the Moon Goddess. Your Guide may invite her down there and then or he may walk to another part of the landscape that is appropriate to your Goddess energy. When you are working on the inner plane even the landscape you are walking through is significant and symbolically related to the energies you are dealing with. So if you have your Moon in Aries you are likely to be walking across red earth or Moon in Virgo will take you to of herbs and scented bushes. Initially your Moon Goddess may not appear as a beautiful woman. If the Moon is in detriment in your chart, in other words heavily aspected or in a difficult position then this will be reflected in her appearance. So don't be alarmed if you are suddenly faced with a wicked old witch or an unfriendly old crone. Ask the Guide to bring down the Sun God and give the Moon Goddess all the healing she needs to "bring her fully into consciousness, harmony, light and love". The word "consciousness" is very specific and should be stressed. She may need to be healed two or three times. As the Sun finishes each time you will see a change in her, as she becomes younger and more beautiful. Often the Moon is veiled initially and or very misty and vague. She will become clearer as she becomes more conscious. Keep healing her until you are standing in front of a very beautiful woman who will look undoubtedly like a fully blown Goddess, with the qualities associated with the Zodiac sign and house that she occupies.

Ask your Guide if its OK to talk to her now. When he agrees speak to her. "Will you work with me in consciousness, harmony and love", she may give you a verbal "yes", or she may smile and/or hold her arms out. Any negative response such as "I can't work with you because you are too selfish or you don't deserve it" or no response at all, then ask your Guide to organize more healing from the Sun God. Now you can speak to her and tell her all your worries and problems.

Remember she symbolizes your emotional body, your inner child and the way in which your emotions flow towards your family and children. She is also the Prime Barometer for your relationship with your mother. If your Moon Goddess is not happy then you are unlikely to have a happy and stable Mother!!

When you have telling her all your woes ask her if she can help you and if she will now work in harmony and love with your Sun God. If she doesn't agree give her more Solar Energy. Now ask her if she has a gift for you. The Moon Goddess will normally give a gift of pearls or moonstones and she may put it directly into a Charka in your body. Ask what this gift represents and how you are to use it. You may want to quietly with her at this point, or she may want to show you other images and symbols which are important to you. When the meeting is over, thank her and ask your Guide to take you back to your door. Thank your Guide and return to the beach. Bring yourself back to this time and this place. Write up your meditation and [email me!](#) Well done!

Salutation to the Moon Goddess:

"Hail to Thee Eternal Goddess who rises in the Night Heavens). (as with the Sun salutation change the rises to sets or abides depending on the time and where She is)

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