

EMPOWERING ASTROLOGY AND QUEER FAT FEMME PRESENT:

January

2014

A Month of Astrologically Inspired Journaling and Ritual

JANUARY 1: NEW MOON IN CAPRICORN



We've been on a journey throughout the past few years — a journey that has often felt like it's taken us to the edge and back. We've shed lovers, homes, friends, and even our identities. Nothing is the same nor is it supposed to be. We're in a new era.

2014 will conveniently line up with a new moon in Capricorn on January 1, adding extra emphasis on the first day of the year. Because it will fall right on the planet Pluto, lord of the underworld and the archetype of total transformation, we will enter January reborn. While we've done a lot of work on ourselves over the last few years, this will be yet another chance to demolish something that has long since needed to come down.

In many ways the new moon on January 1 will be a trigger that will ripple out through the month. But even the most ominous line up of planets provides us with an opportunity to make a conscious decision on how to work with this powerful new beginning. What are you starting new with the year? As the new moon will serve as a clear dividing line between realities, what are you leaving behind in 2013?

The following activities, to be completed on or about January 1, will help you harness the power the Capricorn New Moon.

Journal: Open your journal and write on these topics. Try to be as “free” as possible and just write what first comes to mind in a stream of consciousness.

With a mind to being gentle with yourself, what attitudes about life, people, things no longer serve you or are holding you back?

What are three new behaviors, habits, activities or hobbies you would like to begin this New Year?

What are the ways in which you can support yourself beginning these new activities? People who can be supportive and positive accountability buddies?

Are there any other things you wish to start fresh this New Year?

Ritual: You will need for this ritual a piece of burnable paper, thin string (e.g. embroidery floss, bakery twine), a vessel to hold something on fire or an open flame.

Reflect on what you are leaving behind in the New Year — those attitudes, behaviors, people, places, things that no longer serve you. Write them on the piece of paper.

Roll the paper into a tube and bind it with the string. Tying a bow is fine or a knot is fine, too.

Say a prayer to your higher power, the universe, whoever resonates with you, asking for help releasing these things and opening yourself up to the newness of 2014.

Burn the paper in some way that it is safe. If you can do this over an open flame in a fire pit that is great. Try to spend some time looking at the open fire as it's a great way to cleanse yourself. I've done this ritual where I've gathered several friends. Some of us burned objects that symbolized what we were leaving behind, which was also very powerful.

If you don't have an open flame, you can do this with a candle and a vessel (like a big ceramic mixing bowl or a soup pot). Set the tied paper on fire with the candle and carefully let it burn in the vessel. Then scatter the ashes in the wind outside (for urban woo — scattering from your window or fire escape is fine). Spend about five minutes looking at the candle flame to experience the cleansing and grounding of the fire element.