

LIVING IN BALANCE

A monthly guide to the natural creation cycles

MAY 2009

Solar Cycle: Spring
May Day May 1st

We joyfully celebrate
the budding of new, green, life
all around us.
We delight in our fertile
creativity.

Solar Cycle: Mid-Spring

May Day

May 1st is the halfway point between Spring Equinox and Summer Solstice. Like all of the eight days on the Wheel of the Year, May Day marks a major transition point in the light cycle. By the first of May, the equal night/equal day balance of light that was present at Spring Equinox has shifted. Now light is dominant, daylight exceeds the darkness, and we are enjoying more hours of sunlight!

May Day is the time of year to celebrate the rising fires of the life force, the joyous and passionate energy that is necessary to spark into being the creative potential of new life and new growth. We now have the opportunity to consciously focus the vibrant potency of our life force into whatever aspect of life we desire to bring into fruition.

May 1st corresponds to the 9:00am point on the cycle of a day. Think of how you feel at 9:00am. The better part of a day lies ahead; you have the time and energy to accomplish many things. It's the time when we choose what we will focus on between now and the end of the day.

We are faced with similar thoughts at May Day, only we are considering months, instead of hours. How will you direct your creative potential between now and the end of the year? Take some time at the beginning of May to give thought to what you want to bring to fruition by the Autumn Equinox harvest in September.

Lunar Cycle:

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| Full Moon | May 8 | Moon in Scorpio | 9:01 pm Pacific Time |
| New Moon | May 24 | Moon in Gemini | 5:11 am Pacific Time |

