



searchinsachin
Psyche. Stars. Being.

SEPTEMBER 1 2020 | ISSUE NO. 1

WISDOM OF THE MOON

The Official Weekly Newsletter of Searchinsachin

RESOURCES TO HELP YOU THROUGH

Book Recommendation:

Letting Go - A pathway to surrender
by Dr. David Hawkins

Music Recommendation:

I am by Satsang
(Available on Youtube)

Gemstone Recommendation:

Crystal Quartz

Affirmation:

Leap, and the net will appear.

Remember:

Pisces is the compassionate,
contemplative, forgiving side of
Jupiter. It is the sign of completion
and setting oneself up for a new
cycle.

ZAZEN - to sit and sit and become
aware of the bodily resistances,
excitements, patterns, and then, sit
some more.

SEPTEMBER 2ND FULL MOON

by Sachin Sharma

Full Moon means Full awareness of the otherwise less illuminated night-time jungles of the Psyche - nothing can now hide.

The Full Moon makes us aware of everything, and one must confront everything directly and wholeheartedly. The calm gets calmer, and the invigorated gets more disturbed.

One of the names for the Moon in Sanskrit reveals much about its nature.

Shashanka means "Hare-marked" - Moon is more like a rabbit than a monkey. Aside from being fickle, it is also sensitive and delicate like a hare/rabbit.

This tells us that it requires immense care from its circumstance. Self-nourishment, as we know, is key to cultivating a healthy psyche, a healthy Moon.



WHAT IS HAPPENING TO THE SKY?

Jupiter, the inner wisdom mechanism is suffering in 2020.

Full Moons make something obvious within our lives - something that is now ripe.

Piscean Letting Go and Surrender is the theme for this Full Moon.

This situation requires one to let go and thus shift into a new reality/circumstance. This is often a bit painful as the Moon habituates into Patterns and Circumstances.

Hare or rabbit is also symbolic of fear. Moon, the psyche, is naturally self-preservative, and seeks to protect its conditioned patterns that are often rooted in survival fears.

Moon in Pisces must contemplate the nature of Thoughts, Awareness behind the Thoughts, and one's conversation with Reality.

The Rabbit-like Moon must allow itself to contemplate, forgive, and surrender in the sign of Pisces. It must remain kind and gentle to what is flowing into its awareness.

”

FAITH IS TAKING THE FIRST STEP
EVEN WHEN YOU DON'T SEE THE
WHOLE STAIRCASE.
– MARTIN LUTHER KING, JR

“

If reality seeks to shift then it requires an inner-wisdom, an innerstanding - Why?

The occurrences must seem reasonable to the psyche for it to let go with more ease.

But here's the issue with Pisces - it does not reason - it only must surrender and flow. Why is Pisces like this?

The fish swimming in the opposite direction represent surrender of conceptual understanding -

it is the primordial Yin and Yang.



Mercury, the planet of concepts, debilitates (lowest point, dysfunctional) in the first 15 degrees of Pisces - This shows that the first half of Pisces (where this Full Moon is taking place) is not a place of conceptual thinking.

This is a time to simply let things take their course and observe.

Concepts often create confusion in Pisces.

The Piscean Letting Go also requires faith and surrender-

Leap, and the net will somehow appear.

The patterns of the psyche must not be destroyed, they must be made obsolete by the cultivation of new rhythms and habits.

One thing will lead to another.

Put one foot in front of the other and you will arrive somewhere new - sit at this new place within you and act through this space.

Create new patterns and the old become obsolete.

Jupiter, the ruler of Pisces is suffering since the beginning of 2020. Jupiter is the Guru, the inner-wisdom mechanism, the one who makes us understand the grand scheme of things.

Jupiter requires cultivation this year. Seek help, help others if you can.

Jupiter's innerstanding allows the psyche to forgive, to be truly compassionate, and have faith in the ways of the cosmos. But it is not available inwardly, one must work for it (Jupiter is in Capricorn).

Generally speaking, Venus, the planet of devotion, worldly fulfilment, and healthy desire, is naturally exalted ('Uchha', highest) in Pisces. This tells us more about the nature of Pisces.

For this Full Moon, we must give ourselves Venusian devotion, fulfilment, and healthy desire.

Overcoming bitterness in relationships by cultivating understanding and empathy is also a crucial aspect of the current cosmic scheme.



Venus in Cancer opposite Saturn, has been feeling separated, love-sick, emotionally thirsted. It has not been easy for Venus.

Mars in Aries is supporting the process of transformation by giving a healthy hunger to do what one needs to do. It is giving courage, will power, and the fire needed to proceed.

Saturn in Capricorn is giving the ability to persevere during hard times and do the difficult tasks. But it is also hurting Jupiter, and making it have no trust in the way of Nature or no trust in one's inner-knowing. Saturn's conjunction with Jupiter destroys Jupiter's faith, forgiveness, and one constantly needs external guidance and hierarchical religiosity, and material proof for inward truths in order to feel at ease with one's understanding of life.

Mercury in Virgo giving the capacity to manage, manifest, and overcome the many obstacles that come during the process of manifesting anything - allowing one to take care of the nitty-gritty tasks.

The collective psyche must transition into a new understanding, and these shifts are always a bit difficult as the habituated Moon likes a patterned mode of being. Allow your individual Moons to become more adaptable, empathetic, resourceful, etc, and see how a Moon rooted in true inner understanding, self-love, and intuition, simply lives in harmony with the despicable and beautiful rhythms of the world. This takes consistent inner-work, and is always rewarding - you will thank your self.

PRACTICES FOR THIS FULL MOON

Mental and Physical.

Every Moon and Sun cycle is basically a call to become aware of the Circadian Rhythms, to align with the nature of Nature, the seasons, weathers, body-clock, etc.

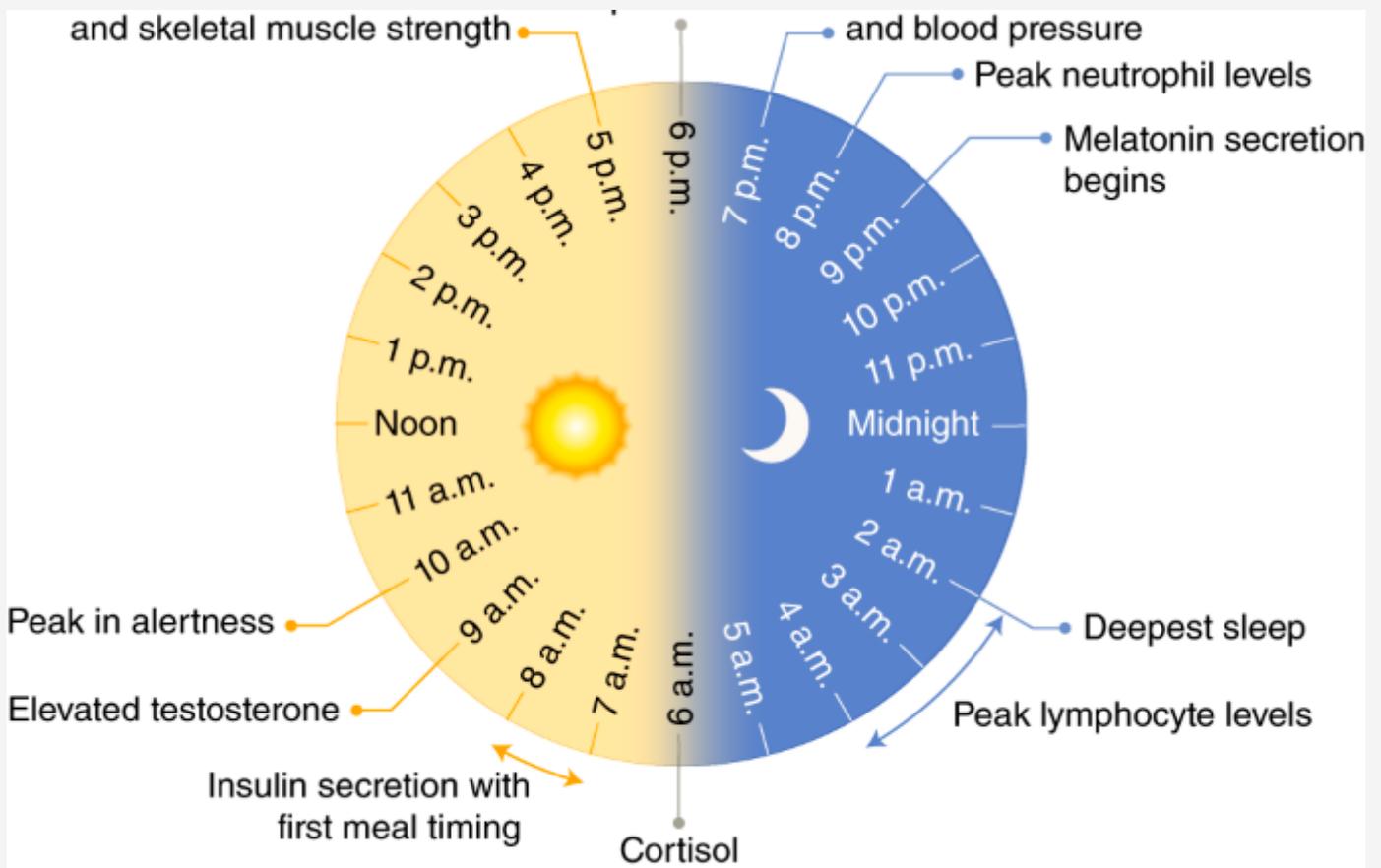
We can regulate our sleep-wake cycle. (Sleep with the Moon and wake up with the Sun). This is a fundamental part of the process of finding peacefulness. (Download Sleep Cycle app)

Timing activities in life according to daylight and night time - doing activities according to the rhythm of the Sun and the Moon - aligning the internal clock and the circumstances.

(Prakriti by Dr. Robert Svoboda)

Observing animal and plant behaviour and how they deal with the natural rhythms is helpful.

Observe the leaf - whatever is happening to the leaves wherever you live is happening to your body. (More on this in the future Newsletters, maybe)



Cultivating Empathy and Compassion

Generating emotions such as empathy and compassion are not only good for other but yourself as well. One way to activate the prefrontal cortex is by feeding those who are starving, or helping someone in need in any way possible.

External global starvation is a representation of the state of the collective psyche.

Moon must play the mother. If you nourish others, you will feel emotionally nourished as well - try it out. When the Moon, the Psyche, does not mother something or someone, does not nurture and nourish, it becomes self-absorbed and creates psychological complexities, it becomes sick.

Selfless service is the greatest remedy for the Moon.

Moon must also consciously connect to different feelings.

The Sun and the Moon's rhythms are constantly finding a habit-patterning, be it emotional or physical. What we feel, how we feel, etc, tend to become a rhythmic pattern, an attitude. This often leads to feeling only certain emotions and ignoring the rest - we forget to feel the emotions of the prefrontal cortex such as empathy and compassion.

Compassion and empathy are often not a concern during tough times. Moon becomes all about one's own individual needs, struggles, and pressures.

Donation to a cause of the Moon - nourishment and care will allow the Moon to relieve itself from self-absorption, depression, etc. Nurture nature and see what happens. This also allows one to tap into feelings surrounding financial abundance (I have enough) or issues with poverty consciousness (I don't have enough).

This simple practice is often overlooked but is profoundly powerful to bring a sense of joy within one's otherwise self-absorbed psyche.



Chandra Beej Mantra

"Om shraam shreem shraum sah Chandramasay namah"

or

"Om Shrim Som Somaya Namah"

ॐ श्रम श्रीम श्रौम सह चन्द्रमसे नमः

Om Shraam Shreem Shraum Sah Chandraya Namah

Rishi Parashara suggests that we do this mantra 11,000 times.

One must do the Mantra with full devotion and whole heartedly.

Lunar Calm (a calm external environment without distraction)

Venusian Devotion (wholeheartedness, receptivity, openness, softness)

Solar Attention (focused will)

The Attention of the Heart must fully be directed towards the Mantra. This can be difficult, as the rabbit-hearted Moon will try to jump from one image to another, from one thought to another, from one worry to another.

While doing the Mantra you can hold a Quartz Crystal in your hands.

You can work with other more cleansing and clearing gemstones that you feel can help your Mind to feel calmer.

Gemstones are simply tools and not the solution. The solution is always an innerstanding and an inner-transformation. The power is not in a stone, sound, or anything outside of you. Outer forms are simply a fuel to the fire of the inner-being.

Mantras require belief, devotion, surrender, and openness of the heart to work.

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Please feel free to share this with your friends and family.

I am currently offering limited astrology readings.

I am currently charging 350 Liras, 3600 rupees, 40 Euros, and 50 Dollars for a 90-120 minute session.

Please feel free to reach out and connect for more details.

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