

**A New Relationship with Time:
The Body as Timer
Column II**

Samten Williams, BSN, RN



Question: Samten, I am trying to understand the position of the moon and my emotions. I am keeping track of my emotional states and charting the phase of the moon in a journal. I have been doing this for several months. At this point, I can't seem to find a regular and dependable correlation. Do you have any suggestions? Toni

Dear Toni,

Thank you for your question. The Moon is an anchor, in timing and in our emotional lives, and I am happy to hear that you are looking for this link between the Moon and emotions. To explore possible reasons why you may have not yet kinesthetically experienced this correlation, let's start with the highest heavens, deep space.

The Midheaven, north point on the compass of your [birth chart](#), directly connects to the Galactic Center, a super massive black hole that is the size of two million solar masses. With this configuration, Toni, your finger is on the pulse of our galaxy. Your consciousness is linked to the big picture – notice the nature of your work in publishing this journal. You may need more space, and time, to process your emotional state than a link with our beloved Moon offers.

There are ways that you can connect with the Moon, and we will explore these later in this column; however, my suggestion is to consider the entire galaxy as anchor to your emotional life. Reach far and wide into deep space, internally, as well as externally. In this work, Toni, you and the Universe are your guides. There is nothing about galactic consciousness that is as clear-cut and familiar as the phases of the Moon. We are all pioneers on the galactic realm.

If I can assume a translation of your question, it sounds like you are trying to link how you feel with your connection in nature, with cosmic sources. If this is the case, I suggest giving yourself this bigger canvass of the whole galaxy as your exploratory field. One way you might start to link yourself with Galactic Center consciousness is to bring a sense of connection with the Galactic Center down and into the chakras above your head and then into your crown chakra, third eye and then into your heart chakra. Bring energy up from Earth through your feet, root and second chakras. Let the earth/sky energies meet and mix in your solar plexus and heart and circulate throughout your body. The idea is to establish a grounded and connected sense of love and link with sky and earth and your own divine essence. Then start asking your Highest Self questions like: *“What are the cosmic links between what I feel and the opportunity for growth before me? How is the Universe informing me through my emotions?”* This is an interactive, co-creative process, between divine cosmic energy and your own Highest Wisdom.

Once you ground, then tune in, like getting the reception clear on a radio, and ask for the conscious link with nature that you want. You can then track the sensory and intuitive informing sources, using your emotions as a tool, for discerning evolution of who you really are.

Now, you are on planet Earth and the Moon is our satellite, our oldest Timer, and a direct connector with emotional life. The Moon has gravitational pull on water and our emotions are of the water realm. It makes sense that you want to connect with the Moon as a deeper link into your inner life. Throughout human history, wise men and women have done just that.

People who want to correlate their emotions with the Moon often look at the astrological sign the Moon is in as well as the aspects the Moon makes to other planets. An astrological calendar gives this information for each day. Examples of this work include noticing higher energy levels when the Moon is in Aries, for instance, or good-natured feelings when the Moon is trine Jupiter.

You mention tracking your emotions with the phases of the Moon. The phases of the Moon start with the New Moon, when the Moon is barely visible in the sky, to the Second Quarter Moon, the half Moon we see in the sky, to the Full Moon, to the Fourth Quarter Moon, the other half Moon, to the Dark of the Moon at the end of the cycle. This patterning represents ebb and flow, waxing and waning, building and dissolving. This rhythm is not so much about emotions as it is energy. At the beginning of each cycle it takes us a day or two to find our momentum, that momentum gradually builds to the crescendo of Full Moon and then the energy starts dissipating as we slow down with the end of the cycle.

Rather than track how you feel with the Collective Lunar cycle, I suggest that you start tracking from the Personal Lunar cycle. The Personal Lunar cycle starts with the phase of the Moon in which you are born. Your Sun/Moon phase is 208 degrees, five minutes in the 360-degree cycle. Technically, this is the Full Moon phase. Specifically for you, it means that your Personal New Moon occurs about two days and two hours after each Full Moon. It also means that the three-day Dark of the Moon phase, that low down, deep in, gravitation pull that occurs at the end of each cycle, starts for you one day before each Full Moon.

What you may have been experiencing as you attempted to link your emotions with the Moon's phases is complete discordance. Being born at the Full Moon, as you are, your Personal Lunar Cycle is opposite the Collective Lunar Cycle. I will email the dates and times of your next thirteen Personal New Moons, so that you can track your emotions and the lunar phases from this perspective.

I recommend to clients who work with the Personal Lunar cycle to mark their date books with xxx three days before each Personal New Moon and notice how energy naturally wanes during this time frame. Limit as much as possible, external activity on the last 24 hours before each Personal New Moon. Let yourself rest and be internal during this time. Reflect on the past cycle and once you feel the energy upsurge within you again, intention what you want during this new cycle.

There is one more consideration for your question regarding the lack of link between your emotions and the Moon's phases. Your Moon placement is in Capricorn. This placement is

exactly opposite the Moon's home sign of Cancer. Capricorn is arduous, serious and not fluid like our watery Moon.

Given your oceanic Pisces ascendant, the east point on the birth chart, which represents how you greet the world, and given that your Mercury is in the sign of Cancer, I suggest a ritual for you to consider in your work with emotional tracking. Before you start to write down your process, Toni, try sitting for five or ten or fifteen minutes without thinking of what you are feeling or what you are going to write. Simply sit still with your body, your being, in silence. This way, you connect with your inner knowing through a channel other than thinking. Then, when you feel the inner pull to pick up the pen, start writing. You may find this ritual offers another way into the deep and serious heart of your emotional life and the self-accountability of your heart's desire.

Blessed be, Toni. If you have further questions as you work with this material, please let me know. Samten

Toni replied

Samten; I have studied astrology intensely for the last 6 years. I have been exploring using the moon as a gauge since I first read what you wrote about it in your first column. I am interested and curious to what you have to say about it and I will continue to explore and will use your meditation tool and the times you sent. It seems to me that there are so many influences in the sky at any given time that the moon wouldn't override everything else and so the moon and the body couldn't be used as a "perfect" timer. At this time it seems speculative. Toni

Samten replied

I do not mean to suggest that the Moon is a perfect Timer, although in its own way, I suspect it is. What I think is that the Moon was an "original" Timer for human beings. We can see the Moon and the Moon does track time. That is basically what I mean, in addition, that we have lost, or diluted, our connection with the Moon and its relation to tracking time with the advent of electricity and 24 hour everything.

I also agree that the Moon would not override any other influence; however, I do feel that objects in deep space could override one's sense of connection with the Moon. A deep space body, such as a black hole or pulsar or quasar, could provide a stronger, or deeper, resonance within an individual than a connection with the Moon.

My sense, and I can be wrong, is that since you were not resonating with the lunar phase cycles, you might be resonating to the wider orbit of your connection with the Galactic Center. This is like being sensitive to a higher vibration on a frequency scale. You might also be resonating with the Personal Lunar cycle more strongly than with the Collective lunar cycle.

In addition, the flow of the lunar phases is more about energy -- how we go from infancy stage with New Moon to old age and death with Dark of Moon -- than emotion and, yes, I have heard that emotion is energy in motion. However, to connect with the emotions and the Moon, you might want to track the sign of the Moon and any aspects that the Moon makes.

Time passed and Toni reported

Samten, I followed your instructions and during this personal moon phase, I had a lot of mental energy concentrating on my favorite things that occupy my time. However, keep in mind that Pluto is currently in my natal Midheaven and Uranus is on my natal ascendant. This would account for the mental energy. The day after my personal new moon, I felt drained of energy with both my body and my mind. I had a hard time getting out of bed, let alone getting myself going for the day.

Samten replied

This is great news. You have reported resonance in how you felt physically in relation to the lowest ebb of the personal cycle, the Dark of the Moon. It seemed that you were still feeling it the next day. You can expect your energy to pick up, especially if you give into the urge to rest completely and dissolve all effort. The less resistance there is, the more you can enjoy the Dark Moon time for internal process and renewal.

[Suggestions for Working with Natural Time Cycles](#)

A good astrological calendar can be found at [Calendars Charts Aids](#).

Interested readers can submit questions for this column to Samten at samten@samtenwilliams.com. Questions that are considered include questions about your relationship with Time, or which specialty in nursing is a match for you based on your birth chart. Please put QA column in the subject line. One question appears in each issue. Include name, contact information, date and time of birth, including AM or PM and your place of birth. Also include your current place of residence.

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