

**NEW MOON IN ARIES—CYCLE OF INITIATION**



Aries

In this Meditation, New Moon in Aries, the Cycle of Initiation, you will learn to attune yourself to the energy of making new beginnings. You may use this Meditation at any time, but for the best results, I suggest using it while the Sun is in the sign of Aries. The most powerful benefits will come from using it as a ritual during the New Moon Phase—when both the Moon and Sun are in the sign of Aries.

**"Child of God, you were created to create the good, the beautiful, and the holy. Do not forget this."  
~ A Course in Miracles**

### AFFIRMATION TO LIGHT

I say hello to my higher self.  
Hello to the true me.  
Hello to the truth and the Light.  
I am living in the truth.  
I am filling my life with  
more and more light  
each and every day.

Each breath that I breathe  
is filling me with  
Light and Truth and Divine Love.  
I am more and more in touch  
with my truth,  
With my highest good,  
With every Light-filled breath  
that I breathe.

During the Aries Cycle, the Universe—mirrored by each of us—is involved in the process of Initiation. Aries is the beginning of the Zodiac—the point of Initiation. In Astrology, the sign of Aries is ruled by Mars, the planet in your birthchart that describes how you go about getting what you want in life. So while the Sun is in Aries we'll concentrate on how to go about getting what you want—how to initiate a new reality for your life in this Phase of the Solar Cycle.

This time of year is springtime when fire is warming the earth so it can produce plants...so it can give birth. Fire is instinctual will. Fire is spirit. Therefore, when you move into the Aries Solar Cycle each year you must be connected to the *spirit* of what you want to initiate. During the Aries Solar Cycle, you are using your inspiration to create something real, substantial and concrete.

The first thing to understand about Aries is that its energy is full of self-confidence and enthusiasm. During the Aries Solar Cycle, you may be filled with enthusiasm for what you want to initiate, but have you ever noticed that you sometimes shy away from what you are hoping to initiate for fear of failing at it?

During this phase, ideally you are creating a partnership between the spirit and the reality of what you are trying to accomplish. It's Spring. You are ready to spring into something, to fall in love with a new concept of what you are capable of creating. You have to be careful about what you project, however, because you are creating your future. If you're not clear about who you are then you're projecting a future that you're not going to feel compatible with when it actualizes because it's not the real you to begin with.

Therefore, this is the time to contemplate what your spiritual purpose is. What have you come here to achieve spiritually? During the Aries Cycle of Initiation, it's important to consider whether you are fulfilling your spiritual purpose or whether you're merely going through the motions, assuming an identity that you're not even familiar with.

At this time in the annual Solar Cycle, picture yourself as the Spiritual Warrior. Inside you dwells the seed of what you've come here to accomplish. You have to carefully consider what you're initiating because you're going to get back the fruits of your efforts.

In addition, if you set your intention from a sense of lack, what you will manifest is lack. You have to be willing to let go of any sense of limitation as you begin the initiation process. Remember not to create or initiate out of what you feel you lack but out of what inspires you and helps you grow and accomplish your spiritual purpose.

During the Aries Cycle you are stimulated by the visual and the emotional. So focus your attention on what attracts you visually and what excites you. This will help anchor your inspiration. Envision your future and as you set your intention, you'll acquire the energy to move toward manifesting that intention.

Aries energy is always on the go—sometimes spreading itself a little too thin in its enthusiasm for making new beginnings...lots of new beginnings! Consequently, you may need to settle down and concentrate on how to make something happen at the New Moon in Aries.

One of the lessons in this Cycle is to learn to go within, and this Meditation is designed to help you do just that. You need to be willing to spend time in introspection in order to get in touch with your own power. It's time to clean out the cobwebs in your unconscious mind in order to make room for something new.

Ever hear the term "spring cleaning"? Well, Spring begins the moment the Sun moves into Aries each year on March 21<sup>st</sup>. So the Aries Solar Cycle is the perfect time for you to initiate your own spring cleaning and get rid of what you no longer need, in order to make room for what you want next. You must be willing to release

whatever you're hanging onto that prevents you from attracting what you say you want!

It seems the Universe becomes perplexed when it observes us hanging onto our old way of being while professing to want new qualities or a new way of being at the same time. Something has to go, and whatever that something is, now is the time to release it.

One more thing: the mastery you seek during this Cycle requires that you set forth from a position of inner peace and clarity. Now is the time to create an environment of love and self-acceptance—a safe space in which your new vision can develop, grow and flourish.

I would like to share a quote from Marianne Williamson. In all likelihood, you have already heard it; still, it is worth repeating:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

I have shared these ideas from Marianne Williamson with you because I want you to think about who you are—in this moment. Are you the person you daydreamed about becoming when you were a child? Are you letting your light shine before the world? If so, I congratulate you. But if you are not yet the person you've dreamed of becoming, (and most of us aren't, since we're "works in progress") have you given any thought to why you are "playing small"—to use Marianne Williamson's term? Are you stuck in the reality of not being what you want to be without knowing what to do about it? Or worse—without giving any thought to how to become what you do want to be?

**"If one is lucky, a solitary fantasy can totally transform one million realities."**

**~ Maya Angelou**

My intention in this meditation is to share with you the idea that now is the time to leave behind what you do not want to have, do, or be, and to initiate the process of creating the reality of what you do want to have, do, or be.

If you are experiencing discontent with any part of your life—physically, emotionally, spiritually—chances are good that you have been dwelling on the negative of your situation, instead of creating a vision of your greater good.

Keeping your attention focused on what you are dissatisfied with in your life only results in what I like to call MOTS. More Of The Same! This is because your thoughts are magnets that draw to you what you are investing them in.

**"The act of contemplation creates the thing contemplated."**

~ Disraeli

Please remember, my friend, that you are a divine being. The key to your divinity lies deep within you. You have only to listen to your inner voice to be in touch with your divine spark. What is your inner voice telling you these days? Is it a happy voice? Or an unhappy one? Your inner voice—the voice of your Higher Self—only has two modes: Happy or unhappy. The Happy Voice confirms that you are on the right track. The Unhappy Voice confirms that you have not yet arrived at the destination you are moving toward in your evolutionary process.

The Aries Cycle of Initiation presents you with an annual opportunity to move beyond your fears and discontent into the actualization or the vision of your ideal. The key word here is "vision". Do you have a picture in your mind's eye—a vision—of how you would like your life to be? The type of work you wish to be engaged in? How you wish your body to look? The kind of house you want to live in? The sort of relationship you would like to experience?

Until you do have a vision—an inner picture—of what you want in your life, you are destined to remain stuck in what you do not want. The process of initiation is not complicated. It simply begins with your vision—the inner picture of how you want things to be. Once you have taken the time to create that inner picture, it comes running towards you, beckoned by your calling it forth. Until you create that inner picture, there is a void where your dream should be.

Your purpose here on Earth is to create. The creation process is quite clear: you begin by giving thought to what you wish to create—you project the image of yourself into the future. You out-picture your desire.

Envision yourself well, physically fit, living the life of abundance you were meant to live, in the house you dream of living in, providing the service you are uniquely qualified to provide, relating to like-minded friends and loved ones, driving the car you choose to drive, dressed the way you wish to appear.

You know which of these visions has the strongest appeal or the greatest significance for you in this moment. Next year when you perform this Meditation during the Aries Cycle of Initiation you will undoubtedly have a new vision. That's called evolution. For now, you are going to create your vision of this moment.

Let's move into meditation mode and begin the process of initiating your personal vision. It is important to be in a quiet place, away from distractions. This will give you the best results for your meditation.

Various tools can enhance your meditation experience. You may want to light candles before you begin your meditation. They can be scented or unscented. If you choose unscented candles, you might want to burn incense during your meditation. These scents prepare your mind and body for the meditation by helping you to relax and open all the channels to your deepest awareness.

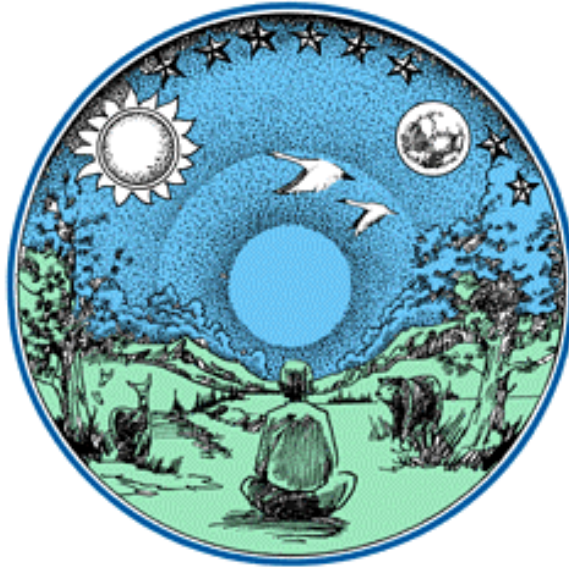
To begin, please sit comfortably in a chair with your back straight and ankles crossed or in a comfortable cross-legged position on the floor. Fold your hands gently in your lap. Now begin to focus your awareness on your breathing. Follow each breath in and out. It isn't necessary to "try" to breathe or consciously alter your rhythm of breathing. Simply follow the breath as it naturally flows in and out and feel yourself relaxing. Good. Take a few deep breaths from the diaphragm. Then let your breathing find its own level.

Imagine that a beam of rainbow light is entering the center of your forehead. You don't actually have to see anything (although you may), just imagine the presence of a light. Now imagine that the light travels down the center of your body and diffuses into all of your cells.

Repeat silently to yourself a few times, "I am in the Light, I am filled with the Light." Good. Now you're ready to align yourself with the natural Aries energy of Initiation, and we will offer an invocation:

#### Invocation to the Yellow Ray

I call upon the Creator  
Of the Topaz Ray  
To pour Divine Realization  
Through my body.  
Through the Yellow Ray  
I awaken my Divine Purpose.  
I call upon the Yellow Ray,  
To strengthen my sense of service  
To the Source's Vision.  
I call upon the Topaz Ray.  
To soften my ego,  
That I may surrender to Spirit.



"Every child is an artist. The problem is how to remain an artist  
after growing up." ~ Pablo Picasso

An ancient Roman Festival at the Spring Equinox, when the Sun moved into the sign of Aries, honored Mars and Minerva. In those days since Mars was the God of War, the festival inaugurated the military campaign season.

However, since Minerva was the patron of arts and crafts, I prefer to think of this time as a celebration of new beginnings. So, consider your new beginning, as you dedicate yourself to the process of renewal—the art and craft of creating a new you.

The Roman poet Ovid exhorted practitioners of every art to pray to Minerva for knowledge and skill. Here is a short version of the prayer:

"Pray now to Minerva,  
Boys and tender girls;  
Whoever wins Her favor  
Will be skilled,  
For She's the Goddess  
of a Thousand Works."

So let me ask you, what works (up to a thousand!) do you wish to create at this time? Just close your eyes and envision them. Let them dance before you, as you invite them into your reality. See yourself appearing as you wish to appear,

feeling fulfilled while engaged in the activity you most enjoy, interacting with the people you love the most. *Voilà!* You have begun the Initiation process! First appears the visualization and then the reality follows.

Now we'll focus on your desires even more powerfully by using affirmations. An affirmation is a positive statement about something you desire. With it, you make firm the truth of your desire.

Affirmations may be truer in the future than they are now but affirmations are always stated in the present. You can state affirmations anywhere, silently or aloud. The more often you say them the more real, solid and “firm” they become.

Affirmations are very powerful. When you repeat them in front of a mirror while looking into your eyes, all the negative thoughts and feelings that keep you from fulfilling your affirmation will surface. Let them surface; then let them float away. Beneath all the limitations is a part of you that knows the truth of your affirmation.

Now I'm sure you can create excellent affirmations of your own to initiate something new in your life during this Aries Cycle of Initiation, but to begin perhaps you'd like to try a few of these:

- I know what is important in my life, and I focus on it.
- I love and accept who I am.
- I have the ability to look inward and find answers.
- I am the creator of my life.
- It's okay for me to have everything I want.

### ARIES AFFIRMATION

I AM all things.  
I AM all things manifested.  
I AM all things unmanifested.  
I AM all things which I wish to be.  
I AM all things which I am.  
I AM one with the great Sun.  
I AM the ray of life that comes forth  
From the heart of God.  
I AM my body.  
I AM my mind.  
I AM my feelings  
In my entire world  
In perfect harmony  
And perfect action together.

Let's consider the Tarot Card that corresponds with the Sign of Aries—The Emperor. The images of the Tarot are both mystical and wonderful as they capture the essence of the moment. The ancient arts of Astrology and Tarot have a marvelous connection; both are accurate depictions of the quality and meaning of the moment in which they are consulted.

The mystery and the wonder come from the question of why these symbolic languages should so accurately reflect precisely what is going on with us at any particular moment. I feel the answer to this mystery is that we are one with the moment. There is unity in all things. When we recognize this we can choose to feel connected to All That Is.



Meditation on the Tarot Card The Emperor

I can find a place within myself where I am sure of my power.

I have come far and have learned and accomplished much.

At this moment, I do not need to struggle  
to prove anything to myself or to anyone else.

At this moment, I have all that I need.

In this place of security, I sit and learn what it means  
to have power and authority.

I understand the depth of  
my responsibility to my power.

I feel flexible and comfortable with it. I learn  
to hold it steadily but lightly—and I learn to share.

I am open to new information and to change.

My higher senses are attuned to inspiration, and  
I am a channel for ever-changing Spirit.  
Spirit is my guide and my support in all things.

To familiarize yourself with the Tarot archetype of the Emperor, and how its essence resonates within you at every step of your journey through the Aries Cycle, why not take a few moments to explore these questions and write down any feelings or thoughts they may provoke:

- What is your greatest achievement?
- What are you most proud of?
- What have you not yet achieved that you would like to achieve?

While composing this Aries Meditation, I came upon a delineation of the Emperor in "The Mythic Tarot" by Juliet Sharman-Burke and Liz Greene. Using virtually the same words that I have been using throughout this Meditation, they observe that with the Emperor we are "challenged to make something manifest, to concretize a creative idea, to build something in the world...We are asked to take a stand-point, to become effective and powerful, to formulate our ideas and ethics."

They conclude that the Emperor "is the father who embodies our spiritual ideals, our ethical codes, the self-sufficiency with which we survive in the world. This Tarot Card symbolizes the authority and ambition which drive us to achieve and the discipline and foresight necessary to accomplish our goals."



Finally, let us offer this affirmation:

AFFIRMATION TO LIGHT

I say hello to my higher self.  
Hello to the true me.  
Hello to the truth and the Light.  
**I am living in the truth.**  
**I am filling my life with**  
**more and more light**  
**each and every day.**

Each breath that I breathe  
is filling me with  
Light and Truth and Divine Love.  
I am more and more in touch  
with my truth,  
With my highest good,  
With every Light-filled breath  
that I breathe.  
The Light fills every cell within  
my being and body.  
I am thankful for all that  
I have been given.  
I am thankful for being.  
I am thankful.  
I am blessed and I know  
that more every day.  
I am more in touch with  
my spiritual wisdom  
And can find my own answers  
within myself  
Because I am connected to my God and  
I am living within the Light.  
I am thankful now.  
I am Light now.  
I am Love.

Now it is my prayer that Initiation—as you envision it, as you create it, and as you live it—will continue to add meaning to your life from this day forward.

Namaste.

**Beverlee**