



May 2019 New Moon Edition *"Dance in Beauty"*

THEME FOR THE MONTH: SLOWING DOWN TO FEEL MORE

Nature never rushes yet everything gets done. - Lao Tzu

"Walking in Beauty" is a concept that comes from the Navajo/Dineh Native American tradition. It's called "hozho naasha" and it means to walk in harmony with all living things. It's about being in a state of balance and right relationship with the natural world. It's a profound state of awareness where you feel connected to everything around you. This influences how you move through your life, and in this case DANCE through the world. Because all of life is a dance as we practice in Qoya, and we're here to enjoy it!

We are all surrendering to the Great Mystery and the cosmic dance of life of which we're all a part each day. On this journey in the HIVE we are becoming one with the cycles and rhythms of life, our bodies & the earth. We're no longer trying to fight them or bulldoze through any longer. We are coming back home to ourselves and our original essence. We are returning to our own inner Sovereign Queen.

One of the core ways we can do this is by SLOWING DOWN TO FEEL MORE as we often say in Qoya.

We need to slow down to enhance our capacity to nourish and be nourished. Slowing down to feel more is another way of inviting us into greater mindfulness and awareness. It allows us to listen to our bodies, our inner intuition, our truth. It allows us to tap into the flow of feelings as energy moving through us. For e-motion is just energy in motion after all. It allows us to move it through our Being instead of it getting stuck.

We can engage all of our diverse senses daily through slowing down to be with life as it's happening before us in each moment. This allows us to let more LIFE in. Life is so juicy. If we were to squeeze every ounce out of it, our cup would be constantly overflowing. Often we



don't know how to stay present and engaged to all life has to offer however. Slowing down to feel more is a guidepost to staying conscious and inviting more of this goodness IN.

The invitation here is to no longer sleepwalk through any aspect of your daily life, making repetitive unconscious choices or trying to fit some external mold of who you're supposed to be or how you're supposed to show up.

Often we're also so crazy busy in this modern life, trying to get somewhere on the linear timeline instead of just being fully present with what is. This moment right now is the most important one we've got. I invite you to listen with your whole body here. Come into a state of calm and just sit in connection with the Great All That Is.

The present moment is our laboratory for growth and expansion into our soul's potential.

This moment, right here and now, contains many secret gifts and blessings the Universe is trying to show us. Let us slow down and embrace that all of life is happening for us, not to us. Heaven is available right here and now, living it on earth, if we allow it in.

As Spring is arriving for the majority of us, and Beltane is here to awaken our sexuality and sensuality, let us say YES to savoring LIFE this moon cycle. Let us allow ourselves to bask in the energetic resonance of BEAUTY all around us. Most of all may we dance in beauty this moon cycle in a healthy, whole, sensual, beautiful, meaningful and deeply nourished way.

Depth Inquiry Prompts

- *Where are you out of harmony and alignment in your life currently? What sacred actions can you take to come into right relationship?*
- *Consider where you could begin to slow down in your life to feel more...is it in your finances, health, love making, etc?*
- *Where are you rushing, pushing or forcing in your life instead of allowing? How does this feel in your body?*
- *What elements can you add into your own home or office to help bring greater BEAUTY into your daily life? (i.e. flowers, holy oils, a bowl of rainbow fruits, etc)*
- *What challenging situation/person/circumstance in your life right now can you create a reframe around: asking, "How is my soul yearning to expand, even in this?"*

SISTERHOOD DEEPENING INVITATION: Share your answers with us in the online Sacred Sanctuary to receive deep support & accountability.



Spiritual Practice: **CREATE YOUR OWN SACRED SPACE TO SLOW DOWN & FEEL MORE**

Time commitment: *This practice can be done in as little as 30 minutes, or for a whole day*

In ancient times women gathered in red tents, menstrual huts and moon caves in order to retreat from society and slow down to feel more while they were experiencing their moon time (period). Menstrual blood was seen and upheld as deeply sacred and it's known to be a highly visionary time for women when they are more connected to the Divine and open to dreams. It was even considered by some to be a monthly Vision Quest that women would undertake each moon cycle. Women living communally would all bleed simultaneously and they would retreat together into this sacred sanctuaries to nourish and replenish their souls. They would journal, dance, paint, write, tell stories, and nurture each other. The invitation this moon cycle is to carve out some sacred space and time for yourself during your moon time if you're still in your bleeding years, and if not, to choose a time for yourself to retreat into sacred space to slow down and feel more. Please share any insights that come through in our HIVE sanctuary online

SISTERHOOD DEEPENING INVITATION: Share any insights, dreams or visions that came through for you in the online Sacred Sanctuary to receive deep support & accountability.

Sacred Earth Connection Practice: **SLOW DANCE WITH THE GREAT MOTHER**

Time commitment: *This practice can be done in as little as 2 minutes or as long as you desire*

The invitation for this moon is to slow dance with Mother earth & post a pic of it in our HIVE sanctuary! Put on your favorite sensual slow dance song and do some HIP OPENING like in Qoya. It's an invitation to have an embodied experience of dancing in beauty! This is truly what Qoya is for me. It's movement with meaning, dance as a form of prayer. It's profound ritual and sacred space. It's deep diving into our truth and letting out our authentic expression through the body. It's beloved community and healing, and most of all it's an extremely practical and grounding embodiment practice for these troubling times. The best part is, there is no way you can do it wrong, and the way you know you're doing it right is that it feels good. Enjoy slowing down to feel more in your body siSTAR! We'll have more of that in Qoya this month too!

SISTERHOOD DEEPENING INVITATION: Share a picture or video with us in the online Sacred Sanctuary!

