

Setting Up a Full Moon Meditation Group

Students sometimes wonder how to create and give support to full moon meditation services in their communities. We hope the following ideas can be of help. We welcome other suggestions, based on your experience.

Rationale for Group Meditation at the Full Moon

Meditation during the full moon is a specific form of service because the full moon period is a special time during the month when alignment and contact with the Soul intensifies and the Earth is particularly receptive to the energy of the Solar Logos. Full moon meditations relate Humanity, the Spiritual Hierarchy and Shamballa; thus, when we meditate during the full moon we are choosing to play a significant part in the evolutionary Plan. The aim of full moon meditations is to contact, hold and distribute the spiritual energy available, harmlessly and with a definite focus. When participating in a full moon meditation service, it is always important to release the energy generated out to the larger community in service.

Considerations

1. *Size:* Three is a good number to start with as the triangle is a powerful invocative unit of service.
2. *Place to meet:* This can be a quiet room at a home or community space. It is best if the meditations are held in the same room each month for this creates a cumulative magnetic meditative atmosphere. There is no need to set up the room in any special way, but you may want to make it look especially welcoming for the occasion.
3. *Time and date:* On the [SES website](#), you can find the exact time of the full moon. If it is not possible to schedule the meditation for the exact time of the full moon, try to meditate during the 12 hours prior to the full moon – as the energy is building.
4. *SES website resources:*
 - a. [Full Moon Meditation](#) – rationale and suggestions for individual meditation
 - b. [Full Moon Talks](#) – material about each full moon from an esoteric perspective
 - c. [Meditation Techniques](#) – material on the process of creative meditation
 - d. [Meditation Aids](#) – exact time of the full moon and its keynote
 - e. [Full Moon Festivals](#) – images for each full moon plus a meditation outline
5. *Other possible background reading:*
 - The Labours of Hercules*, by Alice A. Bailey
 - The Twelve Spiritual Festivals*, by Jan van der Linden (available from SES for a suggested donation of \$20)
 - The Symphony of the Zodiac*, by Torkom Saraydarian
 - Soul Centered Astrology*, by Alan Oken

Your Own Preparation

As the host, you will want to be as familiar and comfortable with the process of group full moon mediation as possible. Review the material on the SES website listed above. Talk with those who will form the first group to see what type of process they want to use. Determine how long the meditation will be and how you will signal the transition at each stage. Note that the effectiveness of meditation is not related to its duration but rather to the quality of focus.

Steps to Prepare for Each Group Session

1. *Determine who will be the group leader or facilitator.* You may choose to have the same person every time or to rotate the task among group members.
2. *Prepare a written outline of the process.* This should include the words to any invocations, so that everyone has a common focus.
3. *Prepare the space.* If the space is not used regularly for meditation, cleanse the energy of the space with an appropriate visualization and then fill it with clear white light.
4. *Welcome the other participants.* Encourage each one to find a comfortable spot and sit quietly, letting the meditative energy build.
5. *Pause to center yourself.* Bring your own focus inward when everyone is present so that you feel centered in the moment.

A Sample Group Meditation Sequence

1. Center the group energy through the joint sounding of the OM.
2. Facilitator: Remind the group of the keynote for the particular full moon festival and read selected passages from relevant material to set the stage. Suggest a particular focus for the specific component of reflective meditation – either the keynote for the particular full moon festival or a phrase from the materials read.
3. Facilitator: Begin the meditation process, using the SES outline or a similar one.
4. After the final three OMs, maintain the joint energy field for a moment before breaking.
5. Encourage participants quietly to move out of the meditation space before visiting with each other.