

THE ENNUI OF THIS FULL MOON OF MAY

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Yesterday, I gave a brief summary of some of the astrological indicators present in this particular Full Moon of May. As I sit here unable (it seems) to sleep, the Moon outside my window floods the night with white light as it appears to float toward being full at 7:10 AM in the coming morning. I thought I might add a few more thoughts about this particular Full Moon, perhaps a little deeper look which may be harder to grasp but still useful. Here goes:

The key idea (at a deep level) is the lack (just now) of any way to ground or perhaps make practical what we are feeling. This can be frustrating because it leaves the mind ungrounded and loose to do what it too-often does, which is think, think, think. And 'think' too often leads to worry and insecurity for many of us, the sense of perhaps too much free-floating, too much of the sense of detachment when we might prefer or feel more comfortable with our normal attachments and the sense of place and responsibilities.

The overall feeling can be uncomfortable with the accompanying sense of waiting for the other shoe to drop, for things to take hold and get normal again, you know: the distractions of everyday life. So if you feel somewhat suspended just now in a kind of mental backwater and perhaps too much out of the swing of things, astrologically it makes sense.

Actually this is what is called an "out of the body" experience because we are outside of our normal body of attachments, the freight train of our daily routine. It can feel uncomfortable and I find that I have to remind myself not to get attached (or take too seriously) to this detached feeling and this whole sense of uncomfortable-ness, but to just let it be what it is. We will come back into the body of our regular life in a day or so. It is OK to have some time out. This is what I tell myself anyway.

Meanwhile, here is a photo of a dandelion that I took yesterday that is kind of grounding for me and it looks interesting in the hi-res download too.

