

1. Full Moon of Aries on Wednesday, March 21, 2019 at 03:42:

- a. The main Keynote or phrase to consider for all Aries Full Moons (each year): **“I come forth and from the plane of mind, I rule.”**
- b. Consider the Keynote as close to the Full Moon as possible and what it might mean as a Group.

A. Notes on this coming Full Moon of March/Aries and Super Full Moon:

1. **Watch for any impressions** that may come to you before the Full Moon that may relate to the Keynote (especially the two days before the Full Moon, the day of the Full Moon and the two days after the Full Moon).
2. **If you want to share** any of your impressions with us please do. If you want any impressions shared with the group let us know and we will include them in the next month's meditation notes.
3. **This is another ‘Super’ Full Moon (the third in a row).** The term 'Supermoon,' coined by Richard Nolle in 1979, is a Full Moon which occurs when the Moon is at (or within 90%) of perigee, its closest approach to Earth, in it's yearly orbit. In short, Earth, Moon and Sun are all in a line, with the Moon in its nearest approach to Earth. This also means that since the moon is closer it appears larger. This is the third of three Super Full Moons this year. The first Super Full Moon was two months ago in January, the second was last month in February, and this is the third. This is the opposite of six months ago when the moon was the furthest away for the whole 21st century.
4. **This is the Full Moon closest to the Spring Equinox on March 20, 2019 at 23:58.** One person versed in Solar Cycles has commented, “Along with the annual growth cycle in nature, we humans also have a growth cycle. It's more like an annual evolutionary cycle that refers to the cycles we participate in that involve our relationships, home, work, education and general activities in life. You may align your personal cycle with the equinox/solstice rhythm. Nature's life vitality infuses all form and patterns automatically at the time of the equinox/solstice, and this includes the various elements that make up your life. By including your personal cycle with nature's, you intensify the infusion of life vitality to the personal cycle. As a result you move through your own life more efficiently and with greater ease. One might say that nature, through the equinox and solstice rhythm, provides the wind at your back as you move through your evolutionary process each year.”
5. **This is considered the first Full Moon of the Astrological year with the moon in the astrological sign of Aries.** This is considered when the impressions and energy start building, during the three Full Moons of Aries, Taurus, and Gemini during the beginning of the new astrological year. The energy which is built during those three ‘Building’ Full Moons is distributed over the following Full Moons of the astrological year. Since there are two Full Moons in the Sun Sign Aries this year the next ‘Building’ Full moon of Taurus will not be until May 18, 2019, which is unusual, and we will talk more about that next month.

B. Notes on last Full Moon February/Pisces:

1. **Surya and Angel had long, strong and detailed impressions during the last Full Moon meditation.**

One of the themes in Angel's meditation was about ‘mourning’ the end of the last lunar year and more generally about how ‘mourning’ is very similar to the ‘morning’ before the sun, light or understanding and the day arrive. Or in this case, the mourning of leaving the Father's house as part of the Keynote for the meditation.

Also during the meditation she came up with two papers for her to write titled 1. “What do you do when you are 30 years old and realize that you have Autistic tendencies?”, and 2. “I've

been looking in the wrong direction.”, in order to help her and possibly other people out of some of these tendencies or habits in her life. If you would like a copy of these papers when they are written please let us know.

Surya's meditation focused again very significantly on the Esoteric Triangle of himself, Virginia and Remus and the significance of its members, how they relate to the whole group, as discussed somewhat in the second group correspondence, and how to help them energetically and consciously enter more fully into this Aquarian Group Consciousness.

Another part of the meditation had impressions of getting more details on the Timisoara Cultural Capital celebrations in 2021. Angel and I have started talking with Leontina about this and are presently trying to set-up a meeting with a representative from the Timisoara's mayor's office about this this within the coming weeks since the European committee is basically closed to any new additions to their schedule already. If anyone else is interested in joining the meeting please let us know.

And also during the meditation the impression came to set up the following regular monthly cycle and schedule for the group information flow for this lunar year:

1. Full Moon (five days): Two days before, the day of (meditation), and two days after Full Moon for getting impressions.
2. The week after the 5 days of the Full Moon: For letting us know or sharing of any impressions during the preceding 5 days. Plus us transcribing our own impressions.
3. Second week after Full Moon for 'Anchoring' or 'Grounding' impressions through gathering other information or following up on activities based on the impressions. Possible New Moon meditation by those who want and ending that Full Moon Cycle.
4. Third week after Full Moon (just after the New Moon): Starting to build up to the next Full Moon having any questions to impressions shared and answered and any activities based on impressions completed.
5. Fourth week after the Full Moon (just before the next Full Moon): Coming out with the Keynote and information and timing of the next Full Moon, including the shared impressions or activity from the last Full Moon.

C. General Notes:

1. **We are happy to continue to get to know each other better**, to talk more about these meditations, or other ways that we may cooperate either personally, or as associations or organizations. Please let us know if you would like any other personal or group meetings or have any other comments or questions as we move into this group formation year.
2. **We are ending a seven year cycle this year** and therefore are also entering into the start of a Festival year (Festival celebrated from December 21 – 28, 2019) which will be the start of a new seven year cycle and are looking forward to what this will bring to us and the group at the end of this year.
3. **It might be considered that these Group Meditations seek** to make use of the spiritual opportunities that the cycle of full moons provide. The unique energies associated with each constellation are directed into the consciousness as transformative qualities that can lift and expand our hearts and minds.
4. **It might be considered that Group Living tends to the fulfilment of free will in service** and, as this is gradually understood, coming together to co-operate on issues for the benefit of the whole without intentions to dominate, interfere or impose on others. The vision is there, the future is assured, but the key to its successful implementation is that co-operation has to be based on intentions that are based on the good of the whole rather than a focus on self-interest.