

Up She Rises

Every ray of moonlight signifies that our day has come to a glorious and floodlit end.
The stars and clouds join her for the dance as the sky in jewels they suspend.

She lights our way in the darkness and helps us to see, honour and value our truth.
At a time when we may need to manifest and make choices that see our lives improve.

She is a radiant beacon of hope and a sign that endings can be beautiful and necessary.
The paths we take are never fool proof unless we recognise our time here is momentary.

Bring forth your heart's desire, love your children and find endless joy in the small things.
Write that book, bake that cake, go on adventures and do activities that make your soul sing.

Learn to dance and be at one with nature and happy and content with all that you have.
Show gratitude and love in every movement and be respectful and kind to your fellow man.

Be the best version of your authentic self and cast all inner and outer demons aside.
The moon will not let you run from them as her powerful beam leaves you with nowhere to hide.

And once you have awakened and know how you must evolve in this life and grow.
The moon disappears and the sun comes up bringing with her a fiery passion that glows.

To cast new light on a brand new day that brings you out from the bleakness of your shadow.
To step out in the crisp air of a brand new season whose message is to trust and let go.

With every change there is a casting off and an emergence like a butterfly from a cocoon.
We could take our cue from our earthly surroundings and follow the splendid rise of our sun
and moon.

By Fionnuala Cassidy

