



Rhythmic Timings

Natural Rhythms™ Community – Celebrating the creational dance of our lives

Rhythmic Timings are designed to meet the needs of people learning to create their lives, in harmony with the rhythms of nature.

- The Timings, are filled with basic information about the elements of Earth, Water, Air, Fire, & Spirit.
- They contain simple, easy to use tips that you can apply personally and professionally.
- They help you focus your ceremonial energy to make maximum use of nature's power times.

Working with Natural Rhythms™ creates a great foundation for the study of astrology. The twelve astrological gates of awareness are a division of the four elemental archetypes. Understanding the elemental forces forms an essential component of working with astrology and the principles of creation.

At Natural Rhythms, we focus mainly on the study of the creative principles found in nature. A very astute young man while reviewing the Natural Rhythms book for the first time suggested the term “Natuology.” So, we now consider ourselves “naturologists.” This is a light-hearted way for people to understand the difference between an astrologer and our approach at Natural Rhythms.

We teach you to work with the Elemental Forces in order to unlock “Mother Nature's” sacred creational toolbox. Natural Rhythms helps you deepen your inner knowing, in order to bring your dreams into form.

Our Rhythmic Timings can:

- Powerfully boost your creative capacity.
- Teach you how to apply the elements in your daily life.
- Keep you in touch with the rhythms of the sun, moon, & stars.
- Show you how to apply all 12 astrological gates of awareness to your life, helping to improve and creationally boost every area of your life.
- And much more...

To sign up to become a member of the Natural Rhythms community and receive “Rhythmic Timings” regularly go to: <http://naturalrhythms.org/2.0/membership/>

Below are samples of the information for a new moon, a full moon, and a wheel of the year point. We hope you enjoy them and join us in aligning with nature's creational cycles.

Lisa Michaels

Sample New Moon

New Moon in Leo

Direct: August 20, 2009 New Moon

Window: August 19-21

Element: Fire

Leo, a Fire sign, creates the fifth astrological gate of awareness, teaching the value of radiance. Leo uses the key of self-love to turn up your inner light. The brighter and more radiant you are, the more you inspire others. Leo is a natural leader, performer, star, director, and celebrity. It brings self-confidence and dramatic expression with its regal, open-hearted, generous, creative, expansive, powerful, and outgoing nature. Healthy Leo loves to be center-stage, a leading player celebrating and sharing its zest for life.

Leo New Moon

This new moon says asks you to step fully into your radiance and the center stage of your life. It calls for you to pay attention to where you can liberally apply more self-love and creativity to enliven your life. Leo wants you to have a good time being all you can be and fully expressing your essence.

This new moon says, “Seed what you need to activate your “star” self. Take the time to internally tune-in to any area where you need more self-confidence and set your new moon intentions for those areas.” Since this is a fire new moon, dance to activate your intentions, then act confidently as if they were already your reality.

The most powerful action you can take during this time is to fire up your self-confidence and self-love.

Choose one or two ideas you most align with.

Personal Action Suggestions:

- ~ Increase your radiance by getting in motion to energize your body.
- ~ Schedule time to fluff your physical appearance in the most regal way you can afford.
- ~ Think through new ways to apply your creativity to each of your intentions.
- ~ Notice where you need to increase your self-confidence.
- ~ Take the actions you need to take to bring more self-love into your life.
- ~ Tune in to any life areas where you could step more into center stage.
- ~ Pretend you a director and your life is the play. Notice how you would adjust the script or actions of the leading player to allow a more complete expression of the character.

Business/Professional Action Suggestions:

- ~ Focus on ways to take your presentation style to the next level.

- ~ Connect to ways you can be more visible in your business or career.
- ~ Think through how you can bring your more radiance and visibility to your overall business.
- ~ Notice how you can step more fully into your radiant leadership abilities.
- ~ Determine ways you need to develop more courage to follow your heart around your business or career.
- ~ Entertain ways you can enliven your stage presence or public persona.
- ~ Apply ways to improve your business or career publicity.

Fire Reminders:

- ~ Fire is the action and energy realm.
- ~ Fire brings the need for responsible care.
- ~ Fire energy sparks and starts things for new growth.
- ~ Fire transforms and adds the energy to fuel our creations.
- ~ Fire is the element of illumination and radiance.

In order to save you time I am going to place the material that is elementally consistent each time at the end of the Timings update. You will have it as reference if needed or skip the sections easily when you need to.

In this Leo New Moon window, I send you radiant self-love to fuel all your dreams, Lisa

New Moon: With each new moon, the moon and the sun line up together in the same sign. This creates a powerful opportunity to use their combined energy toward your creational goals. Like an arrow pointed toward its target, the sun and moon create a favorable energetic window that helps you aim your energy effectively toward your objectives.

This potent timing only works if you use it consciously. The aligned sun and moon can add strong valuable energy to your creations with as little as 5-15 minutes of time during each window of opportunity.

The three-day window for each new moon extends from the day before the new moon through the day after the exact point. Your conscious awareness focused during this time directs the energy of creation to assist you in unseen and previously unknown ways.

Suggestions for New Moon Work:

If you only have 5 - 15 minutes: Read through this information. Center yourself by aligning with gratitude for your current blessings. Determine where you want to focus your action energy this month, especially focusing on your most needed area. Choose a location to keep your creational tracking, a dedicated notebook or file on your computer. Log your intention and the date. Give thanks.

If you have an hour: Read through this information. Determine where you want to focus your action energy this month, especially focusing on your most needed area. Center yourself by aligning with gratitude for your current blessings. Begin a creation journal or add to the one you have. A creation journal is a blank book with no lines on the pages (art sketch books work great). Put nothing in this book except your creations. Write only what you want to see come into being. Write your intention and the date, then cut and glue images and words from magazines etc. that enliven your intention. Draw *Elemental Forces of Creation Oracle* Fire cards, while asking for Fire for life guidance. Reflect and journal the messages of the cards. Give thanks.

If you have a couple of hours: Begin with the instructions from the hour section, then add dancing to activate your intentions and/or create a personal ceremony with your intentions. For deeper ceremonial instructions refer to the book by Lisa Michaels, *Natural Rhythms*™ ~ *Connect the Creational Dance of Your Life to the Pulse of the Universe*, pages 213-228. Give thanks.

Feel free to offer suggestions for ways the Updates could assist you further.

Sample Full Moon

Full Moon in Aquarius ~ Sun in Leo

Direct: August 5, 2009 8:55 PM EST

Window: August 4 - 6

Element: Full Moon in Aquarius, Air and Sun in Leo, Fire

Additional component: Lunar Eclipse ~ Equals a Highly Amplified Full Moon

Aquarius Full Moon

Full Moon in Aquarius with the sun in Leo creates a unique opportunity to connect to the essence of free-spirited innovation and radiant self-love leadership. When you think about this combination of energies, what opens in you? Does the combination stimulate new ways of showing up as an innovative leader in your field?

This duo brings unusual ways to get your message out and be seen, a mighty Air and Fire combination. The trick with Air and Fire is that they require fast action on the innovative ideas they bring. Because fresh Air innovation blows in quickly, you have to move to set in motion the idea gifts they deliver.

If you sit around and ponder the idea too long, you miss the window of opportunity, and the Air gets stale and the Fire grows weak. This dynamic duo loves movement and getting it done so it can go on to the next idea. Leo/Aquarius show up only twice a year in this powerful sun/moon combination, so pay attention to the radical and inventive ways they may bring messages to you about your creations.

They team up with eclipse energy in this window, so be prepared to move through all your old inner reasons why you “can’t” take action, in order “to” take action. This window creates a wonderful time to dance past those old voices and into a new way of showing up in the world.

A great way to let go of those voices is to put on some wild music and shake them out in a free-spirited release dance. Leo and Aquarius love this kind of movement of energy, and in addition to helping you let go of what you no longer need, it will get you fired up for action.

If you need a music suggestion, try any piece on James Asher’s *Feet in the Soil* album. These are readily available on i-Tunes and if you only want a song or two, I especially love *Send in the Drums* and *Pemulwuy*. Nothing you could do during this full moon eclipse in this Air and Fire window would help you move the energy better than an intense dance session.

After you dance, ask Aquarius and Leo what messages they are bringing you and write down their suggestions. Take action on the ideas as long as they are safe, no matter how far out they may be to your current way of thinking.

One last piece about Aquarius. This year it was the Aquarius new moon that I powerfully worked with to increase my technological capacity. And it worked big time. I honestly am even amazed myself at how much this archetype showed up to help me in an area I felt frustrated with for a long time. This is what I mean about releasing your old inner voice about something, and allowing yourself to move into the new. I absolutely had to begin thinking of technology as my friend and know I could tackle learning a whole new level of skills.

If you need help working with technology or learning any new more expanded mental model, call on Aquarius during this window, and open to receive the help given. This energy can open your perspective in all sorts of unique, inventive, progressive, and original ways to help you take a quantum leap in your life.

Personal Action Suggestions:

- ~ Brainstorm on any creation goal where you feel you need fresh original ideas.
- ~ Allow yourself to think outside the box on any creation for which you’ve needed more energy to move.
- ~ Fine-tune your inner listening skills by really tuning in to all the ideas coming through. Take notes, and be prepared to act quickly.
- ~ Expand your possibilities in all areas of life and open to quantum leaps.
- ~ Allow some time for Air to bring a renewed vision for your life during this three-day window. Dance. Move. Breathe. Go out in the moonlight and listen to your inner guidance. Write down any images or impressions you receive.
- ~ Open for innovative ideas to change or freshen things that are visible in your life, such as your clothes, home, or hair. Anything is a possibility.

Business/Professional Action Suggestions:

- ~ Learn new technologies and upgrade your skills in ways that help you to be more visible in your market place.
- ~ Enlarge your perspective on your business and expand your thinking.
- ~ Tune into your business financial goals and open to the innovative ideas that will help them happen. Allow for quantum business leaps.
- ~ Work on expanding your ability to communicate, write, and work with Air modalities in ways that help you show up as a leader in your field.
- ~ Listen to your thoughts, and adjust your thinking to more fully support your vision and ability to show up center stage in your profession.
- ~ Align vibrationally with those already successful in the area you are learning.
- ~ Spend some time in ceremony around your business or professional life, asking internally for assistance from Aquarius and Leo on inventive ideas to take your career to the next level.

*Connecting to all of the Natural Rhythms™ community members, I drew elemental cards on behalf of the collective for this full moon.

There were two Air cards, “Communication” and “Breath,” and one Fire card, “Life Force.”

The message from the elements: “Air and Fire work together to bring optimal life force to any situation. By noticing ways your internal or external communication decreases the energy available for something, you can breathe and release that way of doing things. Then center yourself and take a deep breath to bring in a new way to increase the life force energy available for the situation, and communicate that.

For example, if your inner dialogue about anything has been that you can *not* do something, normally that decreases the life force energy available do it. Simply by shifting the way you communicate with yourself and others, you can increase the amount of life force energy available.”

Full Moons provide an opportunity for clarity if you utilize the opposing astrological signs that the sun and moon are in. From the new moon to the full, the energy of your creations grows. Then the intensity of the full moon shines an illuminating light on how well you have focused on your new moon intention during the growing cycle.

The full moon begins the waning cycle of the moon, the phase of assessment and reflection. Now begins the time to go inward in order to connect to the gratitude for all that came forth during the growing phase, as well as to take stock of where you can improve your effectiveness.

The three-day window for each full moon extends from the day before the full moon through the day after the exact point. Listening to the messages from the full moon tremendously assists you in your personal development. If you allow yourself time to tune in and listen, the full moon brings insights into the energies you have been working with during the growing phase.

In as little as 15 minutes of time during this window of opportunity, you can receive valuable inner guidance in order to fuel your dreams.

Suggestions for Full Moon Connection:

For any length of time, go out in the full moon light if possible and connect to the moon. Listen to the subtle messages coming through during the three-day window of the full moon. Notice what you are thinking about and what is surfacing in your life.

If you only have 15 minutes: Connect to the moon and write down the ideas you are receiving. Reflect on the growing phase and take notes on where you were successful and where you can be more effective. Draw *Elemental Forces of Creation Oracle* Air and Fire cards, while asking for life guidance.* Reflect and journal the messages of the cards. Give thanks.

If you have an hour: Connect to the moon and write down the ideas you are receiving. Reflect on the growing phase and take notes of where you were successful and where you can be more effective. Spend time collaging in your creation journal, allowing your creativity to flow. Date your journal and add helpful notes about working with Aquarius/Leo. Draw *Elemental Forces of Creation Oracle* Air and Fire cards, while asking for life guidance.* Reflect and journal the messages of the cards. Give thanks.

If you have a couple of hours: Begin with the instructions from the hour section and add more time in the moonlight if possible. Dance, drum, sit by a fire or candle, go out into the moonlight, and ask Aquarius to show you places to be more innovative in your life. Take notes and follow through with action. Dance and/or create a personal ceremony to further energize your intentions and gain further guidance.

For deeper ceremonial instructions, refer to the book by Lisa Michaels, *Natural Rhythms™ ~ Connect the Creational Dance of Your Life to the Pulse of the Universe*, pages 213-228. Give thanks.

Feel free to offer suggestions for ways the Updates could assist you further. Enjoy the light of the moon. I send you wild waves of innovation, Lisa

Sample Wheel of the Year Point

Imbolc 2009

Celebrated on February 1 or 2

Imbolc is the cross-quarter Wheel of the Year point following Winter Solstice. Also known as Brigid's day or Candlemas, it marks the starting point of spring. Here you begin to subtly notice that the days are lengthening and depending on the area you live in you may actually start to see

signs of spring. Here in Georgia where I live the daffodils constantly open somewhere around Imbolc. The daffodils begin the steady wave of beautiful bloom that last through the glorious spring here.

For others in colder climates Imbolc may simply bring the promise of spring as the light of the sun slowly begins to increase. Tune in this year to the subtle shifts you notice in the air and light in your area around and after Imbolc. What does it signal internally for you? What things do you get a renewed urge to do?

Imbolc is the time to call forth the idea seeds that have been germinating in the inner realm and that are now stirring with life, ready to grow during the upcoming cycle. A great opportunity exists during Imbolc to ceremonially create a “treasure map,” a collage of pictures that represents what you want to manifest in your life this year, as a visual reminder of the creations that are ready to sprout, grow, and bear fruit. Or you may want to engage in some other creative project to make use of Imbolc powerful creative urges.

Use Imbolc’s energy of renewal for spring-cleaning of both home and body, to purify from the darker energy of winter. This point on the Wheel represents a potent time for creativity, invoking a muse, or starting a new project or initiation cycle.

Imbolc, means “in the belly” and is associated with ewe’s milk, the lactation that begins for the baby lambs at this time of year. The Celtic Fire Goddess Brighid brings healing, purification, renewal, fertility, and creativity at Imbolc. If she interests you take a few minutes and google her to find out more information. She is a wonderful Goddess to work with at this time of year and will bring you many gifts and blessings. Candlemas was the name given to Imbolc as the old ways gave way to the Christian tradition. The ceremonial candles for the year were customarily created at Imbolc.

Personal Creation Ceremonial Ideas to Activate Imbolc

Choose one or perhaps two depending on your available time. For more information on calling in Sacred Space, see p. 215-223 of *Natural Rhythms*™.

- ~ In ceremonial space invoke and connect with the Goddess Brighid if she interests you. Ask her to assist you with inspiration for your creative pursuits.
- ~ Ceremonially set aside time for the spring-cleaning of your home.
- ~ Ceremonially begin a cleanse for your body if it feels appropriate for you.
- ~ Ceremonially do traditional crafts for this time of year by creating your ceremonial candles for the year. Infuse your candles with energies for things such as abundance, fertility, inspiration, clear communication, etc.
- ~Initiate projects that need to be taken on during the growing cycle and depending on their nature you may want to begin them with a ceremony.

~ Elemental Journaling: Take the time to listen to each element and their message to you for the year around your creativity.

Give thanks to **Earth** and ask “How can I bring more of my creative ideas into form?”

Give thanks to **Water** and ask “How can I infuse my creations with more feeling?”

Give thanks to **Air** and ask “Which of my creative ideas is most effective for me to focus on at this time?”

Give thanks to **Fire** and ask “How can I further energize my creativity and my creations?”

Give thanks to **Spirit** and ask “How can I express my essence further in my creativity?”

If you have the *Elemental Forces of Creation Oracle* you may want to draw cards for additional guidance from each element and/or add insight from other decks.

Now ask the unified field of all of the elements and Spirit for a unified creational message for your creativity.

Feel free to offer suggestions for ways the Timings Updates could assist you further.

Sending you inspirational blessings for Imbolc.

Much love, Lisa

Lisa Michaels ©2009

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