

## Full Moon Lore

**I see the moon and the moon sees me. Blessed be the moon and blessed be me!**

The light of the Full Moon shines benignly upon the earth, a comforting face in the darkness — a symbol of the direct link between the earth and the enduring warmth of the sun. For some Pagans it signifies the divine feminine and is the focal point for Goddess worship.

Throughout history, different cultures have held the moon, and in particular, the full moon in reverence. A reassuring source of light in the pre-industrial dark, or the face of a benign Goddess or God, the full moon holds a special place in the hearts of many.

Different groups celebrate the Full Moon: many Asian cultures have a festival for viewing the moon and eating special mooncakes; gardeners and fisherfolk eagerly anticipate the full moon; and Pagans view this as a significant time spiritually, magically and emotionally. Many people feel that their emotions and even their health are affected by the moon, and feel these effects most strongly at the full moon.

The effect of the full moon is referred to as being moonstruck, and is the origin of the word lunatic—one driven mad by the moon.

A multitude of myths exist about the moon, and the different things that it is supposed to depict: a smiling man, a hare, a frog, a pair of children and a beautiful woman wearing her hair up. What do you see when you see the moon?

## How to Support PAN Inc.

Why not consider becoming a member of PAN?

An annual membership, concession membership, or family membership, brings many benefits, including discounts at participating Pagan Friendly Businesses, our quarterly member magazine 'The Small Tapestry', support and advertising for Pagan events and gatherings across Australia, and reports on any legal and media work happening within the Pagan community.

Your membership dollar also helps PAN sponsor local groups & events and further its educational aims.

For more information, please contact PAN Inc.



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# PAN Inc.

## Full Moon Public Rituals

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Australia*



## History

The PAN Public Full Moon Ritual is our keystone event. It ran for the first time in March 1997, shortly before PAN was officially formed. The gathering has run continuously every full moon since then.

Whether you're new to Paganism and would like to get an idea of how a circle casting works, or a long time Pagan wanting to work in a friendly environment with others, these circles are a perfect place to meet others, get involved with your local community, learn and generally have a good time.

## What

The Circle varies from month to month, but participants will never be asked to do anything they don't want to. Participation is optional and you may respectfully watch from outside the circle if you do not wish to join in. Our circles, although reasonably tradition non-specific, typically include a basic circle casting, guided meditation, simple group energy raising, and a small sharing of food and drink. Participants are given a brief rundown immediately prior to the start.

## Why

The circles promote greater understanding in the general community about what pagans do in their circles and what Paganism is all about. We sometimes have students and the media attend as observers. These circles also provide a safe and friendly networking environment for those wishing to make contact with other like-minded people, as well as an opportunity to celebrate the lunar cycle.

## Where

Rotaract Hill Park Terminus Road, Seven Hills (next to the station), Sydney, NSW.

## Who

Who can come? Anyone! We only ask that you be respectful of others and enter with an open mind. No previous experience is required.

## Cost

There is no entrance fee, but a donation is welcome. The Full Moon Circles are self-funding. Tools for the circles and food come from the small donations made at each circle. PAN's full moon circles are covered by the association's public liability insurance and run by a dedicated team of volunteers but without the support of participants, PAN's public circles would cease.

## How else can I get involved?

Once you have been along to a few circles you might want to consider learning to host a public full moon circle or join the Full Moon Subcommittee who coordinate the running of the circle each month.

It is not all hard work, there is plenty of support and there is a lot you can learn.

Members of the subcommittee also get to network with various groups, covens and groves that volunteer to present rituals on the hill, assisting them with the practical side of things, and providing support.

This is a great way to learn new skills and get involved in the local community. If you think that you could spare some time and want to do something positive with it please contact us.

**More information is available on our web site:**  
[www.paganawareness.net.au/fullmoon.html](http://www.paganawareness.net.au/fullmoon.html)

## Moon Biscuits

- 1 cup almond meal
- 1 cup plain flour
- ¼ cup cornflour
- ½ cup icing sugar
- a few drops vanilla essence
- ½ cup softened butter or margarine
- 1 egg yolk

Pre-heat oven to 180 deg. Sift and combine dry ingredients. Use fingers to mix in the softened butter or margarine and the egg yolk very well. Roll into teaspoon sized balls, and flatten between the palms, indenting each one with the ball of the thumb to make a moon shape. Bake on a greased tray for 20, until golden. Sprinkle with icing sugar while still warm.

## Full Moon Lore

- Seeds planted approaching and on the Full Moon will germinate more readily.
- Some fishermen think that fish are more plentiful and bite more readily under a Full Moon.
- A lunatic is a foolish or insane person, much affected by the moon.
- Hair cut on the approach to the Full Moon will require cutting sooner than hair cut as the moon wanes.
- Counting your money under the light of a Full Moon will increase your riches.
- The image of the Full Moon, reflected in a bowl of water or pond can be used for scrying. Relax and see what images appear before you.
- Women who 'moonbathe' will be blessed with clear, luminous complexions, especially if they also bathe their skin with dew.
- Taking a bath under the light of the Full Moon will bring you good luck!