

Moon in Taurus

The moon has entered the stable and grounded sign of Taurus. Embodying the energy of the earth, Taurus is patient, solid, and immersed in the pleasures of the present moment.



1. Find a comfortable seated position for this meditation, ideally on the ground so that you are tuned in with the earth's steady pulse.
2. Close your eyes. Feel your awareness centering in on the present moment with each inhalation.
3. Envision that you are sitting on dirt in a barren landscape. All around you, you see brown dust and flat land. Gazing to your right, you are greeted by a bull.
4. Suddenly, a dust storm begins to swirl around you, creating chaos and confusion. This dust storm represents the unpredictable, changing tides of the world.
5. The bull reminds you to slow down and allow the storm to pass. You take a deep breath and feel your connection to the earth. You remember how safe and supported you are when you slow down and appreciate the moment.
6. With each passing breath, the dust begins to settle back to the earth. Gradually, you can see clearly in front of you once more. But now, you are surrounded in rolling hills of lush grasses and wildflowers.
7. The moon begins to rise on the horizon, radiating the beautiful vibrations of Taurus: No matter how chaotic the world can be, you are safe and supported when you slow down and appreciate the present moment.
8. Open your eyes and relish in the essence of this day, embodying the true wisdom of Taurus.