

Moonlight and mysticism

Moonlight and mysticism have been very heavily connected everywhere in the world. What does the barren moonscape have to do with mysticism? To symbolize this connection between the moonlight and mysticism, Shiva wore a piece of the moon on his head; his ornament is the moon. As you know, the fundamental reproductive process in a woman is very much connected to the cycles of the moon.

The timing with which the moon goes around the planet and the cycles that human beings go through within themselves and the process of creating this body are very deeply connected. And as one shifts from the calculations of the logical mind to intuitive ways of looking at life, the moon becomes more and more important; because, as you dig deeper into yourself to know life, the connection between the moon and this making of this body becomes more and more apparent.



By Jaggi Vasudev

In India, there are a whole lot of things happening between full moon to new moon and again back to full moon... How different positions of the moon can be made use of every day for different purposes of human well-being is a very established part of the culture. The moon is a reflection... Human perception is also a reflection.

As reflection is the nature of the moon, the deeper perceptions of life have always been symbolized by the moon and on a full moon night, you can actually get very intoxicated, just by gazing at the moon. So we refer to the moon as the soma. Soma Rasa means a drink of intoxication.

The lower rungs of yoga are very, very logical, very pingala oriented, very sun oriented. So the yogic sciences and the yogic path are structured like this, when we start, we are on the sun; when the sun is on, everything is distinct and clear cut. When the moon is on, everything gets mixed up. As you go up, logic has to be thrown away because that is the way life is structured. So the moon becomes very important.