

# Moon Wisdom Week Starting Nov 14: An Understanding Of What Is Coming Next

*by Andrea Maxine Frade*

Now is the time to take the greatest care.

This is not a time to lose perspective, but rather be consistent in the work you set out to do. Start with yourself first. Clarify what it is you need right now. Stay present with your process and watch your emotions as they will help guide you. The waters of your body are sensitive and pick up the subtle hints that you'll need to make pertinent decisions. Tread these waters gently as you tend to the root cause of disturbance within you. Find spaces of calm that are clear and nourishing for you.

*These are troubling times, yet what will slowly reveal itself is an internal understanding of what is next.*

This subtle shift of attention within will allow you to feel supported while caring for others. Remember to ground yourself and move from your center.

People are grieving. [The wounds are real](#). There is a mixture of sadness and anger with a staunch effort to defend what is right and beautiful in the world. The time now calls for a liberation of vision. Vision and innovation will move the human mind through this period of upheaval with much needed compassion and decisiveness.

There is a wrestling within the communal psyche stirred by this full moon. At the same time a glorious presence of magnificent power is coming awake. Remember your fullness. Breathe it in. This wave of awareness is needed to build a new

archetype. [The conversation you are having now is the starting point for something unparalleled.](#)

Although judgements are valid, blame is not useful at this time. It can deter your efforts for clear seeing and drain your energy. Remain steadfast and rooted in your internal wisdom, gather great tenderness for everyone as the journey ahead is one that has not yet been defined.

Keep your vibration high, stay open to receive guidance and be available for others. From within your heart know that you carry the same rhythm that is central to all of life.

Remember your interconnectedness. For what is ultimately true will hold the vision for sustainability.

*For more self-study, [The Urban Howl](#) recommends [The 13 Moon Oracle: A Journey Through the Archtypal Faces of the Divine Feminine](#) .*



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