

*Rosh Chodesh Cleveland*  
**FULL MOON MEDITATION**



*Institute for Jewish Spirituality*

**Embodied Practice**

Just as the moon has cycles of growing fuller and then empty, so too our bodies move through cycles of filling and emptying. Today, the moon is at its fullest for the month of \_\_\_\_\_. Our sages use the Hebrew word *keseh* to refer to the full moon. *Keseh* echoes the word *kos*, which means “cup”. The full moon is like a cup filled with abundance.

*Movement practice: (this was written for standing under the actual full moon, but we can acknowledge the moon's fullness even in daylight, or at night when it is cloudy and the moon can't be seen)*

- *Stand comfortably outdoors and if possible with bare feet on the earth. Feel the sensations of the earth against your feet.*
- *Take your arms out to the sides of your body and send all ten fingers spread wide apart.*
- *Root your feet into the earth, and take a deep full breath in through your nose.*
- *As you inhale, stretch your arms out to the sides and let them extend wide, creating a circle as the hands meet above your head, fingers stretching up towards the big full moon.*
- *Lift your heart up towards the sky and lengthen through your neck.*
- *Tilt your head up and lift your eyes to gaze at this full moon, this *keseh*. As you exhale, keep your arms extending up to the moon and your eyes gazing there as your focal point.*
- *On your next inhale, draw the moon's light down through your fingers and arms and into your body and let it fill you fully with its warm lunar glow.*
- *Slowly release your arms back out wide to the sides as you exhale and lower them slowly, mirroring the shape of this full moon.*
- *Repeat this simple movement several times.*

**Read together:**

What can we learn from the cycle of the moon, how she ever waxes and wanes and waxes again?

That a time of smallness is a time to become great;

And a time of greatness is a time to become small.

For in smallness lies the power to receive

and in receiving lies the power to become great.

And greatness endures only through its power to return to smallness and receive again.

---*Rabbi Tzvi Freeman, based on the Lubavitcher Rebbe*

**Blessing:**

**ברוך אתה יהוה אלֹהֵינוּ מֶלֶךְ הָעוֹלָם עֲשֵׂה מַעֲשָׂה בִּרְאָשִׁית:**

*Baruch ata Adonai, Eloheinu melekh ha olam, oseh ma'aseh bereshit.*

Blessed are You, Source of Wonder our G-d, Sovereign of all worlds, author of Creation.

--- adapted from *Rabbi Myriam Klotz*, <https://www.jewishspirituality.org/full-moon-practice/>