



May
Blue Moon
Clear Seeing

*A gentle Full Moon companion for conscious attention, release, and
returning to what is true. Full Moon 31st May 2026*

*The Moon sets the rhythm, and the seasons provide the landscape -
sometimes named, sometimes simply felt.*

Alison Foster

Arrival

This Blue Moon arrives at the end of May, a month held between two Full Moons.

The land is full now. Blossom, leaf, birdsong, colour, warmth, and movement are all easier to see and feel. What has been growing through spring is becoming more visible.

You may feel this within you too.

A clearer awareness of where your energy has been going. A stronger sense of what feels true. A quiet knowing of what has become too heavy to keep carrying. A longing for more freedom, meaning, and inner honesty.

This Moon offers a pause within the brightness.

A moment to steady yourself. To gather your attention. To notice what has been amplified. To return to what is true, grounded, and alive.

There is nothing to force here.

You are simply invited to meet this Moon slowly, in your own rhythm, and notice what is ready to be seen.

A Weaving of Wisdom

A Blue Moon carries a feeling of extra fullness. It can bring what has been gathering into clearer view.

Late May is already a time of visible growth. The hedgerows are fuller, flowers are open, and the light lingers longer into the evening. Life is moving with more strength. This Moon may illuminate what has been fed by your attention.

- What has grown stronger.
- What has become clearer.
- What feels alive and worthy of your care.
- What has become tangled, draining, or ready to loosen.

Since the last New Moon, there may have been a growing awareness of focus. What we give our energy to matters. What we worry over, long for, tend, repeat, or believe begins to shape the path ahead.

This Blue Moon asks for careful choosing. To notice where old stories, roles, habits, or beliefs have become too small. To release what no longer needs to travel with you. To gather your scattered energy back toward your own centre. To let the next steps be guided by truth rather than pressure. As the year continues to carry strong forward movement, steadiness becomes a quiet form of power.

Root down. Breathe slowly. Listen honestly. Choose what receives your life-force now.

Reflections for the Full Moon

You may wish to write, sit quietly, or simply notice what arises as you read these reflections.

There is no need to answer them all.

- ☾★ Where has my energy been going recently?
- ☾★ What has become clearer since the last New Moon?
- ☾★ What am I feeding through my attention, worry, desire, or devotion?
- ☾★ What feels alive, aligned, and worthy of my care now?
- ☾★ What am I ready to release, reclaim, or stop carrying?

Take your time.

Illumination does not require explanation.



Embodied Practices & Rituals

Gathering Home

This practice can be done seated, standing, or outside with your feet on the earth.

Let your body be supported. Soften the jaw. Let the shoulders drop. Let the breath move at its own pace.

Place one hand over your heart and one hand low on your belly.

Notice the ground beneath you. Notice the weight of your body. Notice the rhythm of your breath.

You may like to imagine roots beneath you, steady and alive in the earth.

Then quietly ask:

Where has my energy been scattered?

Let a word, image, feeling, or simple knowing arise.

Now imagine calling your energy gently back.

Back from old stories. Back from worry. Back from what is not yours to carry.

Back from places where you have been over-giving. Back from futures you cannot control.

Let it return without blame. Let it return with tenderness.

You might place both hands over your heart and say inwardly:

I gather my energy home. I return to what is true.

I choose what receives my life-force now.

To extend this into ritual, write down one thing you are ready to release and one thing you are choosing to tend. Release the first safely through fire, water, tearing, or burial. Keep the second somewhere visible.

Let the gesture be simple. Let it be enough.



Seasonal Note

Late May carries a generous kind of fullness.

The light stretches further into the evening. The hedgerows thicken.

Flowers open. The green world becomes more confident in itself.

This is a season of vitality, movement, and visible becoming.

It can also show where energy has become overextended.

The Blue Moon belongs to this fullness.

It reminds us that growth needs tending. Blooming still needs roots.

Aliveness still needs rest. Movement still needs a centre.

You may wish to let this season remind you gently:

Your attention matters.

Your energy is sacred.

Your body belongs in the rhythm.

Your life-force can be tended with care.

Seeding the Cycle Ahead

This Blue Moon may bring a clearer sense of what is ready to be released,
reclaimed, or carried forward with more care.

As the season moves toward summer, you may choose to stay close to what
strengthens you.

The body. The breath. The earth. Clear boundaries. Honest tenderness.
Simple joy. The quiet power of returning to yourself.

Let the coming days show you what has substance and what has simply been
noise.

Let your next steps be steady, honest, and rooted in real life.

One clear release.

One returning.

One rooted yes.

Blessings

May what is true become clear.

May your energy return gently home.

May what no longer belongs begin to loosen.

May your roots hold steady as the light grows.

May your attention return to what is worthy of your care.

And may the path ahead unfold with honesty, courage, and quiet power.

With warmest wishes,

Alison

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