



INDIGENOUS WOMEN WORKING GROUP

YA'IISHJÁÁSHCHILÍ

NEW MOON MEDITATION

Ya'iishjááshchilí Constellations



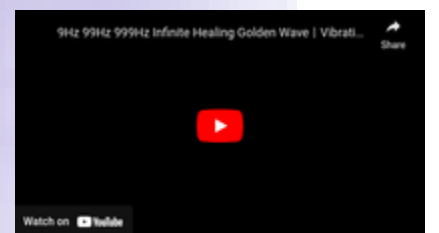
Dilyéhé — *Pin-like Sparkles/Pleiades*

Other Navajo stories of Dilyéhé tell of seven mischievous young boys who follow the ones who plant too late and snatch the seeds out of the ground. Another story refers to a group of boys followed by a woman with a buckskin slung over her back. When the group goes over a hill, they are no longer seen in the night sky. This is when the Pleiades disappear in early May. Another story talks of the Hard Flint Boys (Béésh Ashiké) who represent young warriors who are also healers in one of the traditional cultural summer ceremonies. Other stories refer to the stars as a family: grandparents, parents, kids, and grandchildren, representative of the seeds of generations and regeneration. Incorporated in these stories are principles and values of traditional child rearing.

Deep Breathing/Somatic Body Scan



***“My maker, today, let my vision
become strong”***



Drawing Exercise

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- Are you being honest about how you fell? or are you whingeing and then wondering why you “requests” dont get the response you like?
- How will your socializing during this new moon?
- Will you spend time with Siblings/cousins/neighbors?
- What are you really interested in? What books can help you get you there?

***“If there is shadow of a doubt someplace, that will cause a weakness” -
Wallace Black Elk, Lakota***

RESOURCES 2024

Navajo Word of the Day.

The Constellations Lesson 2

Teachings on Love, Thich Nhat Hanh

Cell-Level Healing, Joyce Whiteley Hawkes

Navajo Skies An Introductory Guide to The Navajo Skies Planetarium Show

Geometrical construction of Pleiades star cluster

Meditations with Native American Elders by Don . Coyhis

Moonology by Yasmin Boland

RESOURCES 2023

<https://mooncalendar.astro-seek.com/full-moons-new-moons>

<https://mooncalendar.astro-seek.com/moon-phase-day-20-april-2023>

<https://youtu.be/EUQFKKDoeU8>

<https://youtu.be/en2qgV3HBzY>

<https://youtu.be/sKA8Uu4SyHc>

<https://www.youtube.com/watch?v=aGs2Zyqq1g0>

<https://twitter.com/daybreakwarrior/status/1458284310457249793>

Navajo: Our Mother Moon-<https://youtu.be/0amtjdLV1vE>

<https://waywardinspiration.com/gemini-moon-phase-journal-prompts/>

<https://mellowoman.com/new-moon-journal-prompts/>

[https://www.canva.com/design/DAFksgtx52E/HXhImloRiz0dJ9bklkctcXQ/view?](https://www.canva.com/design/DAFksgtx52E/HXhImloRiz0dJ9bklkctcXQ/view?utm_content=DAFksgtx52E&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

[utm_content=DAFksgtx52E&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink](https://www.canva.com/design/DAFksgtx52E/HXhImloRiz0dJ9bklkctcXQ/view?utm_content=DAFksgtx52E&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

<https://www.beyondyou.coach/how-to-manifest-quickly-with-mind-movies/>

https://www.aspeninstitute.org/wp-content/uploads/2020/11/Navajo-Way-Blessing-Ceremony_Walk-in-Beauty.pdf

RESOURCES 2022

http://www.spaceupdate.com/shows/other/iei/navajo_skies/pdf/Navajo_Skies_Guide_2017.pdf

<https://vimeo.com/230453732>

<https://www.mastgeneralstore.com/cms/default/assets/File/Downloadable%20PDFs/a-guide-to-planting-by-the-signs.pdf>

<https://www.yourtango.com/2020334160/horoscope-best-healing-rituals-for-each-zodiac-sign-according-astrology>

<https://youtu.be/6TJYTjIBRIU>

<https://youtu.be/MpT7MfXogTQ>

<https://youtu.be/D7StryJ3zWs>

https://www.grandcanyon.org/media/2165/document_learn_fieldinstitute_gts_2015_bates.pdf

<https://www.westrivereagle.com/articles/october-a-new-beginning-a-new-year-for-the-navajo-people/>

<https://www.space.com/18880-moon-phases.html>

<https://youtu.be/xNDuS2nZA5c>

<https://www.youtube.com/watch?v=hThWBVJe2QQ>

<https://astrostyle.com/capricorn-new-moon-meaning/>

<https://www.youtube.com/watch?v=K3FW0dbCim8>

<https://zannakeithley.com/new-moon-journal-prompts/>

<https://www.space.com/17561-new-moon-explained-lunar-phases.html>

<https://www.youtube.com/watch?v=Xrkrj4znjoY>

<https://youtu.be/UaMQ1fzZAKc>

<https://youtu.be/PslhixVFZcs>

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Thank you!

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