

# Thirteen Grandmother Moon Teachings

## January

### Spirit Moon

The first moon of Creation is Spirit Moon, and is manifested through the Northern Lights. It is a time to honour the silence and realize our place within all of Great Mystery's creatures.

## February

### Bear Moon

The second moon of Creation is Bear Moon, when we honour the vision quest that it began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound.

## March

### Sugar Moon

The third moon of Creation is Sugar Moon. As the maple sap begins to run, we learn of one of the main medicines given to the Anishnabe which balances our blood, and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels, by using Divine Law.

## April

### Sucker Moon

The fourth moon of Creation is Sucker Moon, when sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm, it purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers.

## May

### Flower Moon

The fifth moon of Creation is Flower Moon, where all plants display their Spirit sides for all the world to see. This life giving energy is one the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.

## June

### Strawberry Moon

The sixth moon of Creation is Strawberry Moon. The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self-righteousness.

## July

### Raspberry Moon

The seventh moon of Creation is Raspberry Moon, when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its bush and harvest its fruit, knowledge that will help in raising our families.

## August

### Thimbleberry Moon

The eighth moon of Creation is the Thimbleberry Moon, when we honour the Thimbleberry which produces an abundance of fruit once every three years. It was one of the first plants put on Mother Earth, and its purpose is to protect the Sacred Circle of Life by allowing us to recognize and understand the teachings that come from the Spirit World.

## September

### Corn Moon

The ninth moon of Creation is the Corn Moon, during which time we learn about the cycle of life. Each cob of corn has thirteen rows of multicoloured seeds which represent all the spirits waiting to begin their Earth Walk. These will be the future generations for whom we must prepare.

## October

### Falling Leaves Moon

The tenth moon of Creation is the Falling Leaves Moon, a time when Mother Earth is honoured with the grandest of colours. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.

## November

### Freezing Moon

The eleventh moon of Creation is the Freezing Moon, a time when the Star Nation is closest to us. As every creature being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.

## December

### Little Spirit Moon

The twelfth moon of Creation is the Little Spirit Moon, a time of healing. By receiving both vision of the spirits and good health, we may walk the Red Road with purest intentions, and we can share this most positive energy with our families and friends for the good of all.

## Blue Moon

### Big Spirit Moon

The thirteenth moon of Creation is Big Spirit Moon. Its purpose is to purify us, and to heal all of Creation, a process which may take a three month long spiritual journey. During this time, we receive instructions on the healing powers of the universe and transform into our own vision of the truth.

Thirteen Grandmother Moon Teachings by Arlene Barry, from her series of compiled teachings "Kinoomaadiewinan Anishinaabe Bimaadinzinwin", Book Two, pages 17 and 18.