

Spring

Air

The Snow Moon



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The Snow Moon

February's full moon represents the second chapter of the new year. It represents coming out of our rest and hibernation. It's a time where our intentions for the year begin to manifest and with it a new season (spring) of change. February is not just a month of love, but also new beginnings for the year. Interesting read: [The History of Valentine's Day](#).

Throughout human history and across many lands, the moon has held a spiritual significance to the people that followed its movement as it waxes and wanes through the night sky. Farmers plant and sow by the cycles of the moon. The ebb and flow of the tides are also in harmony with the moon. Even our own natural and biological cycles are in rhythm to the phases of the moon. The moon reminds us, within our lives we also have our own seasons of existence and each season is its own journey with its own lessons – The seasons of the natural world also exist within us.

About once every 19 years, February does not have a Full Moon, known as a Black Moon. This last occurred in 2018. Other definitions for a Black Moon are:

- There is a new Moon twice in the same month.
- There are no new Moons in a month (February only. About 5-10 years)
- Every new moon could be called a Black Moon.
- The third new Moon when there are four in a season. Similarly to one definition of a Blue Moon (a Seasonal Blue Moon) when the same thing happens to a Full Moon.

In ancient times, it was common to track the changing seasons by following the lunar month. People everywhere named the months after features observed in nature.

The Snow Moon

February's moon has been called the Storm Moon, Ice Moon, or Snow Moon in the Northern parts of the Northern Hemisphere because it is often the coldest month that saw a lot of snow.

Sometimes called the Hunger Moon, Bone Moon, Little Famine Moon, Full Bony Moon, or Big Winter Moon because the first two full moons of the new year were difficult times when food resources were low, the days were short and the land had little to offer.

Also called the Suckerfish Moon as it is taught that the sucker gave up its life for the Ojibwe in the month of February. Called also The Horning Moon or Wild Moon because of the animal associations during this time. Solmonath (Anglo-Saxon name for the month of February), Red & Cleansing Moon, and the Quickening Moon which is the moment during pregnancy when the baby is first felt to move. Much like the earth that has been dormant until now, in the Northern hemisphere, we begin to see and feel the quickening of the earth waking.

Whether it is snowy, stormy, or clear blue skies where you live, chances are that you will notice a subtle change in nature around this time of year. This is a month when new life is beginning but still lies dormant. Pregnant animals, due in the spring, begin to feel the quickening of their unborn young. The earth itself is quickening, as seeds and bulbs far beneath the soil begin their journey towards the light. The farmers start planting crops for their gardens. The long sleepy winter is finally ending and the earth is in its early awakening to the longer days in the warmth of the sun. We can dream and hope, and set goals for ourselves. Accept responsibility for mistakes made in the past, and move on. Magical workings this month should focus on personal achievements and advancement.

Celebration Ideas

This cycle reminds us to stop and take notice of the subtle changes happening all around us.

- Plant some seeds in a pot of warm soil, to represent not just the new life that is beginning in the earth, but also the things you hope to achieve this year. If you're planning a magical herb or flower garden, select your seeds based on the needs of the coming seasons.
- Perform a meditation to do a bit of self-evaluation.
- Do a winter full moon ritual, to reflect on the darkness of the season, and know that without it, there can be no light. Think about what brings darkness to your own life, and recognize that if you never faced the dark, you'd have far less appreciation for the light.
- This is a season of hearth and home but also craftwork. So, get hands-on with your magic. Try knitting a warm hat or scarf to wear for outdoor rituals, sewing a new altar cloth, crafting some jewelry that reflects your beliefs, or writing a song or poem honoring your tradition.
- Write a love letter to yourself.
- Incorporate milk into your ritual as libation or create a small gratitude ritual around the milk you drink. Giving thanks to the mother that produced it.
- Force bulbs to sprout by placing them in a dish with a few stones and a little water. Keep them by a sunny window.
- If it is stormy, collect the rainwater and use it for its intense cleansing energy. Freeze what you do not use within the month

Sources

Sophia Center for Goddess Study Priestess Training Class handouts by Dr. Candace Kant, Professor of History

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

Stepping Into Ourselves: An anthology of Writings on Priestesses by Anne Key & Candace Kant

The Old Farmer's Almanac

...and various other sources collect over 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than formal lessons or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to include and/or link to the original source.