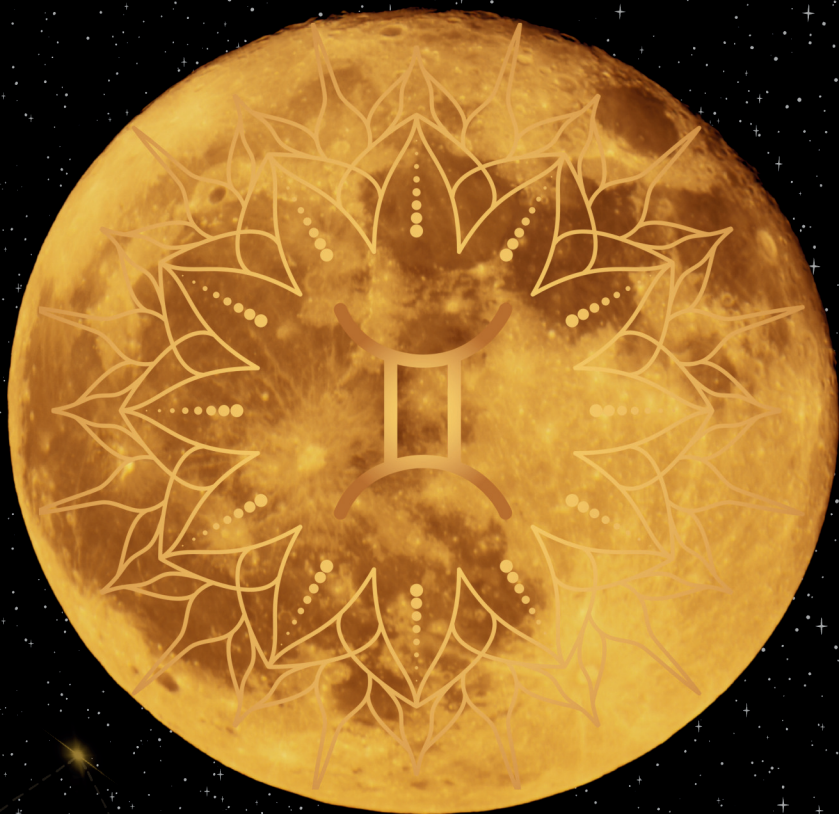


UNDER THE GEMINI SUPERMOON



Star Harmony
SOUND MEDICINE
at **The Bishop Planetarium**

With Deepest Gratitude

Thank you for joining us under the stars for this evening of sound, stillness, and shared resonance.

We offer heartfelt appreciation to those who helped shape tonight's experience:

Opt For Light, for infusing the space with the quiet coherence of Zazen scalar panels

Flobucha, for providing vibrant, living kombucha to nourish and uplift

CROP, for the delicious and nutritious plant-based treats that rooted us in the body

Our **generous Studio Hosts**, for holding space with ongoing care and support

And **The OM Shoppe**, for their continued dedication to raising Sarasota's vibrational field

It is through collaboration, presence, and shared intention that ceremonies like this come alive.

We're honored to be in resonance with each of you.

With love and gratitude,

A hand holding a wooden sound instrument, possibly a didgeridoo or a similar wind instrument, with a metal mesh at the top. The background is a blurred indoor setting with warm lighting.

Missa

Aquarian Sound Medicine

Sagittarius Sun · Gemini Full Supermoon · Universal 7 Day Illumination · Integration · Inner Reflection

🌟 Welcome to a night of cosmic alignment and inner reflection. As the final Supermoon of 2025 rises in Gemini, we gather beneath the stars to listen - not just to the sound, but to what it stirs awake. This is the breath between what has been and what is becoming - the first note in a larger unfolding. In the weeks ahead, as new thresholds open - solar clarity, somatic stillness, solstice integration - may tonight's resonance echo forward. Let this be a soft beginning. Let the vibration carry you home. Everything offered - from oils to tea, crystals to tones - is here to hold you in that becoming.

👉 **Wrist Essential Oil - Myrrh**

Tonight's anointing begins with Myrrh - a sacred resin that centers the mind, deepens the breath, and invites spiritual clarity. Its earthy, smoky scent slows mental chatter and draws you back to your body. Beneath the Gemini Supermoon, Myrrh soothes emotional tension, harmonizes the heart and mind, and opens space for intuitive reflection.

🐝 **Energetic Bee Blend - Gemini's Whisper**

This evening's aromatic blend is a soft breath across the threshold - a spacious, clarifying support for the duality of Gemini and the lunar light it carries.

Frankincense - anchors the spirit and expands the breath.

Cedarwood - Atlas grounds mental static and calms scattered thoughts.

Lavender - soothes the system and encourages ease.

Petitgrain - balances dualities and relaxes the overactive mind.

Myrrh - deepens breath and connects body and intuition.

Together, these oils weave a space for gentle observation and expanded awareness - a breath-based map back to your steady center.

🌿 **Organic Herbal Tea - Moonlit Integration**

After the sound, we close with Moonlit Integration - a warm, comforting tea crafted to support gentle digestion, heart softening, and emotional rest.

Tulsi - clears and centers the nervous system while uplifting the heart.

Lemon Balm - calms the mind and soothes emotional tension.

Chamomile - softens the edges and supports rest and digestion.

Mullein - opens the lungs and clears energetic congestion.

Licorice Root - adds a naturally sweet note and soothes the voice.

Marshmallow Root - cools, coats, and brings softness to the breath.

Rose Petals - open the heart and encourage graceful release.

Orange Peel - offers a light citrus lift to harmonize the blend.

Pregnancy Note: This tea contains a small amount of Licorice Root. If pregnant, enjoy in moderation or prepare with extra Marshmallow Root in place of Licorice for a gentler variation.

Let this tea be a warm tether back into your body - a breath you can sip, a reminder that integration happens slowly, gently, and on time.

💎 Crystal Allies

Crystals carry frequency, memory, and quiet medicine. These allies were chosen for their resonance with the energies woven through this ceremony - air and earth, expansion and stillness, reflection and release.

Amethyst - Spiritual clarity, breath awareness, and inner peace

Labradorite - Intuition, duality integration, and energetic protection

Rose Quartz - Heart-opening, emotional gentleness, and release

Fluorite - Mental clarity, focused reflection, and energetic flow

Green Calcite - Nervous system support, lung alignment, and letting go

Albite + Tourmaline - Subtle body cleansing, grounding, and realignment

Let the stones speak in the stillness between your inhales. Their wisdom doesn't shout - it vibrates gently, waiting to be felt.

🌀 Scalar Energy Field - Zazen Panels by Opt For Light

A quiet, non-directional field that invites deep relaxation and coherence - like a still lake where sound, breath, and intention ripple gently.

Gemini Full Moon - nervous system regulation, breath clarity, mental softening

Sagittarius Sun & Venus - heart-mind harmony, throat opening, deeper truth

Universal Day 7 in a Year 9 - inward pause, completion, soul-centered integration

You may notice a settling of stillness, a soft spaciousness in the mind, a gentle unwinding in the body, and a quiet expansion of awareness.

🌌 Energetic Weather

Tonight's ceremony unfolds beneath the final Supermoon of the year — a luminous Full Moon in Gemini, appearing larger and brighter than usual. Its physical closeness amplifies clarity, culmination, and emotional

sensitivity. This is a moment of release and reconnection - a chance to clear the mental static, open the voice, and return to stillness.

As the Sun in Sagittarius stretches our vision outward, the Gemini Moon draws us inward. This axis of wisdom and communication asks us to find harmony between thought and intuition, expression and reflection. With the Moon in opposition to Venus in Sagittarius, we may feel a soft tension between heart and mind - not to resolve, but to witness and weave together.

Gemini rules the lungs, arms, hands, shoulders, and nervous system. Sagittarius governs the hips, thighs, liver, and digestion - gently reminding us to breathe deeply, rest the mind, hydrate well, and move with compassion. With Venus also in Sagittarius, we're called to care for the throat, skin, kidneys, and emotional heart - supporting relational balance, inner clarity, and vibrational harmony through sound.

Numerologically, we enter on a Universal Day 7 within a Universal Year 9 - a sacred pause of inner knowing and soulful closure. Together, they invite quiet integration and meaningful completion before a new cycle begins.

Seasonally, we stand at the edge of winter. As the natural world slows down, so do we. Let this be the exhale before the next inhale - a still point between stories, where renewal begins.

Let this Full Moon mirror your brilliance -
revealing what's ready to release,
what's asking to be held,
and what quiet wisdom is rising to meet you.

May the sound carry you.
May the silence speak.
Let the moonlight reveal what is already within.

🌙 This ceremony also marks a harmonic threshold - one that gently opens the energies of what's to come. As this Gemini Supermoon softens the mental field and clears the breath, it makes space for the somatic rest, solar attunement, and deeper integration December will carry. What begins in the stars tonight will echo through stillness, spark, and solstice - a constellation of experiences woven to support your unfolding.

Let this moment be the first note in a longer song.
Let it guide you forward.

Places We Play

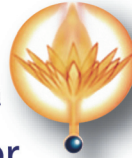
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12/12

5:30-6:30pm
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12/13

Saturday
6-7:30pm



\$33 / \$22
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Star Harmony

SOUND MEDICINE

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RHYTHMS OF RENEWAL

We gather in stillness to release, harmonize, and attune to the natural rhythms of renewal, under the soft glow of the waning Sagittarius moon.

12/17

Wednesday
6 - 7:30pm
\$30



 Prana Yoga and Healing Center

Star Harmony

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*With gratitude and love, may we find you
well and at peace in the coming year.*

*We intend to bring meaningful,
heartfelt sound medicine, to support healing
in the Age of Aquarius.*



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