



HINOTORI AN

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## NEW MOON RITUAL

03.05.2024

22:00 – 23:00

combining cosmic, organic, and energetic aspects

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Although the Moon and Earth always exert a gravitational pull on each other, during new moons (and full moons), when the Sun, Earth, and Moon are more or less aligned along a line in space, the Sun's gravity strengthens the Moon's gravity, causing a stronger lunar influence on Earth .

By increased intensity, gravitational tides affect all living beings, both their sleep patterns, behavior and movement, as well as their reproduction and development. In fact, all terrestrial organisms, including humans, have developed a number of characteristics, functions and processes during evolution in order to adapt to gravity.

Consequently, when there is a change in the gravitational force, various processes are automatically activated as a counter-reaction. Thus, there are changes in metabolism, hereditary structures or in the intensity and type of energy that circulates within the organism. At the cellular level, there may be a change in the shape, size and number of the cells, but also a rearrangement of the intracellular components.

Even when subtle and not easy to measure, an increase in gravity will still lead to a change in the intensity of intracellular metabolism, which among other, includes the breakdown of sugar or an increase in the number of energy molecules (ATP) in the mitochondria. This leads to a change in cellular activity but also to changes at the level of tissues and the whole organism.

Although the scientific explanation of the influence of the new (and full) moon was unavailable to our ancestors, and many questions remain unanswered even by today's scientists, living with nature and meditative life led to the realization of the influence of cosmic bodies on life on Earth. Even more, our ancestors had learned ways to use cosmic changes for improving life quality and health but also for the awakening of consciousness.

Hinotori An uses new moon periods for a practice that serves both to intensify energies and to cleanse the body, mind and spirit. Although the ritual itself is intended to cleanse the elements and harness the energetic progression fueled by gravity, the practice itself extends throughout the day and includes fasting of body, mind, and speech.

## **TICKETS**

DISCIPLE – pay what you want



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