

THE VIEW FROM LAKE PLEASANT



BY KATHERINE MAYFIELD

I am constantly amazed by the vast creative energy of the Universe. Even at 44, I'm still looking at things and going, "Wow! I didn't know it could do that!" And I enjoy the discoveries just as much as I did when I was 4. I love living this way! The other night, I was walking down by the lake, and spent a few moments gazing in wonder at the full moon. I thought, as I had many times before, how beautiful the moon is, lighting up the night sky and sending its lovely, gentle radiance across the landscape. So many beautiful things have yet another purpose besides simply providing beauty, and I began to wonder if there's a purpose to the moon. I've known all along there's a purpose behind the sun: it creates those wonderful little Vitamin Ds in our bodies that help us be healthy, and it makes plants grow. But up until that point, I'd thought the moon was just for show. Then I thought about how legend has it people tend to be a little more wild and crazy during a full moon, and weird things occasionally happen. I've noticed my cat needs to scamper and play more when the moon is full, and I'm a bit more restless and energetic. I suppose that might be because the moons rules the tides, and since our bodies (and cats' bodies too, I imagine) are mostly water, the phases of the moon have our blood and tissues swinging back and forth just like the ocean tides. (Do our little cells smile with happiness because the tide is in?) Sometimes our emotional tides seem to change with the cycles of the moon. And I started thinking maybe the Creator purposefully made the moon exactly for that reason. Everything

seems to have a purpose: birds eat bugs; bugs carry pollen; even slugs provide a pure protein treat for birds. So why not the moon? Here's my theory: The sun was created in order to benefit our physical bodies: to generate our Vitamin D; to help us grow plants and fruit, which give us needed vitamins; and to bring light to the daytime so we wouldn't stumble over things and hurt ourselves. What about the moon? My theory is the moon was created expressly with the purpose of affecting our internal state, of helping us to keep things flowing emotionally. Why else would it be set up astronomically to wax and wane? Sure, we enjoy the variety of seeing a little sliver of moon for a while, and then watching it grow into fullness and back again. But I think it was made on purpose to give an internal, emotional flow to our lives so that we would continue to grow and explore, to feel and express - just as the sun gives an external rhythm to our days and nights. And what happened when the light bulb was invented? One change was that man could then light his office so that he could work later. And of course it brought light into a whole host of after-dinner family activities. But artificial lighting may have also caused Lunar Disconnect: that nagging sensation that we've become separated from our feelings, that we no longer know who we are inside, what we want, what we feel. I say, let's save our light bulbs for special occasions like parties and dances, and get reconnected with the moon. I would like to shine a little moonlight into the core of who I am and find out what's in there.