

Light meditations 2026

Meditation for the year	Gentle thoughts and gentle steps. I walk with compassion, I am safe and filled with love. I am in the process of being renewed.
Seasonal meditation Hugskott, 1. February	The light inches forwards and fills the twilight hours with new ideas and perspectives. Why have I not thought of this before? Old walls of resistance crumble down when the light shines on them, and I see new solutions and answers unfold before me. How can I walk more gently through the world? I soften in mind and heart and care for myself.
Full moon meditation 3. January	I feel my dreams give nourishment to new thoughts. Here under the full moon they find fertile soil. Who knows what may come about from this? Gently my thoughts grow from the deepest darkness and fill me with hope, joy and love. I let hope fill my whole being.
New moon meditation 18. January	I think new thoughts here under the new moon. They are created slowly and gently, and something entirely new sprouts up. What does this open up for me? What kind of new world will I be able to see in a while? My days are filled with possibilities. I receive this new softness with gratitude.
Full Moon meditation 1. February	I stand in the light of the full moon and allow myself to be filled with healing and ideas and courage. I dare to accept a better future. Calmer, gentler, stronger - this is within my reach. Am I ready for new questions? Am I ready for new answers? Bravely go I into the unknown.
Seasonal meditation Planlegging, 20. March	The spring light arrives with excitement and joy. The lengthening days hold increasing life force and energy. I wonder what I want for my life this spring, this year. What do I want to achieve? How do I ensure I see my plans through? I allow my plans to form under the spring sun and see that they are good and uplifting. The winter darkness is over for now.
New moon meditation 17. February	I remember that change is the only constant here I stand under the new moon. How can I utilise this when making plans for my ideas? How can I design a process that will lead to achievement and improvement? I prepare for a good spring and prepare to make plans. I make good plans.
Full Moon meditation 3. March	The full moon shines in the night and fills me with strength. Slowly I weigh up what price I am willing to pay for my plans. I know that plans that can be completed without harm to my health are sustainable. Can I maintain this insight in the coming weeks? Can I show compassion for myself? I set loving expectations for myself.
New moon meditation 19. March	I stand under the dark night sky and allow the new moon to speak to me. The spring unfolds before my eyes and shows me new solutions and unexpected answers. Dare I walk new paths? Can I try new things? I allow the feeling of safety to fill me and show me the way. I am free and strong.
Seasonal meditation Gjærning, 1. May	Daylight fills my whole being and my energy flows freely. What do I want with it? What do I want to do this spring? I am ready to do what it takes. I do my work with love and trust, and know that I do my best. In this way I will find peace no matter the outcome.
Full moon meditation 2. April	Under the full moon I can feel that the time for <i>doing</i> has arrived. The lovely ideas I had in the winter became good plans, and now is the time to bring them to life. The life force courses through me and gives me strength to go ahead. Can I manage to take the first steps? Dare I create something new? This is the time to try. I have faith in myself.
New moon meditation 17. April	I find a quiet moment under the new moon and ensure that I spend my energy on what I choose myself. Only when I look after myself can I take care of those around me. I notice how setting boundaries is hard work, but see that not doing so has a higher cost. Can I be more compassionate towards myself? Will I manage to change old patterns? Now is the time to begin. I take myself seriously.
Full moon meditation 1. May	Strong am I standing under the full moon. I see that the hardest work is in the little things, in small habits and choices in daily life. Here, with the full force of life coursing through me I ground myself in what truly matters to me. How can I remember this in my daily life? I fill my awareness with love. I live every day with purpose.
Seasonal meditation Meistring 21. June	Now, while the feeling of mastery courses through my veins, I can see things as they are and make changes where needed. I can use this force that flows through me to create the life I want. What does it feel like? What do I want my days to be like? Small changes, bit by bit, I build from mastery. This is the zenith of the year. It is now I am the strongest, can endure most and manage the most. It is now I feel eternally young, while the evenings are light and the sun shines.
New moon meditation 16. May	The new moon arrives with surplus energy. Where do I want to spend it? How do I want to celebrate it? The gentle spring night fills me with joy and vitality. I have so much I want to do and how I have both the time and the energy. A deep feeling of calm fills me. I succeed at doing what I want to.
Full moon meditation 31. May	In the middle of the reckless spring I sense mastery. I bathe in the moonlight and connect in with everything I have worked and struggled for. This gives me mastery and resilience. I also connect with everything that comes easily to me. This gives me confidence and drive. How can I nurture the sense of master in my life? What can I do to feel mastery in more areas? I accept the gifts I am given. I am proud of what I achieve.
New moon meditation 15. June	I contemplate the difference between doing and being. How often do I appreciate myself for who I am? Under the new moon I feel compassion and love for myself, and know that I am worthy as I am. Unconditionally and completely I love myself. I am secure in myself.
Seasonal meditation Modning 1. August	The ripening that unfolds in my reminds me that I am both an individual and part of a collective. In the coming weeks I will take time to better get to know both these aspects of myself. The ripening leads me gently to a better balance, to a more rounded wholeness. What can I do in order to treat myself better? How can I be a better fellow human being? I allow answers to come forth.
Full moon 30. June	The full moon arrives with passion and realisation. I notice myself softening and I find time to be still. My awareness turns towards the world around me and everything that happens there. Flowering and ripening happens quietly under the full moon. I realise I am a part of nature and the same processes unfold in my too. I soften and rest.
New moon meditation 14. July	With the new moon comes the first hint of night, here in the middle of the gentle summer. The ripening that takes place now is deep and tender, and I open my heart and allow the work to change me. How do I want to grow, what kind of life do I want? Now is the time to let it fall into place. I allow myself to change.

Full moon meditation 29. July	The full moon shines and makes me aware of my gifts and of the wealth I have. I see it so clearly now, here in the magical summer night. What heritage am I responsible for? What work has been done on this land, and how can I bring it forward? I find a place of belonging.
Seasonal meditation Hausting, 23. September	Slowly the balance in the world changes. For a few quiet days light and darkness occupy equal space in the world. My perspective changes and I see with gentle eyes where I belong. My place in the world, which doesn't make me smaller, but gives me a sense of belonging, of roots and strength. How can I grow and fulfil my potential? How can I be true to myself, and the warm heart that fills me? I know what is important to me.
New moon meditation 12. August	The darkness of night returns with the new moon. Deep is the velvet sky, with myriads of stars. Peace fills my whole being as I see the flow of intention, action and consequence unfold before me. This is the way of the world. What responsibility must I take here? What should I let go of? I let my heart show me the way.
Full moon meditation 28. August	The light of the full moon shines gently in the night and reveals new perspectives to me. It is now that I see where my energy has gone, and it is now I see what was worth the effort. Am I harvesting the fruits I wanted? Can I set gentler goals for myself next year? My insight deepens alongside my warming heart.
New moon meditation 11. September	The new moon comes with wonder and insight. When I trust that I am doing my best, I can learn better from what I do. It becomes easier to see both what is good and what can be better when I am warmhearted. How can I support myself better in my everyday life? How can I give myself the care and encouragement I need? Trust fills my heart.
Seasonal meditation Røynsle, 31. October	These weeks leading me into darkness are illuminating. I see things I haven't noticed before. I gather the threads and see a new picture. Experience emerges from the autumn mist with a new force, which I appreciate now. Dare I release what I am done with? Can I let go of old stuff? I stand tall here in the autumn sun, secure in my knowledge and my abilities. I have nothing to prove to anyone, I am enough in myself.
Full moon 26. September	My thoughts turn inwards to my deepest self under the full moon. They will wander deeper during the next few months, and I am pondering what I will find. How have I grown this year? What have I learned, and what have I let go of? What am I resisting, and what is hard for me to learn? I can feel my heart softening in the moonlight and decide to trust it. My heart knows best.
New moon meditation 10. October	I am warm and sleepy here in the dark. The stars shine like old memories while I allow my senses to rest in the quiet not moon night. I let the darkness guide me. Slowly I can feel time becoming soft and permeable. I allow myself to learn what I am ready for. Can I do this more often? Can I find healing this way? I allow the darkness to guide me.
Full moon meditation 26. October	Bathed in moonlight I feel lonely and vulnerable. It can be hard to live, and it can be difficult to make good decisions. Slowly my sighs soften in the dark night, and the experience of hardship helps me grow. How can I learn from all my foolish actions? How can I grow stronger and more warmhearted from now on? I take my time.
Seasonal meditation Drøyning, 21. December	In these days full of twilight I feel thoughts and emotions filling me. So many things I haven't been aware of before come to me now. They come through dreams, and here under the low winter sun I let them in. What have I avoided, or suppressed? It comes to me now. Can I hold myself gently in this work? I have faith in this which emerges from the darkest depths of my being can become fertile soil for the new that is coming. I am weaving my future from these dreams.
New moon meditation 9. November	The new moon night is full of colourful dreams. Strange and incoherent, alive and unreal. As if someone opened up a door in my soul and let them out. I do not need to understand this, I only need to witness it. To feel the process and allow it to take place. To wish these odd dreams welcome as part of my lived experience. Where can I find support in this work? Who hears me when I need quiet care? I take time to dream
Full moon meditation 24. November	The full moon shines on my dreams, and on the hope that I carry and shows me possible paths ahead. My greatest boundaries are thoughts and beliefs, and now I can see how I imprison myself. How can I make myself more open for new possibilities? What can I do to dare to think new thoughts? Now I see the power in my dreams. I let hope carry me forwards.
New moon meditation 9. December	I gain new and unexpected perspectives through my dreams in these new moon nights. I am surprised and humbled when I see what comes to me. Past and future melts together in my dreams and I understand that I must be true to myself. I must trust myself and treat myself with dignity. Give myself the understanding and love that I need. This is how I will become stronger and better, and have room for more joy in my life. I set healthy boundaries for myself.
Full moon meditation 24. December	Dreams are overflowing under the full moon and fill my life with gratitude and joy. I am learning and growing, more at peace with myself than before. Older and wiser, I am more gentle with myself than before. Do I express my feelings clearly enough? Dare I think my thoughts clearly enough? I can feel that I am ready to allow my dreams become news ideas and thoughts. I am ready for adventure.