

Full Moon

Written by Gayle Nobel

Sunday, 28 October 2012 20:40 - Last Updated Monday, 29 October 2012 03:53

Blog-a-thon Day #27

I actually missed a day of blogging. I think it's because the moon will be full tomorrow.

Yesterday Kyle was in full pre-full moon way of being. Kyle feels the moon just a few days before it becomes 100% full. Some months the pull of the moon seems stronger than others. Therefore the reaction may be subtle. Other months, the pull must be more intense, because Kyle is much more intense.

This month was intense. People with autism may be more sensitive than the average person. So whereas I may have trouble falling asleep, Kyle may be stirred up for a day and a half.

When he was having anxiety cycles, they often followed the pattern of the moon. Now that he does not have cycles, he still reacts some months, but not in a severe way. Mainly, his energy level goes through the roof. He is wildly hyper and wildly noisy. He just can't get enough exercise or activity. It appears exhausting to be Kyle a few days before the moon is full. And it can be exhausting to be me too.

And then comes the crash. Kyle is so calm and quiet today, I hardly know he is here. It must feel good for his body to settle so he can relax. I'm enjoying the relaxation too.

Here's the science behind the origins of the "LUNAtic"....

"The earth is surrounded by an ionosphere which is quite deep, actually dwarfing the earth. Between the bottom of the ionosphere and our earth's surface, where the 'sky' is, it is called the 'earth to ionosphere cavity.'

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This cavity can ring like a bell at certain times, although we cannot hear it. When the moon is full, that means it is on the opposite side of the earth from the sun.

That means the moon and the sun are both tugging at the ionosphere via gravity. This starts the 'ringing.' The frequency of this cycle is seven cycles a second -- exactly the same as the alpha waves in our brains. And this is the reason some people react so much to a full moon -- they are actually reacting to the unheard ringing which is literally disturbing their brain waves. Many of us simply don't react as we have the self-discipline to handle the 'different' or 'bad' days, but the effect on some folk can be devastating. There are often also reactions when a 'lighter' ringing happens at the time of the 'dark' and new moon, when the sun and moon are both tugging at the same side of our ionosphere."