



## April 30, 2022- Saturday

Sunrise: 6:09am  
Sunset: 7:49pm

Moonset: 6:52pm  
Moonrise: 5:41am

## New Moon

- Directly between Earth and Sun
- Little to no energy coming from a new moon
- Ideal for setting intentions to bring in or attract something to you
- Commitment to a new routine is more likely to stick
- Beginning a new project
- Start a project that will culminate in 6 months with the corresponding Full moon
- From the point of exact new moon to 3 days after is when the new, planning, starting energy is highest
- Take time to rest, meditate and celebrate

April 30-May 29

### Root Chakra

- Sanskrit- Muladhara
- Red
- Located: coccyx, first 3 vertebrae of spine
- Development: Womb to 12 months

Foundation, connection with ourselves. Taking care of basic needs. Needs include feeling safe, feed, warm, nurtured, sheltered.

- Governs our physical energy. Giving us a sense of safety and security. This is vital for any higher energy work to be used in your life or to help support others.

## Theme for 30 Days of Moon Magic: Safety

Feeling safe can have quite a bit to do with our physical surroundings but it can be impacted even more when we are connected to our physical bodies. So much of our lives we were taught to dissociate from our physical selves and to live in our minds. This has created total chaos for ourselves. Creating safe space for ourselves can feel very unsafe at first. Learning and implementing boundaries, creating physical space for yourself, setting up rituals or rhythms to fulfill YOUR needs. Putting yourself first on the list to get your own needs met, can feel incredibly unsafe. If you grew up in a unsafe home, you may have become hyper vigilant or insecure if you had a narcissistic parent. So much of our character if not all comes from prior to the age of 7. Add in generational themes, past life themes, programs, and coping skills that are no longer serving us, creates a recipe for chaos. We get the choice every single moment to reprogram and intentionally remember our magical selves. This is our choice. Some moments we may do amazing at living in our nature and other times it will feel like we have failed. This is our life. We get to live it exactly the way we desire and the moon phases remind us of the cycle of rebirth, life and death, each and every month.

# Daily Theme: Dark Moon with Partial Solar Eclipse

Today is not a day to set intentions as we would normally do with a New Moon. In fact today is one of the thinnest days of the veil- think spring halloween. So today is a day to see what your higher self- your magical mother- your guides- the goddess- your angels- have in store for you. This is a day to stop trying to control your life and allow for the seeds of ultimate possibilities arise!

What intentions do you have for this new moon?

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Gratitude Beginnings

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## Ginger

We mainly know this plant for its root. Ginger magically can be used for love, money, success, and power. It is loaded with antioxidants that help repair your DNA, fight off chronic disease, increase libido, reduce nausea, reduce inflammation, supports cardiovascular health and releases stagnation in the body.

Ginger - Zingiber officinale

