



## May 1, 2022- Sunday May Day!

Sunrise: 6:07am

Moonset: 8:54pm

Sunset: 7:50pm

Moonrise: 6:35am

## Waxing Crescent Moon

- Beginning to become illuminated by the sun once more.
- Making plans
- Taking Action
- Co-Creating
- Creativity
- Energy building
- Empowerment
- Release attachments to your desires
- Shift and Changes happen more easily
- Take the leap to do the thing!

### Root Chakra

- Sanskrit- Muladahara
- 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: Waxing Crescent- Rebirth

Rebirth is an aspect of our culture that most of us are unfamiliar with. The concept of dying to ourselves, our programs, and releasing what no longer serves us (what we played with during the Waning Crescent Moon) will support the rebirthing happening now. Allow for your spirit team to bring to your attention rituals, beliefs, ideas, and aspects that are ready to be reborn within you

## Journal Space:

### Rebirthing Thoughts

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### Gratitude for Rebirth

- ♥
- ♥
- ♥
- ♥
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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

