



April 30-May 29

## 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.

## May 15, 2022- Sunday

Sunrise: 5:53am

Moonset: 5:28am

Sunset: 8:03pm

Moonrise: 7:50pm

## Full Moon

-This is a phase of completion, fertility, abundance, and transformation

- This is a time of releasing- NOT new beginnings, welcome the closure, and allow aspects to come to a close

- Release what is no longer serving you

- Charge moon water, release the energy in crystals, take a full moon womb bath

- It is time to illuminate your life- look at the abundance of your life, look at what you have manifested in the past 6 months

Mercury Retrograde- May 10- June 2: Mercury appears to be going backward- but we are actually catching up to this face paced planet. Instead of seeing it at as all chaos- see yourself being able to finally catch up with all your to do's with technology- stay home and get shit done there- and communication (not a good time to bring it up.) Also seeing money that has been in the ethers coming to you- rather than being delayed is a fantastic way to create better beliefs around this.

## 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: Full Moon with Lunar Eclipse (8:31pm - 1:53am-16th)**

Honoring the aspects that you planted 6 months ago are coming to completion today. They are integrated, ready to use or fully complete. Allow for these to be contemplated upon and create gratitude for the reality that you are manifesting (either intentionally or not)

**Journal:**

What aspects of your life did you manifest 6 months ago?

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Gratitude for Manifesting My Reality

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**Blackberry**  
 All parts of the Blackberry are edible and medicinal. These delicious berries have incredible healing power for diarrhea, wounds, fluid retention, gout, pain, inflammation, swelling, diabetes (healing the insulin uptake aspect) and are filled with vitamins! The leaves can be used as a tea to create wonderful healing all year long.

*Blackberry- Rubus Fruticosus*

