

New Moon

April 30-May 29

Sacral Chakra

- Sanskrit- Svadhishthana
- Orange
- Located 3 inches below the naval, at the center of your lower belly. Located at the lumbar vertebra.
- Development- 6-18 months
- Emotional body, sensuality, and creativity.
- Directed by the principle of pleasure.
- Aspects of blockage- boredom, dull, exhausted, aggressive, lack of creative inspiration, cysts, urinary issues, lower back pain, addictive behaviors

May 30, 2022- Monday

Sunrise: 5:43am

Moonset: 8:48pm

Sunset: 8:15pm

Moonrise: 5:41am

New Moon 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

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 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: Co- Creating

I am a powerful CREATRIX! Over this moon phase creating space to not only see that you have the power, magic and ability to create your own reality, but to truly THRIVE in the pleasure of being able to create whatever reality you truly desire!! This is vitally important to this moon phase of planting seeds. When we see that we may have been trying to create a reality based upon financial gains, people pleasing, or being "successful" our higher selves can see that this is not what we truly came here to create or live out. So it is always directing us into finding more of who we are so that we can create the reality to know that our desires align with our souls calling. This is a desire that through all of our various lifetimes we have been living to create. Connecting with the Goddess through activating our pleasure aspects and creativity is an important aspect as well. Each aspect of the sacral chakra including emotional intelligence, creativity, pleasure, and intuition are important aspects to pull into this month's moon phase. Knowing in your being that you can and will create whatever it is that you focus on. When you focus on what your soul desires versus what you think is important there is a shift in your vibrational being that allows you to truly release what is no longer serving you, creating the reality of your DREAMS!!

Daily Theme: Planting Seeds of Co-Creation

As someone who is most likely codependent- it is important for us to release our control on our obsession with controlling. And instead trusting our intuition to guide us into our true desires. When we release the expectations of our creations only then can we truly see the power of our abilities as co-creators. WE are not alone in this journey and when we are latched into our codependent ways we feel lost, alone, and overwhelmed by all that we are not able to change in our lives.

Journal:

What are you ready to release control over creating- and truly co-create?



Gratitude for New Beginnings



Comfrey

Comfrey is mainly known for its relief topically for wounds, skin ulcers, thrombophlebitis, bruises, sprains, and strains. It can also be used as a tea or tincture for stomach ulcers, heavy menstruation, diarrhea, bloody urine, cough, bronchitis, cancer, and angina. A mouth wash can be made from comfrey for sore throats and gum disease. Used for magical healing, safety while traveling, and the root is used in money spells- especially healing your money blocks/ issues.

Comfrey, Symphytum

