



June 28, 2022- Tuesday

Sunrise: 5:45am

Moonrise: 5:04am

Sunset: 8:24pm

Moonset: 8:31pm

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

June 28- July 27

Solar Plexus Chakra

- Sanskrit-
- Yellow
- Develops Age 15- 21
- Empowerment, Self -Esteem, Confidence, Intuition, and Connection
- Core personality, Identity, and Ego
- This is where action takes place, from a inertia into movement
- Balancing our personal power with our egocentric drive.
- The power to choose your reaction over response- to follow the intuition

Theme for 30 Days of Moon Magic: Intuition

When we drop into our intuition we can feel the subtle difference between having, should and being compelled to do something. So much of our programming comes from old, outdated programs that keep us living for others verses living in alignment with our higher self. Tapping into our center is a powerful way to ignite our own abilities to further co-create our realities while listening to every nudge from our inner guidance system. This is the practice this month. To take the time to pause- listen to the inner guidance system- intuition- and then take action or respond. This is the art of the solar plexus chakra. Being mindful of each choice (literally thousands each day) that we make and seeing them all interacted. Trusting and leaning on your intuition naturally builds up your confidence in your choices giving you higher self esteem and empowerment. Each of these aspects builds and creates more of each other. Yet we can also be pulled into believing we are following our intuition and it be our ego. Anytime you don't care about another human being or lose the desire for connection that is the key to knowing that your ego has stepped in.

Daily Theme: How much do you trust your intuition?

Our ego is not our intuition. These can be wrestling for our attention most of the time, until we tune in more to one or the other. Our intuition is our connection source to not only others but also to our higher self. This is a direct line to our guidance system to get the next perfect step for us. And if we choose not to follow our intuition, usually we get insights pretty quickly that cause pain, uncomforted, or separation. The intuition is an immediate action giver. Using this to direct our every action can create huge quantum leaps in our lives.

Journal:

In what circumstances have you listened/ not listened to your intuition?

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Gratitude for Intuition

- ♥
- ♥
- ♥
- ♥
- ♥
- ♥
- ♥
- ♥

Wild Sunflower

Sunflower can be used as a yellow or orange dye but it is also a powerful medicine. It is an antimalarial and can also were used as a preventative against the spread of smallpox. Sunflowers follow the sun throughout the day, making it a gazing flower. Picking a sunflower at sunset and then wearing it will bring you good luck the next day. This is also a great solar plexus flower as well. Reminding us to follow our intuition and guidance from above while being grounded. They will also reveal the truth by placing a sunflower under your pillow, the truth will be revealed the next morning. Fertility, loyalty and a potion can be made to reveal fairy folk.

Wild Sunflower- Helianthus annuus

