



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

July 13, 2022- Wednesday

Sunrise: 5:53am

Moonset: 5:19am

Sunset: 8:21pm

Moonrise: 8:54pm

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

Void of Course Moon occurs from 8:36pm through 12:13am. During the Void of Course moon it is best to avoid any long lasting actions. Planning, resting, and researching are great ways to spend the void of course moons. Avoid doctor and dentist appointments during this time. Especially surgeries.

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 So much of our programming comes from old, outdated programs that keep us living for others verses living in alignment with our higher self.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: Full Moon Solar Plexus Chakra Healing

Trusting your intuition every moment of the day, but without your sacral and root supporting this you can feel unsafe. Getting our hormonal systems, weight and psychological aspects integrated into our intuitive system can create a space where we truly thrive! Where we stop “shoulding” on ourselves and create space for total wholeness!

Journal:

What has your intuition supported you with the past 2 weeks?



Gratitude for Intuition



Mimosa Persian Silk Tree
Antibacterial, anti-venom, anti-fertility, anti-convulsant, antidepressant, aphrodisiac, urogenital disorders, piles, dysentery, sinus and wound care. This is magically to use for expansion and to make/ foretell changes in life.
Traditionally it was used to “calm the spirit” and relieve emotional constraint associated with bad temper, mood, sadness, occasional sleeplessness, irritability or poor memory. Especially profound with those experiences heart break.

Mimosa-*Albizia julibrissin*

