

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
- Envisioning in wholeness the desires of your heart

Heart Chakra

- Sanskrit- Anahata
- Color- Green (pink)
- Located in the chest space from bottom of ribs to collarbone
- Age development: 4-7 years
- Energy center in which joy emanates.
- The place in which our identity or that which belongs to us is stored.

In what ways can you integrate the goddess into your life today?

What on your to do list can you hand over to the universe to handle?

Heart Charka Lunar Cycle

The heart chakra is where all that we hold dear resides. We often go about our lives being told to open up our hearts and love! YET, we have forgotten how to hold dear what WE truly love, respect, honor and cherish before opening up to everyone else. This month we will invite the Goddess to emerge into the depths of our hearts; to share our hidden desires, the shadows, and allow us to step into the darkness, no longer holding onto fear. The goddess as the Great Mother, shows us how to turn back our intention within. We, as women, mothers, wives, friends, often over give, people please, give up on our boundaries and allow for ourselves to get depleted before taking time to refill. Our hearts are the beacons to guide us back into a deep caring. Not about the world and others, but ourselves. This can feel like we are betraying our purpose or our calling, but the goddess shares that only through the journey within can we ever begin to shift the world outside of ourselves. We will give and give, spinning our wheels not truly creating any lasting change. The heart is what leads us into a knowing of what we truly hold dear. What is mine.

What are your intentions for this Lunar phase?

Maidenhair- Ginkgo Biloba

Known for its powerful healing of the heart through improving the circulation and reducing build up of or the hardening of the arteries. One of the oldest species of trees helps protect the body against free radicals. Magically this tree is an elder as it can live to be over 1,000 years old. Once planted on birth and death dates to ensure a long life in this world and the next. Also used to help with fertility, it is said to be an aphrodisiac. The wood can be used in ritual and the leaf tincture/ infusion can be a powerful medicine.



July 28, 2022- Thursday

Sunrise: 6:04am Moonset: 8:40pm

Sunset: 8:11pm Moonrise: 5:40am

Avoid harvesting, planting and creating today. Vision, plan and build inspiration today.



Heart Charka Lunar Cycle

July 28- August 26

- ☾ Sleep- (Hours)
- ☾ Movement
- ☾ Conscious Eating
- ☾ Spiritual Practice
- ☾ Connect to Nature
- ☾ Play
- ☾ Mindfulness
- ☾ Connecting to the Elements

What aspects of the heart need to be focused on this lunar cycle?

Gratitude

In what ways can the Great Mother/ Goddess support you in this journey?

What is that you are ready to claim as "MINE!"?