

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

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.

What is being illuminated in your life right now that is no longer serving you?

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 you ready to release this Lunar phase?

Phlox

Phlox has many different varieties and comes up from spring through summer. It is an incredibly powerful blood purifier. It also helps with stomach disorders, intestinal issues, boils, eczema, and the roots can be used as an eyewash. The edible and add to your meal. phlox is used to groups of people harmoniously. useful in to help you create



flowers are simple beauty. Magically encourage to work. Phlox is meditations space for courage. Phlox is a well known flower to express your love for someone. With so many color types you can use phlox for color magic as well.

August 11, 2022- Thursday

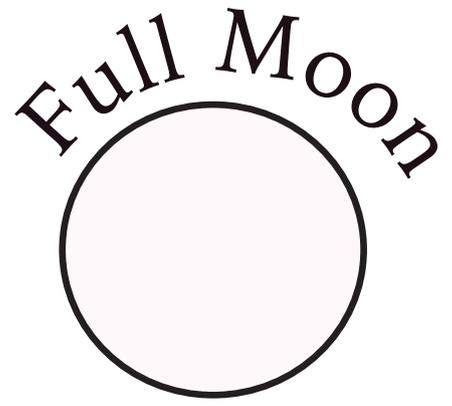
Sunrise: 6:15am

Moonset: 5:23am

Sunset: 7:57pm

Moonrise: 8:16pm

Full Moon Gardening the groundwater is highest when the moonlight is strongest. It is a time of equilibrium. Today is not a day for planting. This would be a good time to harvest fruit and vegetables that are ready in the garden. They reach their peak ripeness and nutritional value at a full moon each month.



Heart Charka Lunar Cycle

July 28- August 26



Sleep- (Hours)



Movement



Conscious Eating



Spiritual Practice



Connect to Nature



Play



Mindfulness



Connecting to the Elements

Gratitude

In what ways have you been putting off your own needs because you didn't feel worthy enough to receive them?

In what ways have you been pushing away the abundance in your life because you have been in lack/unworthiness mode?