

August 2, 2022- Tuesday

Sunrise: 6:08am Moonset: 10:58pm
Sunset: 8:06pm Moonrise: 10:43am

Ascending Moons are drawing the water/sap of the plant upwards. This is the best time to harvest non-root plants, sow seeds for above ground crops, look out for slugs and other pests. Take cuttings and graft. This is the best time to focus on the leaf bearing plants for either magic or medicine.



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

If home is where the HEART resides- are you home?

Creating a space to truly find what your heart desires so you can go home or at least begin to visualize what that looks like?