

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
- Speaking your desires into existence

Throat Chakra

- Sanskrit- Vishuddha
- Communications, self-expression, ability to speak personal truth
- Being able to express your ideas and thoughts, clearly, gracefully, and honestly while projecting your own unique creativity into the world
- This is also where the aspect of being and feeling heard resides

What are you ready to speak into existence this lunar cycle?

Throat Chakra Lunar Cycle

The ability to speak our truth without feeling the need to convert, convince, or prove what your personal truth is expressing. This is foundational to the the Throat Chakra. When we keep ourselves silent, refrain from expressing our unique perspective, or feel intimidated by others this is an aspect of a blocked or closed chakra. Often growing up the mentality speak when you are spoken to, “shut up” or other aspects of keeping us quiet as children are still being implemented into our adult lives, which no longer serve us- at all! Journaling, singing your thoughts and desires, communicating clearly, and learning how to detach from the outcome of others, is so deeply healing with the energetic space in the body. Taking time this lunar cycle to get clear on your desires, without feeling the need to convince anyone. Not feeling the need to prove your point. Simply allowing what you desire to be met within your own being to express it fully.

What seeds are you ready to plant to communicate your thoughts, desires, and unique creativity into the world this lunar cycle?

Ground Cherry- *Physalis pubescens*

The whole Ground Cherry plant is antipyretic, depurative, diuretic, pectoral, vermifuge. They can also help with and rheumatism. are used for an emetic. A used for the accesses, coughs, throats. Closely tomatillo plant the same way.



Fairy lanterns.

asthma, malaria, The root and leaf headaches and decoction can be treatment of fevers, and sore related to the they can be used

August 27, 2022- Saturday

Sunrise: 6:28am

Moonset: 8:12pm

Sunset: 7:36pm

Moonrise: 6:34am

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



Throat Charka Lunar Cycle

August 27- September 24

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

What aspects of the throat (communication, self expression, being heard) need to be focused on this lunar cycle?

Gratitude

In what ways have you been keeping silent?

What are you ready to speak into existence?