

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

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 is illuminated in your life so clearly you can no longer ignore it?

Throat Chakra Lunar Cycle

Speaking the release into existence is a powerful way to create wholeness and healing through your throat chakra. Speaking boundaries into existence through clear, open, non emotional exchanges. Understanding that "NO" is a complete sentence. Creating space to no longer explain yourself, what you mean and allowing your voice to be heard as it expresses naturally is a way to honor your unique voice. Often those of us that have a difficult time feeling understood. Releasing the need to be understood and allowing the way that our brain processes, expresses and speaks BE enough. Birthing this into your personal experience can save you so much energy.

During the fullness of illumination we can see what is no longer serving us clearly. What have you been holding back from speaking? What have you been oversharing?

Goldenrod- Solidago

Goldenrod is a diuretic and can help flush the kidneys and stones. It is often blamed for allergies but those are often ragweed to blame, while goldenrod can help relieve them. It is also anticatarrhal, anti inflammatory, and antiseptic. It can help with upper respiratory infections and the flu. It can also be made into a gargle to relieve sore throats, laryngitis and mouth sores. Magically it is said to create abundance and prosperity especially if it pops up in your yard. It has about 7% rubber and is useful in spells where you want to bounce back energy or bounce back from an experience. Wearing goldenrod can bring your future lover into your life, and by sharing a cup of goldenrod tea with them you can seal the deal. You can also burn the leaves and flowers to enhance divination magic.

September 10, 2022- Saturday

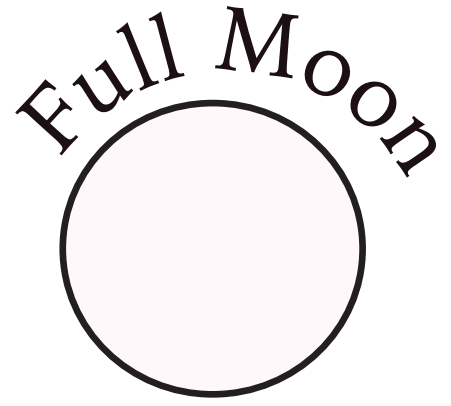
Sunrise: 6:39am

Moonset: 6:42am

Sunset: 7:16pm

Moonrise: 7:50pm

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.



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 is being illuminated in your life?

Gratitude

What is birthing in your life that you set intentions to 6 months ago at the New Moon?