

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

Third Eye Chakra

Sanskrit: Ajna

Color: Purple

Location: Center of forehead, between eyebrows

Insight, intuition, clairvoyance, psychic abilities, intellect, imagination, abstract thought, realization, spiritual insight and vision, visualization center, intuitive knowledge,

This needs focus when you are unable to vision, see your purpose, or lack direction.

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

Third Eye Charka Lunar Cycle

Imagination is vital to our third eye. The ability to have no thought is not often achieved for most people, yet I have found that going to the place of no-thing is possible. When we are in the place of no-thing we are able to co-create with the Cosmic Mother and brith entire new worlds into existence. So rather than filling up our third eye with more visions and thoughts we can create space for the no-thing space, the void, the black hole of all creation. Often the feelings, impressions and thoughts we have towards our third eye can keep us stagnant or help us soar. It is always within our own willingness or not to shift into a new perspective. Allow for the seeds of your soul to be planted in this new moon to find what is truly possible in the no-thing space.

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

Sassafras- *Sassafras officinale*

The leaves can be made into teas and poultices. While the root bark is steeped in boiling water to reduce fevers, soothe rheumatism, gout, dropsy, relieve eye inflammation, ease menstrual and parturition pain, cure scurvy, various skin conditions and disinfectant. It has been said to help with infections as well as purifying the blood and is effective against excess mucus. This plant also was a cure for gonorrhea and syphilis as well. Sassafras is strongly cleansing and protective and magically, and can ward off evil. As a tea it is a good ritual tonic. Its stimulating and warming, aphrodisiac qualities makes it suitable for sex magic and tantric rituals. Indigenous also used to smoke the root bark.



September 25, 2022- Sunday

Sunrise: 6:51am Moonset: 7:06pm

Sunset: 6:53pm Moonrise: 6:26am

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



Third Eye Charka Lunar Cycle

September 25- October 24



Sleep- (Hours)



Movement



Conscious Eating



Spiritual Practice



Connect to Nature



Play



Mindfulness



Connecting to the Elements

Gratitude

What aspects of your current story need to shift into just seeing the energetics of it, so that you can co create a new reality?