

## 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

## Cultural Foundation

- Encompasses Above, Below, Within, and Without
- Ties in Nature, Seasons, Solar Rhythm, Lunar Rhythm, Elements, Ancestors, Stars and People
- Culture is destroyed when it is only about things, consumerism, and capitalism
- Remembering Your Whole Self is a vital part of the process. We are each a vital piece of the puzzle- if we are lacking awareness about our own innate being, it leaves others without that awareness as well
- Life is sacred. You are sacred. Life is Play. You are meant to experience this thing called life through play.
- Rituals are vital to creating the rhythm that will be the foundation of your culture.

## Cultural Foundation Lunar Cycle

Connecting, remembering, activating and stepping into our nature is a vital step of culture. Going out into nature puts us into a different state of mental, physical, spiritual, and emotional health. We can be a part of the connection around us rather than trapped inside of walls that hinder us. Nature is our Nature, yet it is not just about connecting to Mother Nature. This about connecting to all of the resources that are available to us. Nature, ancestors, elements, stars, lunar phases, seasons, people (especially a community that is sacred, loving, accepting and sees you.) When we see that our culture has been built upon things (capitalism and consumerism) the intimacy is removed from our culture and it is only expressed outwardly, rather than turning within, above, and below. If we only focus on the outer world, we miss  $\frac{3}{4}$  of the culture that makes up our existence We get an opportunity to dive into these aspects over this lunar cycle to pull into ourselves the richness that awaits.

What seeds are you planting to create a community that is filled with a culture that reminds you of who you truly are?

## American Elm- Ulmas Americana

Elms have been used for medicine and food. The samara and fallen seeds are both edible. It can be used in healing salves for wounds, boils, ulcers, burns, and skin inflammation. It was also taken orally to relieve coughs, sore throats, stomach diarrhea, and problems. Elm is carried to bring love. Isn't Spring about love? Elm balances the mind and heart. It not only attracts love, and all. Elm is also used in fertility spells and rebirth. You can use the wood and flowers in love spells. The wood is best used ground up finely and used in your loose incense for love. The flowers are used in poppets or sachets.



# October 25, 2022- Tuesday

Sunrise: 7:18am

Moonrise: 7:26am

Sunset: 6:12pm

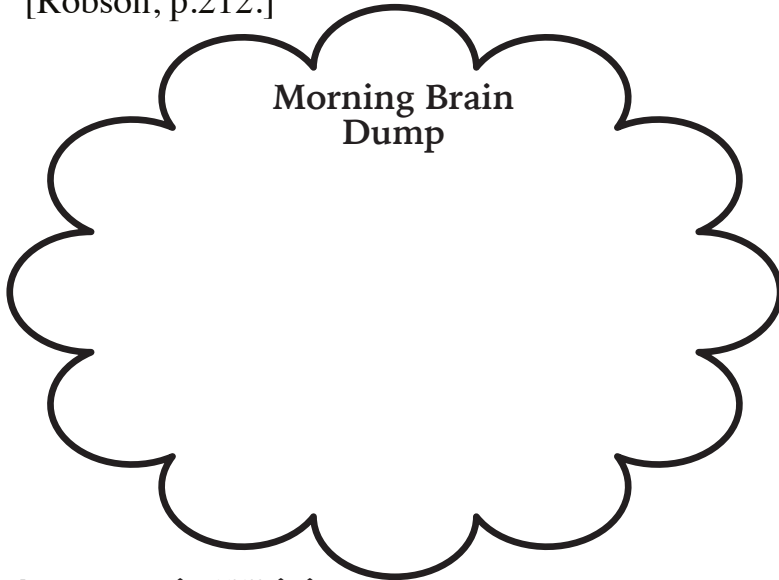
Moonset: 6:27pm

The Moon is in conjunction with Venus, as the 2 are good friends, this helps us feel more loving in our relationships and domestic life! And Mercury is conjunct with Spica (star in Virgo Constellation) It will help you feel more neat, tidy, clever, ingenious, favor of clergy and people in authority, gain through investment, responsible position. [Robson, p.212.]



Magical Mother Lunar Cycle

October 25- November 22



Accomplished Today:

Automatic Writing:

What aspects of CULTURE are important to you?  
What does a culture look like? What does  
community bring? What aspects of nature  
connection are vital to you?

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