

## 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

## Celestial Lunar Cycle

Location: In our auric field, allows for us to connect with the spiritual dimensions

Color: Can vary according to the Star Cluster you are visiting

Symptoms of a blocked/inactive chakra: denying your guides/ angels, connecting with entities/beings that are leaching off of you thinking they are spirit guides, allowing influences of media to act as guides, feeling alone in your spiritual journey.

Stones: Celestite allows the subtle energy bodies of the etheric realms to come into our bodies. Celestite can not be charged or discharged by the sun, but can be charged by hematite or selenite. Never put crystals face down onto other stones as it can absorb those energies and change the structure of the stone.

Food: Fruit, teas, macha, cocoa. Creating a lightness in our bodies allows for us to have a clean vessel to connect to the other realms without being so heavy or dense in our beings.

## Celestial Lunar Cycle

The celestial realm is one of intrigue and ambiguity because what we can see is so far away. Yet we know that even though the Sun and Moon are far away they still play a vital role in our lives, allowing us to live in an Earth that supports life! Just as the celestial realm beyond allows for us to connect to aspects that further support our life. These beings can be light beings, actual celestial star bodies, our ancestors, spirit guides that have not had a physical existence, angels, goddess/ god/ and/ or other entities. Some entities we have not invited intentionally into our lives and they are feeding off of our lower vibrations. These often get attached to us during a trauma in childhood. Our connection to these entities can become stronger or weaker depending on if we are feeding them the vibrations they are relying on us to give them. Accessing higher vibrations bring in different entities that can then gift to you insights, solutions, support and healing rather than feed off of you.

What seeds are you planting to create a connection with the celestial realm?

### Hickory- Carya

Hickory Trees are used for various medicinal, magical and practical aspects. Hickories are numerous including pecan, black walnut, and the various hickories including pignut, shagbark, shell bark, and Wilson. It is also used for seasoning, smoking, and curing foods.

Hickory is a hard wood that is used for tool handles, skies, arrow shafts, firewood, chair bottoms and finishing baskets. Steeping the bark helps make your arms and legs more supple, the catkins are the male aspect of the plant giving food to a variety of animals where as the small flowers can be used for colds. The bark can be

sore  
inner bark  
astringent  
which  
medicine  
wounds,  
ruptured  
Hickories  
flavorful  
be eaten  
the shell.  
hickory is



promote aspects of strength. From wands to building a fire. They require strength, patience and persistence, which is what you would also get from this tree.

chewed for a mouth. The is both and detergent makes useful for dressing cuts and blood vessels. also give nuts that can directly out of Magically used to

# November 23, 2022- Wednesday

Sunrise: 6:47am

Moonrise: 6:26am

Sunset: 4:47pm

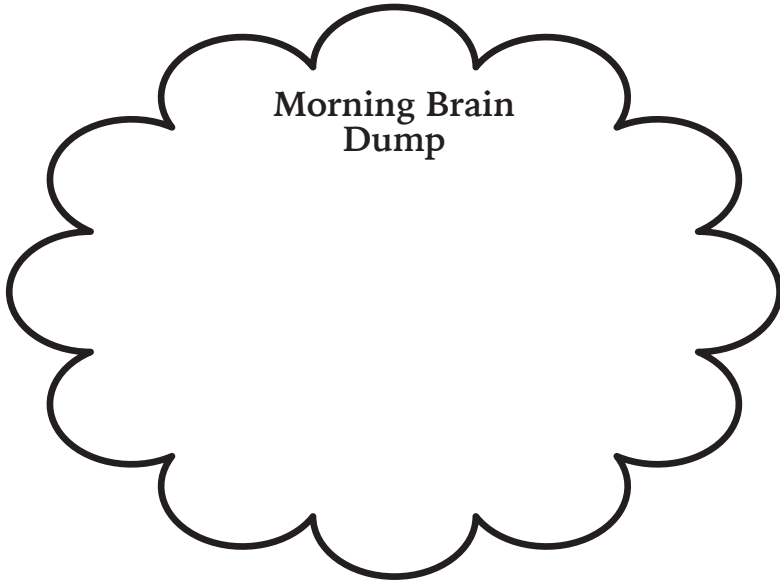
Moonset: 4:34pm



Celestial Lunar Cycle

November 23-December 22

Morning Brain  
Dump



Accomplished Today:

A large, empty rectangular box with a black border, intended for listing accomplishments for the day.

Automatic Writing:

*In what ways do you interact with the Celestial realm already? In what ways do you want to invoke more of this aspect into your life?*

Sleep- (Hours) ★

Movement ★

Conscious Eating ★

Spiritual Practice ★

Connect to Nature ★

Play ★

Mindfulness ★

Connecting to the Elements ★