

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

Sensitizing the Body

Location: Within the whole of the body

Symptoms of a blocked/inactive energy in the body: dissociating from the body, pain, disease, clumsy, getting hurt, and feeling lost or disconnected

Stones: Garnet, Tourmaline, Obsidian, Hematite, Jasper, Red coral, Blood Stone, Smoky Quartz, Onyx

Food: Being completely present while consuming foods will help you sensitize your body. Acknowledging when you are eating because of the need verses the flavor or to dissociate it so important!

Sensitizing the Body Lunar Cycle

We live in a culture that teaches us to deny our bodies. Often focusing on the looks of them instead of how we feel in them. The blessing of having a body is one that is often taken for granted throughout the day. Take time this lunar cycle to be in awe of the movement of your body. The ability to walk, use your hands, eat food, process light to see, hear, talk, and all the other miracles that your body does every single day!

As you focus on the gratitude for your body, there is a vibrational shift that can help with pain or disease. Eating more fresh fruit and vegetables, bone broths, and wild foods, can be especially helpful during this lunar cycle to create healing and regeneration as well as sensitizing.

What seeds are you planting to create an awareness in sensitize your body this lunar cycle?

Yoga to Sensitize the Body

Yoga is a powerful way to bring back agility and strength to the body. Each day I will be leading a series of yoga postures to create flexibility of the spine, grace and movement. Do not be discouraged during these yoga sessions or force your body. This is about feeling into where your body needs extra support. Feeling into the tightness with love and encouragement rather than guilt or resentment. Understanding that your body has the ability to heal to full function and movement and the miracle that is attached to the movements and functions of our body! Our body is able to breath, digest, move, and tune into the divine intelligence all without a thought! This is a miracle in and of itself!

January 21, 2023- Saturday

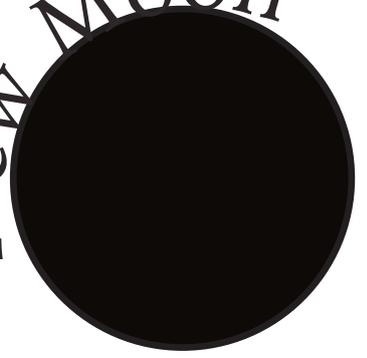
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Temperature:

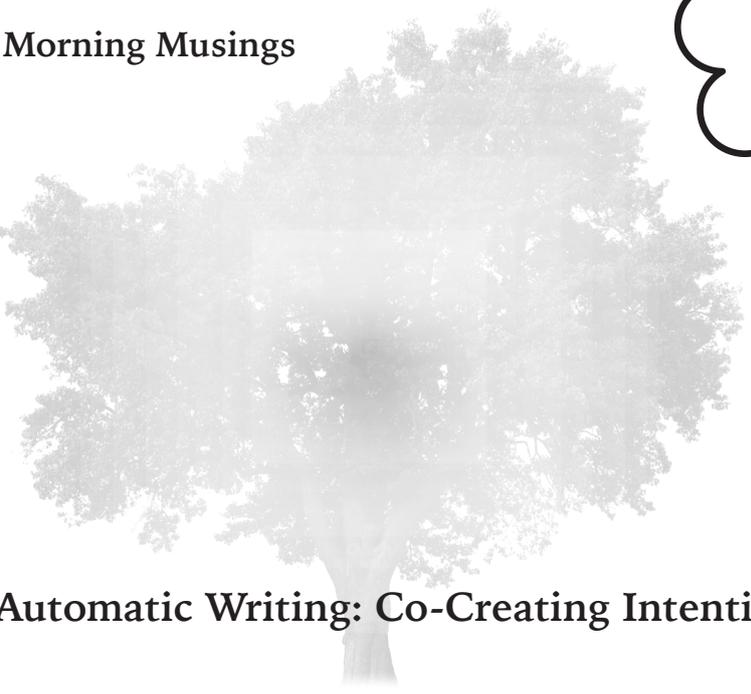
Low-

High-

NEW MOON



Morning Musings



Sensitizing the Body Lunar Cycle

January 21- February

Accomplished Today:

A large empty rectangular box for writing.

Automatic Writing: Co-Creating Intentions

In what ways have you been denying your body? What areas of your body are you ready to sensitize?

Sleep- (Hours)



Movement



Conscious Eating



Spiritual Practice



Connect to Nature

