



NEW MOON VIRGO SEPT 06-21



WHY THE NEW MOON IN VIRGO?

This New Moon inspires us to observe and analyze things like how what we eat affects our mood, how our thoughts affect our body, how our emotional states affect our capacity to deal with our daily obligations effectively, and vice versa.

WHAT ARE SOME THINGS YOU CAN DO TO WELCOME THIS NEW MOON?

Get in touch with Vata- This is one of the 3 doshas in Ayurveda. This dosha is all about change...it likes movement, new ideas and not settling. As fall comes upon us, this dosha starts to awaken...it craves stability, grounding and root vegetables.

Connect with earth and air- the 2 main qualities for Vata, find ways to ground yourself through meditation, yoga, walking, massage, connective relationships.

Commit to small, dedicated actions through dedication and devotion (start that new small routine you can do every day).

Tap into your brain - This new moon is all about intuition and the right hemisphere of the brain (your creative side!). Harness the flow you feel in the body, regardless of how it shows up to others. Trust your intuition!

Take a moment to get quiet - Look for moments to go deep into your inner self. Trust the energies arising through you and opportunities that present themselves. Harness your true inner self and speak your intuition loudly!

Root to rise - Root vegetables are the key this new moon! Add in some carrots, beets, squash in your daily routine. Watch out for salads, popcorn, airy foods as these are very Vata qualities that are helpful in the summer, but can deplete us in the fall/winter. Natural herbs include catnip, wood betony, angelica and chamomile.