



# NEW MOON SCORPIO NOVEMBER 04



## WHY THE NEW MOON IN SCORPIO?

This New Moon is all about being introspective and looking deep into your emotional well-being. You might even find you're doing more shadow work (the practice of self-healing through allowing yourself to feel, be and understand how to move on from things of your past). During this new moon, trust your instincts and intuition...you have everything you need inside of you!

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

**Find moments to look within** - ask yourself where you might be out of balance (work, personal, family life). Ask yourself What do I want to change about myself? What can I heal from that's in my control?

**Watch your emotions**- The next few weeks might be full of emotional outbursts, deep feelings and energy around past wounds. Take your time to be with what you feel...and see if it's something you can move through.

**Make space**- if you feel emotions the next few weeks, find healthy ways to release them (cry them out, throw a temper tantrum on the floor, scream into the woods). Releasing this energy makes space for new growth and healing.

**Get in tune with Muladhara Chakra**- the Root. Tied to our innate need to be, live and be provided for, connecting to what you might need during this transition time of the holidays will help you feel rooted and grounded.

**Find beauty around you** - take a moment and reflect on what you are grateful for, both within yourself and around you.

**Harness the power of crystals (if you're into those!)-Black Tourmaline, amethyst, citrine, smoky quartz.**

**Root to rise - Root vegetables are the key this new moon!** Add in root veggies, soups, blended herbal teas to keep the body warm and grounded. Use herbs like skullcap, rose, pine, burdock root and black cohosh to keep your root chakra in check.