



# NEW MOON LIBRA OCTOBER 06



## WHY THE NEW MOON IN LIBRA?

This New Moon is all about emphasizing balance in relationships, firing up your inner drive, and possibly igniting volatile incidents stemming from unresolved anger. This New Moon welcomes in justice, balance, relationship and all things fair.

There are currently 6 planets in retrograde! That means there is a lot going on in the cosmos this month, so take it easy on yourself.

## 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) and come with 2-3 solutions to bring more balance.

**Balance out 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. This dosha is made up of ether and air...meaning it's mobile, dry, rough, light.

**SLOW DOWN**- rather than trying to change your outer world, focus the work inward. Take time, don't rush through things of the heart.

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

**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!)- Lapis Lazuli, peridot, opal and agate will do the trick. Let them bathe in the new moon light on October 6th for a little ritual cleansing.**

**Root to rise - Root vegetables are the key this new moon!** Add in some carrots, beets, potatoes 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.