



NEW MOON CANCER



WHY THE NEW MOON IN CANCER?

The new moon is a time to look at old habits, beliefs and behaviors and see what no longer serves you. This is a time of positive change, freedom, excitement and higher self awareness. Now is the time to start that creative project you've been waiting to do...between July 10 and the 23rd, follow your intuition and do that next crazy thing! This new comes with some increase in delays, restructions and unintended set backs. Don't get discouraged! Use these as ways to step back and connect to your inner voice.

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

Get in touch with yourself- Close your eyes and take deep breathes. Get more into your body, less into your mind.

Get close to some water- Water is a cleansing tool. It's powerful to move and shape things around it. It finds new paths and isn't deterred by obstacles. Take a bath, go put your feet in a creek or river, stand in the rain (or sprinklers!).

Welcome obstacles as lessons to learn from.

Start that new project- Use your intuition, which is heightened this time of year, to go after that creative thing you've wanted to tackle.

Get a handle on your finances- just take inventory on where you can put more energy into getting things in order. Make a plan and stick to it.

Do some yoga- carve out 15-20 minutes a day to do some moon flows, sun salutations, or just natural movement in the body!

Hug a friend- New Moon in Cancer is all about relationships and connecting with loved ones. Maybe you need a few more hugs this month- go find them and give them!

Get in tune with your digestion and the solar plexus chakra- Cancer is all about digestion and fire. Pay attention to what you might need right now to help your digestion be at it's best. Eat lighter foods in summer (calm Pitta), drink tea (go get some from WildMoon Alchemy). Fill up on foods of the summer months when they are their freshest!