



# NEW MOON LEO



## JULY 21- AUGUST 20

### WHY THE NEW MOON IN LEO?

The new moon is a time to look at old habits, beliefs and behaviors and see what no longer serves you. Leo is the king of the jungle, so now is the perfect time to let yourself be proud! Let go of insecurities and uncertainties and allow yourself to fully BE. Trust in your strength, knowledge, and ability. The world needs you. As we all feel the culminated heat of summer, we are called into action. Whatever happens in the coming months, we must be clear on our selves, our intentions, our boundaries. , because YOU ARE WORTHY of all the joy and abundance.

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

**Get in touch with your higher self-** Take this energy and become the best version of yourself.

**Manifest your intentions-** Take 2 pieces of paper, a bowl of water and a match (or fire stick). Write down whatever you would like to let go of...word it with love and gratitude. Say a little appreciation for what it's taught you and then once you're happy with releasing it, set it on fire! Place in the bowl of water to keep from burning your fingers. On the second piece of paper, write what you want to manifest during this new moon cycle. Ask for it's guidance and then repeat the process of burning it as an offering to your guides for guidance and help.

**Celebrate your fierce, wild self and make some magic happen.**

**Get out into the sun and get moving -** The heart and spine are ruled by Leo, so go outside, do something you love and get the heart pumping. Allow yourself to have a childlike connection to joy and adventure.

**Take a moment to get quiet and to get loud -** Now is a good time to reflect on the ego and what your motivations are. Are you happy with how you show up in the world? If not, why not? Sit down with yourself and set out some goals and what you want to accomplish. Share it with your tribe and see what support we can offer one another.

**Nourish your fire -** Running a little hot? Try some St. John's Wort, Calendula, Hibiscus, and Aloe. Feeling a little bound up? Mullein and Black Cohosh can help calm the nerves and ease tension. Add some cinnamon, ginger, and clove to get you going in the morning! Nutritionally, keep enjoying the bounties of summer with lots of fresh greens and fruits. Incorporate some sweet potato, asparagus, carrots, green beans, zucchini, and quinoa to keep yourself grounded.