

New Moons are the time to set intentions & goals. The Universe is listening.



Tuesday 9/19/17

Moon Sign: VIRGO

Sun Sign: VIRGO

Element: EARTH

Chakra: 5th/THROAT

Crystal: SODALITE

Yoga Pose: SHOULDER STAND

Theme: EFFICIENCY/LOGIC

“I know that my mind is a powerful healing tool.”

Aligning with Virgo energy, set an intention to appreciate the mind for what it is- a tool, like a computer, that can be programmed to help you manifest, heal, and move you towards the manifestation of your Self.

Do your thoughts control you or can you control your mind?

Journal notes: