



Molly's Free Astrology Library

THE LUNAR CYCLE & YOUR WELLBEING

By Molly Gauthier, CNTP

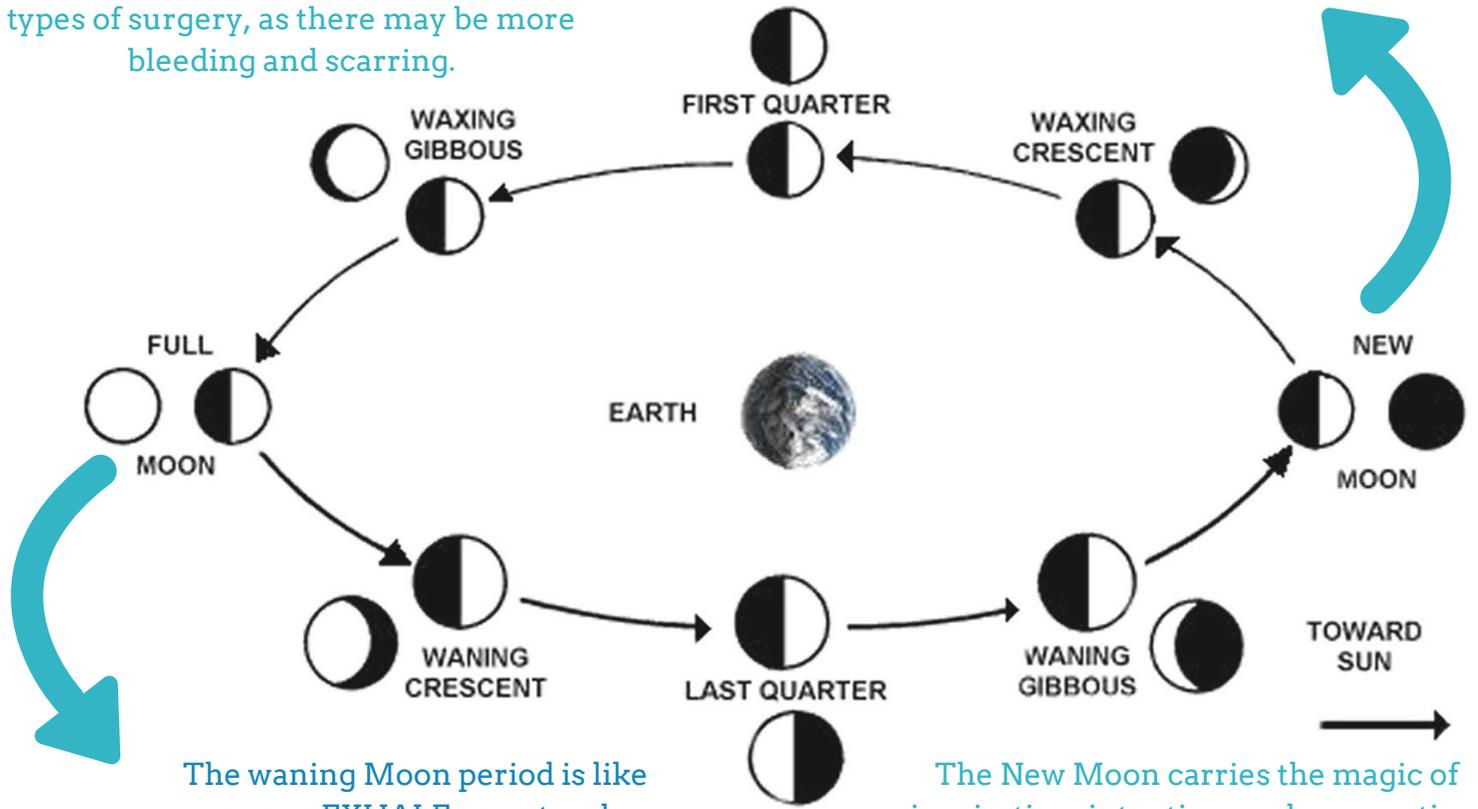
Emotions and physiology ebb and flow with the Lunar cycle, because the human body is made up of 60-70% water. Our bodies have tides, just like the ocean, that respond to the changing relationship of the Sun and Moon to each other.

The Full Moon brings things to a head. Situations develop to a natural point of ripeness, fullness, awareness. Fluid levels are high, blood pressure is higher, the emotional buckets overflow. Can be dangerous for many types of surgery, as there may be more bleeding and scarring.

The waxing Moon is like a yoga INHALE-- a preparation for exertion, gathering energy, building up to something.

The waning Moon period is like a yoga EXHALE-- a natural period of activity and release of energy that plays out in the days following the Full Moon.

The New Moon carries the magic of inspiration, intention, and preparation. Lifeforce is operating underground and preparing to activate again. Fluid levels are lower, blood pressure and heart rate are at their weakest. The 5 days on either side of the New Moon are the best for most kinds of surgeries.





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Watch the sign that the Moon is in... that's where you can mobilize healing forces and do yourself some extra good. The Moon's sign shows the body part where treatment and nourishment will be most effective. Supportive therapies are stronger and taken in more deeply.

Stress and trauma - including surgery - have a stronger impact on this part, especially when the Moon is Full or close to Full. Pay attention to the sign of the Full Moon and take care not to place added stress on that part of your body!

Aries - head, eyes, upper jaw, mouth, skull, brain

Taurus - neck, throat, lower jaw, thyroid

Gemini - arms, hands, shoulders, lungs

Cancer - stomach, chest cavity, breasts, diaphragm

Leo - heart, thoracic spine

Virgo - intestines & abdominal organs

Libra - kidneys, urinary tract, hips, and skin

Scorpio - bowels and reproductive system, bladder

Sagittarius - hips and upper legs, lumbar spine, sacrum

Capricorn - bones, teeth, knees, connective tissue

Aquarius - blood vessels, lower legs, circulation of blood and chi

Pisces - Feet, immune system, endocrine system

Moon in sign OPPOSITE your Sun sign - a weak point in the Lunar cycle for you. Take it easy on these days, or work carefully to avoid overloading the system.

Opposite Pairs

Aries-Libra

Taurus-Scorpio

Gemini-Sagittarius

Cancer-Capricorn

Leo-Aquarius

Virgo-Pisces

Find out where the MOON is today: mollysastrology.com