



# THIS WEEK'S LUNAR PHASE INFLUENCE

Tapping into the wisdom of the  
Moon allows us to align with  
the depths of our core selves!!



# *This Week's Lunar Influence*

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"The moon is the accomplice of all things related to the heart." -Walter Mercado

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This week we are beautifully and deeply influenced by the New Moon in the sign of Taurus that arrives today (7<sup>th</sup>) ... this energy invites us to return home, both spiritually and physically. This moon phase is all about reconnecting with our roots, finding comfort in nature, and embracing the calm and safety that comes with being in a familiar environment.

Taurus, an earth sign, is known for its grounding energy, reminding us to slow down, appreciate the simple things in life, and find beauty in the world around us.

During this New Moon phase, you may feel a strong desire to connect with your innermost dreams and desires. Taurus encourages you to take a step back from the chaos and discombobulation of everyday life and focus on what truly matters to you.

This is a time to reflect upon your personal goals and aspirations, and to start planting the seeds for future growth and abundance. There is a decidedly sensual energy connected to this New Moon which you can tap into for creativity and inspiration in your personal and professional life. This is an opportunity for your dreams and passions to flourish so direct this energy in a direction that matters to you.

As you navigate this moon cycle, remember that your home, both physical and emotional, is your haven. It's a place where you can feel safe, loved, and accepted for who you truly are. Take the time to create a living space that reflects your personality and brings you joy. Surround yourself with



objects that hold sentimental value and reminds you of the people and places you hold dear.

Nature plays a significant role in Taurus energy, and this New Moon encourages you to spend time outside, connecting with the earth beneath your feet. Go for a walk in the park, tend to your garden, or simply sit outside and bask in the warmth of the sun.

Allow yourself to be present in the moment, appreciating the beauty and simplicity of the natural world around you.

As you nurture your physical self, don't forget to tend to your emotional and spiritual needs too. Take time to meditate, journal, or simply sit in silence, allowing yourself to connect with your inner wisdom.

Trust your intuition and listen to the whispers of your heart, for they will guide you towards your true path.

Keep in mind, manifesting your dreams and desires is not just about setting goals and taking action, but also about aligning yourself with the natural rhythms of the universe.

By absorbing the grounding, nurturing energy of Taurus, you create a solid foundation from which to grow and flourish. Trust in the process, and know that with patience, perseverance, and a deep connection to your authentic self, everything and anything is possible.



If you enjoyed the guidance in this report, I encourage you to check out the ***Inner Wisdom Academy Community Membership*** which provides support and guidance for YOUR spiritual & intuitive development... it is focused upon uplevelling your self-awareness, self-acceptance and manifestation skills as well as crafting your best flavor of sacred self-care.

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Much Love and Many Blessings,

*Moira*

