

# Full Moon in Cancer

You might be feeling emotionally clingy and needy right now. Quality time at home, with your family, and with yourself will help you feel more sure of yourself. Now is a time of forgiveness, of others and yourself, so that you don't get dragged down by depressing thoughts. Ground yourself in activities such as crafty hobbies, gardening and baking.

## **Ask yourself:**

1. Are you feeling particularly insecure?
2. Are you spending enough time with your loved ones?
3. Are you holding on to any grudges?

## **Affected organs:**

Take special care of the following during this moon phase: stomach, reproductive system, breast.

## **Aromas:**

Camomile, lily, myrrh, palmarosa, rose, sandalwood, yarrow.

## **Element:**

Water: fluid, emotional, intuitive, sensitive, nurturing, sensual, compassionate.

## **Tarot Suit:**

Cups: emotional, intimate, empathetic, intuitive, romantic.

## **Crystal:**

Hematite, lapis lazuli, rose quartz.

## **Affirmation:**

I radiate love and am nurtured by the moon.

## **Numerology:**

The number 2: duality, balance, easily influenced by others, supportive, patient, shy.

The number 7: mystical, logical, open, balanced, prepared, wise, can be aloof and superficial.

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