

Full Moon in Taurus

It is an earthy time right now, so you are feeling particularly grounded. You might need to infuse a bit of excitement. You can't possibly feel secure all the time, so you need to build up your tolerance for those more unpredictable times.

Ask yourself:

1. Have I been playing it too safe?
2. When was the last time I had an adventure?
3. Am I exercising enough?

Affected organs:

Take special care of the following during this moon phase: tonsils, vocal cords, thyroid.

Aromas:

Apple, lilac, magnolia, patchouli, rose, vanilla, ylang ylang.

Element:

Earth: grounding, dependable, nurturing, practical, stable.

Tarot Suit:

Pentacles: dependable, industrious, cautious, diligent, material stability.

Crystal:

Peridot, emerald, obsidian, jet.

Affirmation:

I become stronger every day.

Numerology:

The number 6: harmonious, loyal, dependable, emotionable, sensual, compassionate, can be intolerant.

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