

Full Moon in Virgo

You might be feeling high anxiety right now. Service to others might help with perspective and anxiety levels. You might want to reassess your dreams and devise a realistic plan to achieve them. You crave order right now, so have a clear out, rearrange your home or work space.

Ask yourself:

1. Have I got realistic expectations of myself and others?
2. When was the last time I did some volunteer work?
3. Am I practicing enough self-care?

Affected organs:

Take special care of the following during this moon phase: digestive system, eyes and ears.

Aromas:

Clary sage, costmary, cypress, lemon balm, patchouli.

Element:

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

Tarot Suit:

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

Crystal:

Citrine, calcite, peridot, moonstone.

Affirmation:

I am patient and strong and grounded in goodness.

Numerology:

The number 5: unique, creative, intellectual, energetic, rational, grounded.

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