

🌙 DO YOUR MOON 🌙

**Using your natal Moon sign to ease stress and anxiety.*

This quick reference guide can offer your practical ways to align with your Moon sign for emotional balance and peace. 🌙

You can locate your Moon sign by going to astro.com or astro-seek.com Enter your Date of birth, Place of birth and Time of birth. If you don't know your time of birth use 12pm.

♈ ARIES MOON - Ruled by Mars

Action – Get moving! Aries Moon needs physical release to burn off stress.

- Go for a run, jog, or brisk walk.
- Take up weightlifting, even if it's light weights.
- Martial arts, kickboxing, or even basketball can help release pent-up energy.
- Physical exertion will calm and ground your fiery emotions.

Tip: Don't hold back—express yourself through physical activity, which brings you a sense of relief and empowerment. You'll feel much lighter afterward.

♉ TAURUS MOON - Ruled by Venus

Indulge your senses

- **Taste:** Savor a delicious meal or treat.
- **Sight:** Surround yourself with beauty—flowers, art, or nature.
- **Smell:** Light a scented candle or enjoy the aroma of freshly baked food.
- **Hearing:** Listen to soothing music or the calming voice of a loved one.
- **Touch:** Wrap yourself in a cozy blanket, enjoy a massage, or spend time gardening (getting your hands dirty is very healing for Taurus Moons).

Tip: Taurus Moon needs to feel safe and comfortable, so pampering yourself and engaging your senses can bring immense peace.

GEMINI MOON - Ruled by Mercury

Communication is key

- Socialize! Reach out to friends or family to chat and laugh.
- Attend a gathering or have a virtual hangout with people who lift you up.
- Gemini Moons need intellectual stimulation—pick up a new book or engage in a fun conversation to get your mind off stress.

Tip: Express your feelings verbally, whether it's venting or seeking out new ideas. Avoid bottling things up—talking through them will lighten your heart.

CANCER MOON - Ruled by the Moon

Nurturing and self-care

- Spend time in your home environment, your sacred space.
- Take care of others—whether it's family, friends, or even pets, this nurturing energy is soothing.
- Treat yourself to comfort foods, tea, or cozy blankets.

Tip: Cancer Moons need to retreat into their emotional sanctuary. Surround yourself with love and emotional support. If you're feeling overwhelmed, focus on taking care of yourself and those you love.

LEO MOON - Ruled by the Sun

Embrace your creativity and self-expression

- Sing, dance, or perform to lift your spirits.
- Spend time in the sun—Leo Moons feel energized and comforted by sunlight.
- Get involved in creative activities—painting, theater, or even fun hobbies that allow you to express yourself.

Tip: Leo Moons thrive when they can shine. Express yourself in whatever way feels right—through performance, creative expression, or simply basking in the sunlight.

VIRGO MOON - Ruled by Mercury

Organize and help others

- Take a moment to declutter your space. Organizing brings Virgo Moons clarity and calm.
- Volunteer or offer assistance to someone else—it's a great way for Virgo Moons to feel needed and valuable.
- Use this time to create order in your life, whether it's through sorting papers, cleaning, or even preparing meals for others.

Tip: Virgo Moons benefit from structure and helpfulness. Cleaning or organizing can be incredibly therapeutic for you. Turn on music to make the process even more soothing.

LIBRA MOON - Ruled by Venus

Indulge your senses, but in a different way

Libra Moons enjoy balance and harmony.

- **Taste:** Allow yourself a luxurious meal or dessert.
- **Sight:** Focus on beauty—whether through art, nature, or elegant spaces.
- **Smell:** Aromatherapy is very soothing.
- **Hearing:** Listen to music or enjoy a calm conversation with someone you trust.
- **Touch:** Luxuriate in comfort—soft fabrics, cozy environments.

Tip: Unlike Taurus Moon, Libra Moons often feel better when they are “served” or treated with gentleness. Take time to relax and find harmony in beauty.

SCORPIO MOON - Ruled by Pluto (and Mars)

Deep emotional release and transformation

- Scorpio Moons thrive when they can confront and transform their emotions.
- Journaling about your feelings can help you process what's going on inside.
- Spending time alone in deep reflection or doing something that helps you feel powerful, such as physical exertion or creative work, can be helpful.

Tip: Scorpio Moons find comfort in facing and releasing pent-up emotions. Dive deep within, or use transformative activities like therapy, art, or meditation to move through your feelings.



SAGITTARIUS MOON - Ruled by Jupiter

Find comfort through faith, adventure, and freedom

- Engage in activities that inspire you, such as reading about faraway places or learning about different cultures.
- Travel, even if it's just a walk outside—Sagittarius Moons thrive on movement and new experiences.
- Writing in a journal or meditating on your personal philosophy can also bring peace.

Tip: Sagittarius Moons may find stress relief in exploring spirituality, journaling about their beliefs, or seeking out a new adventure—whether external or internal. Find joy in movement and discovery.



CAPRICORN MOON - Ruled by Saturn

Focus on structure and productivity

- Set small goals for yourself to feel productive and accomplished.
- Organize your finances or make a to-do list for your future.
- Work on your long-term stability—Capricorn Moons thrive when they feel in control and secure.

Tip: Capricorn Moons find comfort in hard work and responsibility. Doing something that brings structure to your life can relieve anxiety. Take time to reflect on your goals and achievements.



AQUARIUS MOON - Ruled by Uranus

Find peace in humanity and ideas

- Engage in humanitarian work or connect with groups that align with your values.
- Get involved in brainstorming or thinking about big ideas for change.
- Being part of a cause you believe in can bring you comfort.

Tip: Aquarius Moons need intellectual stimulation and community connection. Join a cause or create something that serves the greater good. Channel your innovative energy into something meaningful.

PISCES MOON - Ruled by Neptune

Grounding through creativity and intuition

- Engage in music, art, or poetry —expressing your emotions creatively can help Pisces Moons relax.
- Practice grounding techniques like walking barefoot on grass, meditating, or spending time by water.
- If you're feeling too overwhelmed, find a quiet space to retreat and dream.

Tip: Pisces Moons are highly empathetic, so it's important to clear your energy. Spend time in nature or practice creative arts to release overwhelming emotions.

I hope this helps!

*Entertainment purposes only. Not intended to be a substitute for medical or professional advice.

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