

# NEW MOON ENERGY

## May New Moon in Taurus

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All new moons are a time for new beginnings & to plant new seeds for the coming cycle.

This New Moon falls in the sign of Taurus which is a sign of grounding, pleasures, materials and resources to birth a new physical reality and ways of getting things done.

So April was a BIG month with a lot happening and most of it was subconscious and on an energetic level so you may have felt a shift of things energetically, emotionally and felt like things were a bit out of your control.

This May new moon is an opportunity to embody these changes, shifts, new ways of thinking into our material world.

This is a powerful time for manifesting but Taurus requires us to take action. However this is not haphazard action it's grounded, purposeful, fulfilling and nurturing actions towards your dreams and intentions.

Taurus wants us to remember to enjoy the pleasures of this life, be in the present moment and fill your physical cup. We've just had a chaotic time calling us to look at our deepest wounds, our karma, our highest self, our souls destiny. And this - however challenging was required to happen first so now we have an invitation to take this learning and use it to manifest on a physical level.

Our past is like our foundation - but just like soil we need only use that which serves our highest good, the rest can be let go and release to make room for the fertile soil to plant our new seeds into. You can continue to do the same things the same way haunted by the fears and negative beliefs of the past or you can choose a new way of doing things.

Just like a good farmer / gardener we need to nurture and help our seeds grow. The things we are bringing into our lives at this time are new projects, long term goals that bring stability and structure for the future, ways of enjoying this life's earthly pleasures and a new relationship with our love for life and love for self.

In this current energy we are being urged to let go of how things should be or happen. Instead be open to go with the flow and really BE in the present moment. Rather than write down the same old intentions ground yourself in nature and ask 'what really wants to come into my life?' 'what do I want to do?' 'what do I want to create?' what do I want to spend my time, money and efforts on?' 'what fulfills me?' 'when is my cup full?' .

From this place we can then take inspired action that is aligned with your highest version of self, these need not be big - perfect examples would be: a walk in nature, sitting directly on the earth and grounding yourself, a regular meditation practice, setting intentions for each day, doing breath-work upon waking, taking time to journal, reciting mantras or affirmations each day.

Enjoy this Taurus new moon and indeed the coming lunar cycle be open to receiving and watch your world start to change for your highest good.

*If you'd like to work with me - personal Intuitive Tarot Readings are available by appointment. x*



Tarot\_LunaSoul