



*Areas of the body emphasized by the Moon in Cancer are* : breasts, stomach, uterus, upper alimentary system, digestion & lactation.

Your ultimate home is your body and this powerful New Moon/Solar Eclipse brings new beginnings in self-nurturing health care that will have long-term effects.

The challenge is to be aware of the effect your emotions have on your physical body and commit to a regimen that includes targeting counter-productive patterns of fear and worry. Cultivate trust through daily meditation and take time to nurture your creative pursuits.

Bodywork, including lymphatic massage and cellular emotional release therapy, swimming and long soothing baths are great regular habits to initiate during this New Moon phase.

Perform your monthly self-breast exam and commit to learning how to do this properly if you don't know how. A diet of lighter summer fare consisting of more fish, fresh fruit, vegetables, and lots of good drinking water is in order. Eating food slowly in a soothing environment contributes to good digestion.



What new beginnings can you embark on that will nourish your health on all levels so that you draw from a full well at home and out in the world?

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## Relationships

*Born under the New Moon Phase:* awoken to instinctive feelings concerning creative new beginnings in your emotional life.

This New Moon/Solar Eclipse in Cancer brings changes and new beginnings in the way we come home to ourselves through our relationships.

Family and home are the center of the universe when the Moon is in sentimental romantic Cancer. You'll be challenged to transform limiting beliefs about partnerships in order to release past fears and insecurities.

Take advantage of opportunities to clear out the emotional cobwebs and heal wounds from your childhood that prevent true intimacy in your relationships

Intuition is heightened and emotional responses are intensified. Envision realistic steps that can create a secure relationship that supports each partner's emotional and creative development. You must know and nurture your own emotional nature before you can nurture another.



How could you emotionally nurture yourself better so that you draw from a perspective of wholeness when interacting with others?

# New Moon

Moonrise: dawn

Moonset: sunset

Keywords: new beginnings

0° Cancer

June 21 Thurs.

22 Fri.

23 Sat.

Seed Vision:

Acknowledgements:

Gratitude:

SAMPLE