

# Libra

September 22 - October 22



Sun season + New Moon

**Yoga illustrators.**

# A Libra New Moon Love Spell...

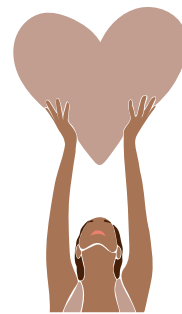
Love magic is the oldest form of energy known to humankind. Love creates a zest for life, puts color in our paint and can change the meaning of our words. It wakes us up in the morning and keeps us going when we desire to give up.

Love spells are most common with the Full Moon but in actuality, the New Moon is the best time to perform romantic rituals, cast love circles or loving yoga flows. Whatever ritual tickles your fancy! Planting the seeds of love during the new moon only makes sense since we begin manifesting in other areas of life.

No, this ritual will not make that certain someone magically fall deeply in love with you! But it might shift our energies, releasing stagnation and fill our cup with enough confidence to do something about that certain someone! Even if this doesn't apply, performing love rituals on yourself can be a staple in our healing journey.

## YOU WILL NEED:

- pink + blue candles (libra colors)
- matches or lighter
- paper + pen
- fire proof bowl
- a peaceful place to sit



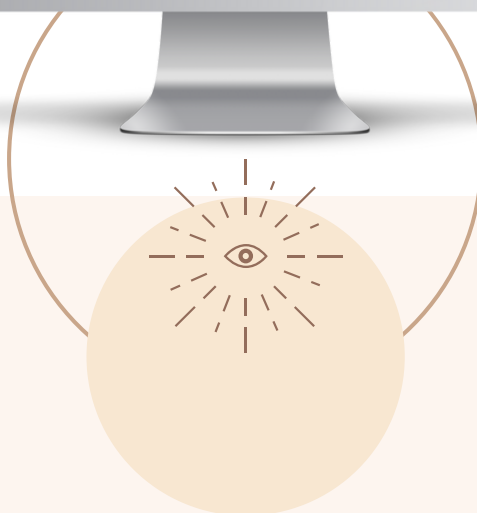
Start by finding a peaceful place to sit where you will not be disturbed. Light both candles and let them burn a bit. Begin to see the gentle hues of the pinks and blues. Once the candles have been burning, make sure they are in a safe place and close your eyes. Deepen your breath, concentrate on how you want to be loved. What road blocks are in the way of that love?

Take your pen and paper. Write down all the ways you want to be loved. Is it a coffee every morning? Or do you want to be appreciated more? Go crazy with your list. Pour your feelings out. Once you feel you have a complete list, read it over. Embodied it.

Take your list, fold it 3 times, and burn it in both candle flames. Be careful! Place it in your fire safe bowl and watch it burn. While it's burning, imagine that list as loving energy, your loving energy, release that love energy out into the world. Make sure your candles are out and the paper is burned out. You can bury, flush, throw away the remains.

Walk away from this ritual embodied that love energy and carry it with you the whole lunar cycle.

# New Moon Ritual



Paulina will explain how Libra season explores the themes of balance, communication and change. In Libra season, we must learn how to find balance within ourselves, our environment and our relationships. Paulina will guide you through a gentle lunar flow with lots of balancing asanas to create balance in the body and mind. To end the ritual, you will set intentions for finding more balance in your life.

Print me

Hang me

Remember me



# New Moon Journaling



Where in my life have I felt like my needs were recently not met?



What area of my life can benefit from more balance?



How have I recently missed to communicate clearly or listen actively?



How do I want to communicate in my relationships in future?



How do I want to cultivate balance every single day?



What little steps can you take today to move towards that balance?



How can you reframe your answers into clear intentions for this new cycle?