

JANUARY 30: NEW MOON IN AQUARIUS



We will round out the month with another new moon on January 30, this time in forward thinking and intellectual Aquarius, a sign that teaches us to celebrate our individuality. So as you prepare to enter February, ask yourself, what vision do you have for your future? How can you break free of old patterns? And, more importantly, how can you connect with your tribe?

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The following activities, to be completed on or about January 30, will help you harness the power of the Aquarius New Moon.

Journal: Re-read your entries from the January 1 exercise. In what ways are you working to free yourself from the patterns you were leaving behind? What ways do you need support? How can you get that support?

Activity: We're making a collage so gather together magazines, newspapers, anything with images you can cut up. You'll also need a piece of paper as big as you want but I would say at least as big as a legal size piece of paper, but preferably something bigger than that. If you don't have magazines you can also do this by printing things out from the internet. We're limiting this activity to between 30–45 minutes — don't be a perfectionist, focus on what speaks to you from a gut level.

Spend about 20–30 minutes looking through your sources for images that speak to you.

Think about the kind of home you want to live in, what does it look like from the outside and more importantly, what does it feel like on the inside. What colors do you see? Textures, fabrics, resting spaces, sacred spaces.

Think about the kind of relationships you would like to have, what elements do you want to see and what images speak to that. For example, I want to pray with my family and my future spouse so I might cut out a candle or a set of hands holding to symbolize that. These should be images that speak to you for your vision.

Think about the kind of work you would like to do. How will that manifest. Will you work overlooking nature? Will you be working with people? With documents? Writing books?

What kind of car will you drive? Will you take trips? Where?

Who is your tribe? What kind of traits do people who you connect with on a soul level, who you find most supportive and nourishing to be around contain? How can that be visually represented?

Arrange your images on your collage paper in whatever order feels best to you. Focus on your gut and not on making it "pretty." What goes together? Where does it land.

Put the collage up somewhere you will see it every day. I have sometimes put mine up in the living room when I didn't care who saw, or above my desk where I work, but sometimes I've kept it up inside my closet so I see it every day when I get dressed but only I would see it. These images are a powerful manifestation of your vision and it works when you let yourself see it regularly.