

Journal

Date: / /

Astrological Event: New Moon in Taurus 2023

1. What kind of events in your life trigger you to experience karmic, "contaminated" or intensely uncomfortable emotions?

2. If you had the most amazing parent comforting you in those moments, what would he/she/they say to you?

3. What did you learn about yourself in the past 4 weeks (during eclipse season), and, as a result, what endings do you need to mourn and what beginnings are you ready to nurture?