
New Moon
in Virgo
INTEGRATION GUIDE
Be a spark in the dark

Aura Cleansing & Energetic Cord Cutting

During our ceremony, we cleansed our auras and did a cord cutting ritual.

These rituals are aimed at working on the spiritual/energetic level of personal and interpersonal dynamics. They are complimentary practices to the real world work of holding boundaries, communication, holding others accountable, etc.

These practices can create greater ease in letting go of relationships, healing from past pains, and processing karma.

As with all things, this will not be the only thing that will heal your heart or allow you to move on...generally, it takes a variety of approaches, time, and learning to heal or restore ourselves.

And, these practices can be particularly useful when a lunation relates to cleansing our field or a situation reveals energetic ties.

The Aura Cleansing

Ok to do everyday in the morning and at night or when you feel heavy with others' energy



Holding hands at heart center in prayer, reach them up and sweep them down the sides, like angel wings, and then bring them back to the heart center. Do 7 times total.

BENEFITS:

- Connects us to our 'wings'
- Cultivates awareness and sensitivity to our own aura
- Maintains our energetic hygiene
- Clears our 7 energetic bodies

The Cord Cutting

Do when you feel heavy with others' energy, are preoccupied with what someone else is doing, or are judging yourself based on what others' think of you. It is also useful when going through a breakup or healing from a past relationship.

Benefits:

- Removes energetic connections that may keep us stuck in cycles or thinking of someone else
- Helps to clear negative karma connected to someone else
- Fosters a sense of clarity in oneself
- Allows us to move freely of other's opinions or judgments

The Ritual

1. Open a window
2. Light a candle and incense
3. Place a glass of water and a crystal near you
4. Sit in a meditation position and clear your mind
5. When your mind feels quiet, sense or feel the energetic cord that you want to cut
6. Sense its color and texture
7. See where it is attached to your energetic body
8. Thank the person and/or situation for what it has taught you
9. Give/ask for forgiveness if it seems necessary
10. When you are ready to release this connection say: 'What's mine is mine, what's yours is yours. I bless and release you.'
11. Bring your physical hand down across where the energetic cord is connected to your energy body, and see it cutting the cord.
12. Flick your unwanted energy towards the candle and pass your hand over the flame to cleanse it.
13. Allow your emotions to arise and watch them without engaging.
14. Do an aura cleansing and close with a prayer of gratitude.
15. Blow or snuff out the candle. Let the incense burn until it goes out. Take the water and pour it outside, saying another prayer of gratitude to the earth for your support. Keep the crystal in a plant or outside until the next full moon. Cleanse it overnight in the light of the full moon and they use again's wish. Note: If the crystal breaks at any time after this ritual, give it back to the earth. Bury it or toss it into the lake. The crystal transmuted energy for you and its work is done.



Cord Cutting Ritual Reflections

You can reflect on the ritual we did in ceremony and use these questions anytime you do this ritual in the future.

WHAT CORDS FELT PARTICULARLY ALIVE OR ELECTRIC DURING THE RITUAL?

WERE ANY HARD TO CUT/LET GO OF?

WERE THERE ANY THAT I DECIDED NOT TO CUT AT THIS TIME? WHY DID/DO I FEEL LIKE I NEEDED MORE TIME WITH THESE CONNECTIONS/CORDS?

WHAT EMOTIONS AROSE DURING THE RITUAL?



Be the Spark in the Dark



- Virgo is the virgin archetype of the zodiac. She is not a virgin in the patriarchal sense that she has not had sex with anyone, but that she is whole unto herself. She does not need anyone to complete her or tell her her value. She recognizes what is hers and what is someone else's. She protects her energy fiercely and spends a lot of time alone, just like the Hermit.

- The Hermit is the Tarot key that represents Virgo. The Hermit has spent enough time alone that he knows himself deeply. He has found his own inner light, beyond outside influence or prompting. He has been through times and darkness and found the knowledge and understanding to overcome. This magic and medicine he holds within, he now uses to light his own path and the path of others.

Virgo Journaling



- Where do I let others' opinions of me still control my life? What can I do differently?

- What challenges have I overcome in life? What am I now prepared to help others with?

- Where and how can I bring light to my community? (I.e., volunteering, speaking, joining a trash pick up)

VIRGO/HERMIT ACTIVATIONS



- Spend an upcoming day or weekend completely alone. Turn off your phone. Meditate much of the day. Contemplate. Let your mind relax. Be reminded on your own innate wisdom and light.

- The next time something upsetting happens, don't talk about it right away. Go somewhere peaceful, alone. Talk out loud to yourself until you feel settled.

- Encourage others with your gifts and what you have learned.

Inner Light Meditation

- Sit in a meditative stance.
- Empty your mind.
- Place both hands over the center of your chest, at your spiritual heart.
- See a circuit of love and light flowing through your arms and hands, being powered by the generator of your heart.
- Allow this light to build and build.
- When it feels like it is ready to burst out of you, turn your hands outward and send this love into the world.



Deepening the Work

At times, we might need to do more work to release the energetic or mental hold someone has on us.

If you feel like you:

- Can't forgive yourself for something
- Can't move on from a relationship
- Can't stop thinking about someone
- Can't live in the moment because you keep thinking of the past

A TAPPING SESSION MIGHT HELP YOU PROCESS AND FINALLY RELEASE.

FOR THE NEXT WEEK, I AM OFFERING A PROMOTIONAL RATE FOR CEREMONY PARTICIPANTS TO HELP YOU INTEGRATE.

EFT (Tapping) Session

Regular price:
S111

For the next week: S77

Use code: VIRGO

BOOK HERE



THANK YOU FOR JOINING ME IN CEREMONY!