



 **Libra**

*“The meeting of two personalities is like
the contact of two chemical substances;
if there is any reaction,
both are transformed.”
Carl Jung*

Dear *Friend*,

*W*elcome to **New Moon, New Beginnings!** Below are some inspirations and action-suggestions to help you attune to the frequency of this month's *New Moon*, which resonates with the Zodiac Energy of **Libra**.

The sign of Libra also vibrates with the element of **Air**, which can help you your thoughts and communications flow smoothly. This ties into our need for balance through connections and relationships -- to the people in our lives, to our environment, to humanity in general, and especially to our own "inner partners" or Inner Self.

You can activate positive Libra Energy vibrations in your life by taking at least ONE ACTION inspired by items in the list below. Taking actions which resonate with Libra Energy will activate and amplify its resonance in your life over the coming year.

Actions can be as simple as wearing the Libra Energy color, eating Libra Energy foods, writing notes of appreciation to people in your life (to stimulate more Air Element in your life), or just paying more attention to your thoughts by doing whatever it takes to keep them in balance and harmony with your desires.



Page 2 Introduction: *New Moon in Libra*

By taking at least one Energy Action that resonates with the New Moon's vibrations each month, you can consciously begin to balance your personal energy and daily your life. Taking actions that resonate with Zodiac Energy ensures that its 12 Energy frequencies each get attention over the course of a year. This automatically and easily creates balance.

You can also take one action each week to help you tune into the Moon's four monthly phases. Start each Moon Cycle with the **New Moon** (new beginnings), then focus on the **Waxing Moon** (amplification and enhancement), celebrate mid-cycle with the **Full Moon** (fruition and appreciation), then let go with the **Waning Moon** (completion and release).

You can also take one action each day of the month *just for fun* if you wish. But keep in mind that *quality is more important when tapping into Moon Energy than quantity*. You don't need to do a lot to stimulate an energy shift -- just take action with the intent of increasing your Positive Energy overall.

So taking just one Libra Energy action with joy and consciousness will stimulate energy shifts, which can last all year long.

Enjoy!

Barbara Schiffman,

EvoLuminus Coaching

www.barbaraschiffman.com



♎ Libra

Energy Inspirations	<ul style="list-style-type: none"> ◆ Create balance & beauty in your life &, by extension, the whole world ◆ Be "in relationship" with everyone & everything, all the time ◆ Treat everyone as your traveling partners on the journey of Life
Basic Keywords	<p><i>I balance</i> – creating, maintaining & enjoying harmony & relationship</p> <p>Gentle, giving, appreciative, fair.</p>
Energy Rhythms	<p>Cardinal Sign: forward motion, constantly moving & changing</p> <p>Air Sign: thoughtful, quick-minded, full of ideas, communicative</p>
Color	Green -- all shades
Parts of the Body	Kidneys & urinary tract, lower back & lumbar, structural alignment, adrenal glands, naval, pancreas, ovaries & internal sexual organs
Parts of the House	Dining room, flower garden, atrium, art on the walls, general decor
Parts of Your Car	Windshield & wipers, windows, alignment, shock absorbers, suspension system
Foods	Berries & strawberries, plums, apples, pears, grapes, walnuts, mint, parsley, cayenne pepper, cereals, beans & dried beans, wheat & grains, potatoes, artichokes, asparagus



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Scents & Flowers/Plants	Rosemary, sandalwood, roses, jasmine, ylang-ylang, geraniums
Activities & Occupations	Collecting art, cooking, dancing, decorating, flower arranging, needlework, shopping, socializing, sun bathing, fashion designer, diplomat, judge, receptionist, welfare worker
Action Suggestions	<ul style="list-style-type: none"> ◆ Spend a day browsing in an art museum or a few hours at some favorite galleries ◆ Take a stroll in an arboretum or public gardens -- literally stop & smell the roses! ◆ Meet a friend for tea & talk about how balance & harmony show up in your life ◆ Review your wardrobe & remove clothes that no longer fit, feel comfortable or reflect your best colors ◆ Take a relaxing bubble or herbal bath ◆ Go window shopping at an expensive store & make a "wish list" of what you'd buy if money were no object -- "only the best"! ◆ Throw a dinner party for a few good friends -- serve your favorite party food or have everyone bring gourmet potluck ◆ Write & send "appreciation" notes or cards to people who contribute to your life



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-- inc. New Moon,
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or to schedule private
Moon Cycle Coaching
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by phone:**

**Call: Barbara Schiffman at EvoLuminus
Coaching -- 818-848-9040 or 800-306-8290**

Email: mooncycle@charter.net

Visit: www.barbaraschiffman.com