

Lunar Virgo

In astrology, your Moon is the portal to your subconscious mind & Your Lunar Self. It represents how you emote, get your emotional needs met, your subconscious & authentic self, as well as how you integrate yin energy. Your Moon sign reflects the light of your Sun sign, your life purpose, & tells you how to live out that purpose in the physical realm. It is the reflection of your soul's experience in your body. Knowing your Moon sign can help you take better care of yourself, feed yourself whatever nourishment you may not have received in childhood, & connect to your life purpose.



Your Moon in Virgo means that you likely create safety by working hard, learning, developing your skills, being of service, digesting information and analyzing data. You likely notice what often goes un-noticed and are able to identify and clear out what is no longer needed with uncanny accuracy. You are likely a talented healer and skilled at coming up with creative solutions to complex problems, but need to be organized in order to feel secure and balanced. Because you live in your mental space a lot, it's likely that you require time in solitude and lean towards being an introvert.

When unbalanced, you may find yourself being too solution-oriented and critical - picking apart systems (or people) that you find to be ineffective. As an earthly and organized sign, changes in plans can also be difficult for you and you may become stubborn or disillusioned if things do not go to plan. Because Virgo is a sign ruled by Mercury, you may experience stress or anxiety due to living in your head and overthinking, and struggling to accept yourself or your truth. The gut/brain axis is implicated in anxiety, and with Virgo ruling the digestive system, this likely makes your digestive system sensitive.

Because your Moon loves ritual, it's good to have a routine to your self care practices. Its important to take care of your body as it is sensitive to stressors - drinking lots of water, properly nourishing it, and getting enough sleep and exercise. Staying organized and doing brain dumps to minimize overwhelm is also essential.

The Lunar Virgo Ritual Tools are blended with herbs that help you purify, destress, and soothe your senses. Save 10% off Lunar Teas + Candles with the code "ALTARGUIDE".

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