

Lunar Taurus

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 Taurus means that you likely have a need for stable, reliable comforts and a sense of security within your home, family or relationships. You're likely incredibly reliable, adept at building strong relationships, and deeply connected to the physical plane, with an ability to manifest your talents.

When unbalanced, you may find yourself turning to physical comforts to feel better, avoiding change or unpredictable situations at all costs, and giving too much strength to others. You might also find it very difficult to forgive and let go of grudges, struggling to recognize your emotions, and often letting others' emotions' overrule yours, which can lead to resentment. Learning how to take thoughtful, calculated risks, and routinely practicing thoughtful self care is key to nurturing your Moon.

Because your Moon loves routine, it's best to tune into what your soul craves and create a solid routine for self-care - consistency is key. As an earth sign so deeply rooted in the physical plane, it's important for you to have a comfortable environment to practice self care and ground in, so consider bringing nature inside your home with plants, investing in comfortable meditation cushion and creating a sacred space to tune in.

The Lunar Taurus Ritual Tools are blended with herbs that provide comfort and stability while helping you go with the flow and express your emotions. Save 10% off Lunar Teas + Candles with the code "ALTARGUIDE".

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