

Lunar Aries

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 is in independent and action oriented Aries, meaning that you likely consider taking initiative to be a form of self-care. You need to take on challenges and compete to feel alive and secure in the world, as you likely experience your emotions as an expression of your will. As a Lunar Aries, you may often find yourself in leadership or entrepreneurial roles because of your charisma, go-getter attitude, and innovative mind.

When unbalanced, you can struggle with feelings of anger, defensiveness, and impatience, which make it important for you to regularly release any excess heat. Your fierce independence, may lean too far into competition, and as a result, you may struggle to work cooperatively with others and feel understood by them. As a result, Lunar Aries generally came into this world as such to learn the importance of courageous leadership through compassion, patience and vulnerability with others.

Because your Moon loves taking action, burnout is something to watch for. Learning to delegate and cooperate with others is wise for a Lunar Aries. In terms of self-care, your Moon sign likely desires spontaneity, so it's important to allow your room for inspiration to strike and doing what feels right in the moment. In general, you will benefit from activities that help ground you and cool you down (especially during any anger-induced episodes) or from doing something active or creative to channel your fire energy into.

The Lunar Aries Ritual Tools are blended with grounding herbs that help you stoke your fire + cool off when you become unbalanced. Save 10% off Lunar Teas + Candles with the code "ALTARGUIDE".

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