

# Lunar Capricorn

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 Capricorn means you likely create safety and security through accomplishing tasks, climbing to new heights, and proving yourself as a productive member of society. You may put work before self care and will work harder than expected, potentially leading to burnout. You likely feel safe when you are in control and may use restraint as a coping mechanism. Ruled by Saturn, your emotional expression may be more controlled and collected, causing you to be slow to open to others.

When unbalanced, you may isolate yourself, and might overwork as a coping mechanism - which can lead to burnout. You likely had a deep sense of responsibility at a young age, and it may have resulted in emotional malnourishment. As a result, you need to find the balance between work and play and learn how to replace constraint with comfort.

Because your Moon loves structure and stability, it's important for you to maintain slow and steady forward momentum towards your personal goals to feel emotionally secure. The best way to break up this strong, enduring energy is by allowing some time for rest, relaxation and fun, without sacrificing control over your productivity. To feel secure, consider investing in a planner, and along with long term goal planning, scheduling time in for a massage to release built up earth energy which may result in physical tension.

The Lunar Capricorn Ritual Tools are blended with herbs that help you slow down and decompress. Save 10% off Lunar Teas + Candles with the code "ALTARGUIDE".

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