

Lunar Cancer

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 Cancer means you're likely an empath and experience the world through an ocean of emotions. Deeply caring, generous and nurturing, you love to take care of others, especially close friends and family. You're likely a homebody who enjoys entertaining and enjoying comfort foods with others, so it's important leave space for this in your life. You can also find fulfillment in a sense of connection to your "roots" or your heritage.

When unbalanced, you may find yourself feeling insecure, codependent, and needy, placing too much of your self-worth in serving others and omitting your own needs. It's important to practice mindful self-care activities such as meditation to bring you home to your own needs and establish healthy boundaries with others. Sometimes, it's ok to say no and put yourself ahead of others.

Since your home is where you retreat to recharge and balance the emotional waves of your life experience, create a nourishing and secure space to balance this water energy, by incorporating warming and grounding elements such as house plants and candles. Consider herbal allies like chamomile, agrimony, and lemon balm, and pets that will reciprocate love without draining your energy. You should try to give your moods plenty of room to just be, accepting where you're at emotionally and learning to self-soothe.

The Lunar Cancer Ritual Tools are blended with herbs that will re-energize and soothe you when you've given too much. Save 10% off Lunar Teas + Candles with the code "ALTARGUIDE".

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