

# Lunar Leo

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 Leo means that you likely have a need for appreciation and creative expression. You have a lust for life, are a natural leader, and are gifted with loyalty, charisma and generosity. Depending on your relationship to your need for praise, your shadow may contain feelings of guilt associated with receiving it. This could be as a result of feeling shame for seeking attention when you were young, or feeling uncomfortable because it is something you need but can't control. When unbalanced, you might struggle with being true to yourself, fear being in love, overexert yourself, and may come off as arrogant. Learning how to express yourself without the need for an audience and finding the right avenue to do that through is a lesson for your emotional security in this life.

As a lunar Leo, it's important for you to be in the spotlight and find the right stage to shine on. Ruled by the Sun, you are expressive and full of creative energy, with a great thirst for spontaneity and play. It's important for you to nurture your body and express yourself through your style so you can feel proud of how you look. Regular play is also a key way you get your emotional needs met - this means making time for spontaneity, fun and creative pursuits is important when it comes to feeling good emotionally. When emotionally unbalanced, you may burn out from having too much of a good time, so it's important to practice grounding and cooling down by being in nature & adorning yourself.

The Lunar Leo Ritual Tools are blended with herbs that help you keep the fire alive while avoiding burnout. Save 10% off Lunar Teas + Candles with the code "ALTARGUIDE".

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