

# Lunar Alighment With Animals



## New Moon in Leo

New Moon in Leo is all about being playful, finding your joy, and being creative. When we're creative, we are naturally joyful and playful! When we engage in anything creative, and are in the process of creating, whatever it may be, we let go; we naturally bypass the critical or logical mind. We become like children enjoying our time.

Creativity is also about being present. When we create, we're fully absorbed in the moment. That's why we feel so good. And of course, that's why we love being with our companion animals, who are always present and playful. They remind us to return to our true nature: Joy! What I love most about teaching art to kids is that I am completely swept up in the present, with them, and time flies by. I get paid to have fun, even though teaching and planning lessons require hard work.

So, how do we remain joyful, or at least worry-free?

Our main message for this July New Moon is to let go of control! With letting go, we let go of fear, frustration, depression, and all those downside emotions experienced when we are not in acceptance of what is.

As Byron Katie, author of *Loving What Is*, says, *"When you argue with reality, you only lose 100% of the time"*.

And let's not forget Wayne Dyer, *"It makes no sense to worry about things we can't control when we can't control them."*

Even the guilt experienced during mourning might fade more quickly if we truly understood that we're not in control.

How do we remain playful and joyful with so much craziness around us now, the overwhelming, chaotic energy in the world, that we have zero control over?

Let's look at the attributes of Leo



Brave-hearted and loving attention  
just about sums it up. When have you felt this way,  
and when haven't you?

Remember that our feelings often pull us away from  
that confident, joyful space. The attachment to  
outcomes and wanting things to be different from  
what they are creates suffering.

Notice your fear-based (anger is usually fear in  
disguise) thoughts, and say, *Thank you for your  
concern, but you can step aside now.*

Feelings often seem like they'll last forever, but like  
thoughts, they are just passing through. When we  
observe and acknowledge our feelings as just feelings  
—without attaching to them—we can allow them to  
be... and then gently watch them leave.

Leo says,  
*Let nothing and no one, including yourself, dim  
your light!*

*Shine!*

Here is today's card pull!



This card from my deck has a typo. Inside the companion book, Butterfly Spirit Animal's meaning is *Transformation*

However, this card embodies both meanings, for Butterflies are indeed messengers of the Spirit Realm, perhaps even angels themselves, often showing up when a departed human or animal friend wants to get our attention.

However, the *Transformation* is most fitting for today.

*“Transformation is the renewal and evolvment of the soul’s purpose. Trust the Divine design of life.”*

*“If we understand that everything is passing, we won’t fear transition or loss. We’ll welcome change in its many forms, and know that it always arrives at the right time for our highest good, even if we don’t feel ready for it. Trust the Divine design of life.”*

Acceptance, and fearlessly transition into your joyful, authentic, creative selves.

Don’t be afraid to shine!