



INTRODUCTION :: **LEO/AQUARIUS** :: JULY/AUG 2023

This PDF is designed to guide & support you throughout the current Lunation. The **Tools, Support & Guidance** are for **July/Aug 2023** and whatever Soul Work you're able to do, is going to set you up for deeper revelations as the year unfolds. Based on whatever you discover, you will be set up for the birth of something NEW this year. In other words, the energy you are able to put into cultivating a conscious life and manifesting your goals will directly feed into your success 6-months-to-a-year from now.

The Lunar Cycle is generally 28-days and the energies ripple out in ways that we can feel and in a rhythm that we can follow every week, two weeks, one month, 6-months, 1-year, 9-years and 18+years. See the micro-to-macro effect of consciously co-creating with the Moon? We go from very personal, daily rhythms & moods to the social/collective rhythm of the North Node Cycle of Life Path & Direction. It's also best to do your **Lunar Ritual** 3-days *before*, the *day-of* or 3-days *after* the Full or New Moon – that is when the energy is strongest & you'll get better results. You can take 3-hours or 3-days to carry out your ritual.

The other evolution happening during this time is that we are being activated to go deep within the Self to connect with our **Inner LEO**: that is the Heart & Authentic Self, while **AQUARIUS**: is your Individuality & Unique Contribution. We are getting a tremendous reset in our personal values & individual priorities this Summer. If we clarify our Heart's Desire, then moving into **Virgo Time** will be much easier & more productive. If we do the necessary **Mental Processing, Spiritual Integration & Personal Reset** now, then when **AQUARIUS Time** gets here (6-months from now), you'll be able to step UP and into a **New Presentation, Purpose & Specialization**.



YeYe's Standard Chant + Blessing the Head Instructions

[AUDIO](#) (16-min/mp3)

[YeYe Luisah Teish](#) created the following **Standard Blessing/Opening Prayer**. For those of you in our classes, this will support your practice and for those of you that this is “new” to, just feel into it and see if it resonates. This particular blessing is rooted in African/Yoruba Traditions. This will also help us to master the **Standard Chant, Hand Movements & Blessing the Head that YeYe has taught us** (which is explained in audio link above).

Every time you are ready to begin your **Monthly Lunar Ritual**, you will light a candle, place a glass of water near the candle and start here with the **Standard Chant**, which is used for **Opening the Four Directions**, calling in the **Ancestors** or, like we're using it here, to set up our **Sacred Space**. There is a lot of explanation on the audio, so I have included the words & gestures below for those of you who want to get to it. After you've set the **Sacred Space & Blessed Your Head**, then you will refer to the **Energetic Support + Lunar Tools** to guide your inquiry, along with **Journal Prompts + Chakra Breathwork** that is customized for each Lunation that you may find useful.

Opening Sacred Space :: Song + Movements

Ahh Sigh	= Start Your Circle with Hands Over Your Head		
Iba Se	= Hands Opening a Circle		
Iba Se O	= Knees Bend / Bring Hands into Prayer Pose	Ile Orun	= Home of the Heavens
Iba BaBa	= Prayer Hands Go Up to Father Sky	Ile Aiye	= Home of the Earth
Iba YeYe	= Prayer Hands Go Down to Mother Earth	Ile Olokun	= Home Below the Waters
Iba Se	= Prayer Hands Open to the Horizon		

Honoring the Four Directions (now pick up your glass of water):

- Use the longest finger on left hand & take your finger clockwise around rim of glass / starting at top for 12noon
- Imagine you are creating a Sacred Circle and placing yourself in the Center
- Now touch the top for 12noon/North, touch 6pm/South, touch 3pm/East, touch 9pm/West
- Imagine an equal-arm cross in your Sacred Circle and place yourself in the Center

Then Visualize and Feel the Experience of:

Good Fortune in Front of You	Wind & Clouds Above You
Ancestors Behind You	Ocean & Rivers Below You
Good Health on Right Side of You	The Pathfinder in Front of You
Wealth on Left Side of You	The Defender Behind You

Pouring Libations and Blessing the Head

Say the following and splash/pour/offer a little water for each blessing and use the water to **Bless the Head**

OMI Tutu	= Cool/Bless the Waters of Life	Iwa Ju	= Third Eye/Imagination
ONA Tutu	= Cool/Bless the Road of Life	Ori	= Crown/Consciousness
ILE Tutu	= Cool/Bless the House of Life	Eshu Ni Apako	= Back of Neck/Trickster
Tutu Gbogbo Egungun	= Cool/Bless All the Ancestors	Iburu	= Throat/Voice
		Ori Mi Gba Mi O	= My Head Supports Me
		Bless Each Temple	= Intuition + Intellect



STANDARD RITUAL SET-UP

Each Ritual can take 3-hours or 3-days to Complete, depending on your time & availability:

Day/Hour One = Humble self & clear any negative energy from your field by acknowledging that you cannot do it alone. It is a time to focus on clearing & releasing anything blocking your current goal(s). And then give Gratitude for all the Blessings & Resources that you already do have. Take it one step further by **feeling** as if your goal has already been accomplished. What kind of Gratitude will you show once you achieve your goal? How will you deepen your dedication?

Day/Hour Two = Petition the Orishas, Ancestors, Angels & Animal Spirit Guides for assistance. Be careful to not beg but simply & honestly present your needs & desires, with gratitude as if it's already been granted. There is a monthly theme supported by the Moon, but you can also set the goals & intentions that are most important to you at this time.

Day/Hour Three = Make a Commitment to do your part going forward and to circle-back in 2-weeks, 1-month, 6-months and/or 1-year from now. Those will be the pivot points when you should be able to see results of the Soul Work that you are able to invest at this time.

Each Day:

Have your Candle + Glass of Water, along with any related Crystals or Totems that you think will support your Soul Work.

- ◆ Open Your Sacred Space
- ◆ Bless the Head
- ◆ Commune & Make Offerings to Your Invisible Team
- ◆ Petition for Assistance
- ◆ Open to Receive Message
- ◆ Use your own **Divination Tools + Kelly's Lunar Tools** to guide the specifics of each lunation. You may want to do some Water Gazing, Tarot, Shamanic Journey etc to help you clarify & confirm the guidance that you receive.
- ◆ Renew Your Commitment (to Release, Reclaim & Do Better Going Forward)
- ◆ Close the Circle on the third day/hour



AQUARIUS Super/Full Moon :: 8.1.2023 @11:32am (pacific)

Ritual Orb of Influence :: July 29 – August 5, 2023

DOLPHIN Medicine/Animal Guide :: The Lover Archetype

COMPOST :: Old Attachments+Disappointments :: SEED New Passion+Authenticity

PETITION :: Ritual for Reclaiming Your Personal Integrity, Joy + Vitality

ENERGETIC SUPPORT = LEO Gate of Power :: MidPoint between Summer + Fall

We recommend that you check-in with Kelly's [Weekly Forecast](https://KellyMBeard.com/blog/) (<https://KellyMBeard.com/blog/>) for current energies & cycles, however, there is always at least one special alignment to help us with each Lunation.

This period is all about Assessments & Preserving what is growing strong, solid, useful & nourishing. while also releasing density, weight & excess to be composted into something more useful in the season to come. It's a time of gratitude & celebration, in anticipation of the Fall Equinox Season of Harvest. Some call this the Pre-Harvest. You can get a jump-start on assessing the year if you've completed your "clearing & releasing" process. If not, this is the final *purge* in preparation for the Harvest Season.

The Leo/Virgo combination perfectly represents this Cross Quarter/Gate of Power and Portal to take you to your Heart (Leo) and through a purification & healing (Virgo). It's time to position your Self for an expanded perspective at this time. Explore your options with fresh eyes! Allow your instincts to guide you on your Path and Trust the Divine Feminine within & around you to *contain, nurture and protect* all life, now and always. You are reminded to honor that which sustains you and to always aim your magical arrow at only the most precious dreams, your deepest heart's desire.



- ♥ Giving Gratitude for Abundance
- Making Offerings to Ensure Flow (Life)
- Releasing Regrets & Facilitating Closure
- Pre-Harvest: Assessments & Preparations
- Creating Containers for Your Creative Ideas
- Activating Fiery Creativity ~ (Re) New Projects
- Deepening Dedication to What Is Working (Alive)
- Assessing the Worth of Preserving
& Cultivating New Life



AQUARIUS Super/Full Moon :: 8.1.2023 @11:32am (pacific)

Ritual Orb of Influence :: July 29 – August 5, 2023

Lunar Guidance & Additional Support

8.1.2023 :: AQUARIUS Super/Full Moon:

This Full Moon asks: What have you become “too” attached to? And/or what have you become “too” detached from (and need to reconnect)? We have spent recent months navigating the Mutable energy of thought & ideas (Gemini), along with the Cardinal energy of action & choices (Cancer), whose theme continues now but the energy has become decidedly Fixed and it is time to release or anchor something ... in your Heart (Leo). What ideas have you gotten going that need some tending to make stronger & more viable? And how have you shifted internally and want to express differently going forward?

This Lunation may illuminate or activate revelations of when, where and with whom (mostly Self) that you have not been completely (if at all) authentic. Start with the *motivations* ~ if/when they are pure, clean & neutral, then being authentic becomes way less challenging. Now more than ever, we must be congruent with our Inner & Outer Natures in order to thrive, prosper & evolve. So if/when you are not authentic, things then become much more challenging. If we are “serving two masters” (or incongruent on one or many levels) ~ meaning: having the private side of your nature be too drastically different from that which you present to the world ~ then that creates more challenges, blockages and delays until you get into more personal alignment.

This Full Moon helps you see where you have become rigid, unyielding and attached to “your way” or the “old way” – neither of which will work going forward. Status quo is not the way to go, any Aquarius Moon wants you to tap into your own unique genius and offer your contribution in a new or different way. If you are following trends or other people, you will be misled. It is time to evaluate your own social circles – both virtual and in reality. What kind of people do you call “friend”? Do you have more acquaintances than true friends? Is that the way you like it? We are in a time when we are upgrading our individual self-expression on deep levels and anything that feels *inauthentic* is getting released with this Full Moon. We grow & evolve and the things & people that we are attracted to or repelled by changes over time too. Let’s not be stagnant but use every Full Moon to do some personal clearing so that we can lighten up & shine more Light! Use this Full Moon to release any inauthenticity, lack of self-love or rigid attachment of any kind. It’s also good to tap into your body’s wisdom when things are decidedly “mental” around you. This is the lunation to align your Head & Heart so if you’ve felt disconnected lately, take a time-out to re-connect!

Final note is that this is one of 3-Super Full Moons in Capricorn/Aquarius/Pisces – releasing and clearing Old Roles & Responsibilities, Old Self-Expression and Old Unhealthy Rhythms & Delusions just so that when we get to the 3-Super New Moons in Aquarius/Pisces/Aries – initiating a New Authentic Self and reclaiming the connection to your Instincts, Intuition & Renewed Passion & Purpose. We are clearing the old to make space for the new and we are going within to dream up what that might entail or require. There are a number of energies & cycles supporting a time of Intentional Solitude for review, reflection & renewal.



AQUARIUS Super/Full Moon :: 8.1.2023 @11:32am (pacific)

Ritual Orb of Influence :: July 29 – August 5, 2023

***ISSUES* being brought in to the Light at this time are:**

- Completion / Release
- Your Definition of Freedom
- Your Unique Contribution to the Community
- Healing of All Self-Love Issues
- Releasing Old, Rigid Ways for Living (which you've outgrown)
- Reflecting on Hopes and Dreams (what's still heart-centered?)
- Expanding Thoughts, Ideas and Concepts
- Integrating a Broader Perspective (based on last 6-months' experience)
- Releasing Attachment (on many levels)

***HOUSES* are the Areas of Life where you need to:**

- Break Negative Patterns
- Release Rigidity & Self-Righteousness
- Get Creative and Innovative with Your Life & Life's Work
- Review & Release Any Person or Circumstance Which No Longer Supports You
- Review Your Friendship, Social Circles & Networks
- Break to Re-Align ~ Awakening ~ Sudden Awareness
- Detach from Past ~ Be Objective About Present ~ Be Innovative About Future
- Choose One Radical Shift & Commit to Positive Change

***QUESTIONS* to Contemplate:**

- What Circle or Community Have You Outgrown (at this time)?
- Do You Spend More Time With People, Machines or In Nature?
- Have You Created a Meditative Practice Which Supports You?
- How Have You Expanded Your Consciousness in the last 6-months? 1-year?
- How/Where Have You Become Rigid and/or Self-Righteous?
- What is Your Personal Definition of Freedom (at this time)?
- What Old Systems are Breaking Down Within or Around You?
- How Have You Settled for Status Quo?



AQUARIUS Super/Full Moon :: 8.1.2023 @11:32am (pacific)

Ritual Orb of Influence :: July 29 – August 5, 2023

AQUARIUS Chakra Breathwork

Opening w. Deep Cleansing Breaths:

CHAKRA Meditation :: We take a deep breath IN ... and a deep breath OUT ... SPIRALING through the seven primary Chakras. The **AQUARIUS Full Moon** is an **Annual COMPLETION**. It is a time when you can **RELEASE or COMPOST the Old Vision, Friendships & Communities** that no longer reflect your true Self. Use the oxygen that you **take *IN* to carry NEW Expanded Imagination & Sense of Belonging** into every cell of your DNA and use the carbon dioxide to carry ***OUT* rigidity, ego-attachment & self-righteousness** of every cell of your DNA. Practice your heart-centered breathwork, and as you release, visualize that you are creating a space to BUILD going forward ... breathe from the 1st Root Chakra, all the way up to the 7th Crown Chakra on the Liberating Current (releasing back to Source/Consciousness) ... then we start at the 7th Crown Chakra, and spiral all the way down to the 1st Root Chakra on the Manifesting Current (bringing in to Form).

Manifesting Current :: BREATHE IN :: We BRING IN from pure thought in to tangible form ...

1st Chakra :: Earth :: Beginning:Roots:Survival :: **GROUNDING & STABILITY**

2nd Chakra :: Water :: Emotions:Sexuality:Creativity :: **UNIQUE SELF-EXPRESSION**

3rd Chakra :: Fire :: Personal Power:Will:Self-Esteem :: **COMFORT w. BEING DIFFERENT**

4th Chakra :: Air :: Love:Unity:Breath :: **MIND-HEART BALANCE & CONNECTION**

5th Chakra :: Sound :: Your Voice:Communication :: **VIBRATIONAL RESONANCE**

6th Chakra :: Light :: Clairvoyance:Intuition:Imagination :: **CREATIVE SOLUTIONS**

7th Chakra :: Thought :: Wisdom:Understanding:Consciousness :: **BROADER SPECTRUM**

Liberating Current :: BREATHE OUT :: We RELEASE from dense 3-D back to pure consciousness

1st Chakra :: Earth :: Beginning:Roots:Survival :: **DISCONNECT FROM REALITY / FLIGHTINESS**

2nd Chakra :: Water :: Emotions:Sexuality:Creativity:Change :: **SUPERFICIALITY**

3rd Chakra :: Fire :: Personal Power:Will:Self-Esteem :: **TOXIC CONFORMITY**

4th Chakra :: Air :: Love:Unity:Breath :: **TOO MUCH MENTAL PROCESSING**

5th Chakra :: Sound :: Your Voice:Communication :: **EXCESSIVE BOUNDARIES**

6th Chakra :: Light :: Clairvoyance:Intuition:Imagination :: **SELF-RIGHTEOUS RIGIDITY**

7th Chakra :: Thought :: Wisdom:Understanding:Consciousness :: **FIXED/LIMITED IDEAS**



LEO New Moon :: 8.16.2023 @2:38am (pacific)

Ritual Orb of Influence :: August 11 – 19, 2023

PETITION :: Ritual for Initiating New Self-Expression, Presentation + Passion

ENERGETIC SUPPORT :: Mercury Retro in VIRGO 2023

We recommend that you check-in with Kelly's [Weekly Forecast](https://KellyMBeard.com/blog/) (<https://KellyMBeard.com/blog/>) for current energies & cycles, however, there is always at least one special alignment to help us with each Lunation.

7.28.2023 :: Mercury in VIRGO :: July 28 – Oct 4:

Mercury is going to Retrograde in Virgo (Aug 23 – Sept 15), which will help us to truly process & integrate whatever came into our conscious awareness over the last 3-6-9 weeks. It's time for discernment & discrimination – you will have to choose or decide which ideas are worth investing more energy, time & resources going forward. It is time to get organized and create space to anchor these new ideas and integrate them into the new rhythm that is emerging. This is also an opportunity to do some personal healing of the Mental Body. We have been cracked open to all new consciousness in recent years (and there is more to come) so it is a good idea to use any Mercury Retrograde to time-out, pause & reflect. Recalibrate your Mental Input & Output ~ consider how much you are taking in, processing and putting to good use and how much are you cultivating your own unique ideas and sharing them with others. It is an opportunity to restore your mental health & balance and in doing so, set yourself up for more successful & fulfilling interactions with others going forward. This extended stay in Virgo is going to affect your Virgo/Pisces & Gemini/Sagittarius Departments by default. As you shift your consciousness, change your thinking and make new choices, new opportunities & and a healthier rhythm & routine will be the result. Before you engage others, at this Higher Level, it is best to finish the Retrograde Review of your own ideas, thoughts & concepts around health, fitness and good mental functioning and how you would like to do that in a new & different way. Any Mercury Retrograde is an upgrade & re-wiring of your Mental Body and since we get them 3-4 times a year, it is good to get into the conscious practice of taking some time to review that Area of Life – in this case, your Virgo House.



LEO New Moon :: 8.16.2023 @2:38am (pacific)

Ritual Orb of Influence :: August 11 – 19, 2023

Lunar Guidance & Additional Support

8.16.2023 :: LEO New Moon:

As the Sun moves into Leo (7/22 – 8/23), it activates the Annual Check-In with your Heart & Authentic Self, are you being true to YOU? and expressing your own unique Light & Brilliance ~ from the inside out? Leo energy activates your Self-Love/Self-Worth issues. As you discover your unique strengths & gifts, it becomes your responsibility to share them with the Community to which you belong. There is an idea that is often true and it suggests that “whatever’s inside comes out” (especially under external pressures) ... so if you are full of Love, Light & Truth, then a generosity of Spirit comes out ... if you are full of Fear & Doubt, then obstacles and blockages come out. What’s inside you? in your true heart-of-hearts? Leo energy teaches us all how to BE it (your Authentic Self), not just “appear” to be it; it asks that you know who you are (and next month, Virgo will perfect it ;-)). What has changed on a fundamental level (Cancer/Capricorn ~ personal & professional or at home & work) for you, that has now made you aware of how vital it is to honor your own essential nature (Leo/Sun), so that you are able to contribute to the whole (Aquarius/Uranus) in a more useful and delicious way?

This is an opportunity to expand & illuminate the lesson of courage, authenticity and deep self-love. When you’re connected and truly love your Self, it is easy to give/receive and share/attract LOVE! When you operate from a confident, strong center, rather than insecure ego, you radiate LOVE and magnetize a similar (loving/confident) energy to you. Collectively, when you love and take care of your community, it can come together and create new, innovative structures & institutions which actually serve & support the needs of the people in the present moment. Your community can be free to grow, thrive & prosper, handling each blessing, as well as each challenge, that comes along. Cancer brought us out of the first quadrant of survival issues & basic needs to more of the individuation process (Leo) when we tend to focus more on asserting ourselves and integrating all that we learned in the last quarter. Leo is ruled by the Sun and the Sun represents your Source – your Inner Light – and all that you have come to create & contribute to the community (Aquarius). Leo energy helps you expand the concept of who you are and what you are capable of, not to mention the value of the energy & service you provide to the community. It’s so beautiful when we can ALL be free, when we ALL do our own part. So use this Leo New Moon to call in your own Next Level Self and start creating space for that part of you to SHINE!



LEO New Moon :: 8.16.2023 @2:38am (pacific)

Ritual Orb of Influence :: August 11 – 19, 2023

***ISSUES* being brought in to the Light at this time are:**

- Complete Rebirth/New Life/New Look
- Fiery Creativity; New Projects (or old projects being renewed)
- Core-Essential Nature / Identity (what you're made of)
- Your Character & Integrity
- What You're Passionate About & Devoted To
- Self-Confidence & Genuine Pride
- Self-Love & Self-Esteem
- Courage & Strength
- Independence & Leadership

***HOUSES* are the Areas of Life where you need to:**

- Initiate More Heart-Centered Dedication
- Infuse With More Joy, Enthusiasm & Self-Confidence (whatever you do)
- Create Completely NEW/More Authentic Image
- Be More Creative & Innovative (Think Differently)
- Connect to What Makes YOU Special & Unique
- Address Any Self-Love/Self-Worth Issues
- Be Responsible for Your Own Happiness/Success
- More Purposeful Play & Learning Games
- Clarify What You Really Want

***QUESTIONS* to Contemplate:**

- How is your Self-Esteem and Confidence?
- What is the 'Cornerstone' of your Being/who you are? what are you made of?
- What helps you remain Centered in chaotic times?
- Do you listen to your Heart or suppress it for appearance sake?
- Are you naturally Open & Innocent? or suspicious and cynical?
- Do you Attract love and joy? or ego and power struggles with others?
- Do you take time out to have Fun, be Free and just BE?



LEO New Moon :: 8.16.2023 @2:38am (pacific)
Ritual Orb of Influence :: August 11 – 19, 2023

LEO Chakra Breathwork

Opening w. Deep Cleansing Breaths:

CHAKRA Meditation :: We take a deep breath IN ... and a deep breath OUT ... SPIRALING through the seven primary Chakras. The **LEO New Moon** is an annual **INITIATION** and the time when you can **SEED the New YOU on a Core Essential Level**. Use the oxygen that **you take *IN*** to carry **Infinite Creative Flow & Authentic Self-Love** into every cell of your DNA and use the carbon dioxide to carry ***OUT* emotional debris & accumulated waste** of every cell of your DNA. Practice your heart-centered breathwork, and as you release, visualize that you are creating a space to BUILD going forward ... breathe from the 1st Root Chakra, all the way up to the 7th Crown Chakra on the Liberating Current (releasing back to Source/Consciousness) ... then we start at the 7th Crown Chakra, and spiral all the way down to the 1st Root Chakra on the Manifesting Current (bringing in to Form).

Manifesting Current :: BREATHE IN :: We BRING IN from pure thought in to tangible form ...

1st Chakra :: Earth :: Beginning:Roots:Survival :: **ENDLESS BEAUTY & BOUNTY**

2nd Chakra :: Water :: Emotions:Sexuality:Creativity :: **TRUE & PURE LOVE**

3rd Chakra :: Fire :: Personal Power:Will:Self-Esteem :: **AUTHENTIC SELF-ESTEEM**

4th Chakra :: Air :: Love:Unity:Breath :: **DEEP CONNECTION TO SOURCE ENERGY/POWER**

5th Chakra :: Sound :: Your Voice:Communication :: **INFINITE CREATIVE FLOW**

6th Chakra :: Light :: Clairvoyance:Intuition:Imagination :: **HEALTHY, ACTIVE IMAGINATION**

7th Chakra :: Thought :: Wisdom:Understanding:Consciousness :: **INFINITE POSSIBILITIES**

Liberating Current :: BREATHE OUT :: We RELEASE from dense 3-D back to pure consciousness

1st Chakra :: Earth :: Beginning:Roots:Survival :: **ANY RESTRICTION OR LIMITATIONS**

2nd Chakra :: Water :: Emotions:Sexuality:Creativity:Change :: **TOXIC MIMIC/EMPTY ROMANCE**

3rd Chakra :: Fire :: Personal Power:Will:Self-Esteem :: **ANY SELF-SABOTAGE & EGO**

4th Chakra :: Air :: Love:Unity:Breath :: **ANY DISCONNECTION FROM SOURCE**

5th Chakra :: Sound :: Your Voice:Communication :: **STAGNATION OR EMPTINESS**

6th Chakra :: Light :: Clairvoyance:Intuition:Imagination :: **LACK OF SUBSTANCE OR TRUTH**

7th Chakra :: Thought :: Wisdom:Understanding:Consciousness :: **NARROW VISION**