

M N C L U B

MOON MISSION

OCTOBER 30—NOVEMBER 29 2016

NEW MOON

Sunday 10/30/16 :: 1.38pm EST :: 7 Degrees **SCORPIO**

FIRST QUARTER MOON

Monday 11/7/16 :: 2.50pm EST :: 17 Degrees Aquarius

FULL MOON

Monday 11/14/16 :: 8.51am EST :: 27 Degrees **TAURUS**

THIRD QUARTER MOON

Monday 11/21/16 :: 3.32am EST :: 0 Degrees Virgo

WHAT UP RIGHT NOW IN THE STARS?

F U L F I L L M E N T

The Scorpio/Taurus axis is all about **DESIRE**—and the **NEEDS**, both spiritual (SCORPIO) and material (TAURUS), that make us want what we want.

We're sometimes taught we're being "selfish" "greedy" or "too demanding" when we ask for our needs to be met. But these two signs remind us that needs and desires are basically the beginning of **EVERYTHING**.

Think about it: our sexual needs and desires (ruled by Scorpio) are the spark that ignite all human LIFE! This life is then maintained by our material needs for shelter and nourishment (ruled by Taurus). And life becomes a **PLEASURE** when we're having really great sex (Scorpio), living in a beautiful pad, and feasting on deliciousness (Taurus).

It is the **FULFILLMENT** of these needs and desires that ultimately fuels the life-death-life cycle of our evolution and growth. We fulfill our needs through sharing resources with others and our connecting to our life force / spirit (Scorpio)—and by utilizing our innate talents and our five physical senses (Taurus).

The **DEATH** part? Not scary! This is simply about becoming hyper-attuned to what we no longer need and desire. The thought patterns, feelings, behaviors, relationships, and material things that have served their purpose in our evolution. We need to allow some things to "die out" so that we have space for more of what we need and desire **RIGHT NOW** in our life.

SCORPIO/TAURUS IN BALANCE: We acknowledge our desires, and simply ask for what we need (sex, money, nurturing, support). We trust that our needs will be met. There is enough. Our spiritual practice supports our material, human, existence. We share our gifts and our abundance with the world, helping meet the needs of others.

SCORPIO/TAURUS OUT OF BALANCE: We use manipulation and control to have our needs met. We ignore our needs and desires, and there is stagnation and decay. We become starved of our life-force. Or else we over-indulge, and we become trapped in the cycles of addiction. We seek fulfillment outside of ourselves.

WHAT DOES THIS MEAN FOR YOU?

You have a need. You have a desire. You fulfill the need. You fulfill the desire. It can give you tremendous pleasure. **BUT WAIT? HOW DO I DO THAT?!**

It means it's time to get out of the the abstract and into the nitty gritty.

First step is to identify the desire. And then accept it. By the way, this part is insanely vulnerable! Why? Because once you admit that you **WANT** something, you totally open yourself up for rejection. And that can fucking hurt. But without a desire, where is your drive?

And we're not talking what you wanted last week. Or last year. Or what your parents wanted you to want. What do you want **NOW**? Get clear on this—it will open the doors to so much possibility.

Now it's time to claim this desire in your **HEART**. Imagine you desire to start a new business. When you are able to fully **EMBODY** this—to *feel the desire for it in your body*—it will start to come alive as you talk about it. Your words will resonate with love and **PASSION**. People will connect to your desire. Doors open. People help you.

By claiming your desire and letting it be real in your body you get closer to having it in your life. By saying it aloud, which is also vulnerable as hell, you **ASK** for it to be **FULFILLED**.

Step three is to remember you may get rejected. And that this is part of the process! It's not meant to shut you down or close you off. When you get rejected you only **CONNECT** deeper to your desire, by feeling how badly you want something (or not). So it's actually a "*how bad do you want it*" test—which can put more fire under your ass!

Now say you fulfill one of your deepest desires. Yay! Time to make like Aphrodite or Cleopatra and revel in the **PLEASURE** of this. We tend to skip over this SO fast, immediately jumping to the next thing, attempting to conquer the world and not relishing in the process.

But guess what? Living in this goodness will only bring more.

You will radiate the beauty and joy of **FULFILLMENT**. And with each need and desire that is fulfilled you will gain gusto and strength. So enjoy it. **E-N-J-O-Y!**

THIS MOON PHASE

Now let's put it into action! Alexandra breaks down how to work the Scorpio/Taurus vibes in your life. **It's important to focus on ONE of the below actions per week.** Yes do your personal rituals. Read about what's happening in the stars. But putting it into practice will require all your attention. Ask you to commit. This is when you'll see results.

(And we've included a little music, art and fashion inspo for each part of the cycle too. Just for fun, and all optional!)

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THEMES FOR THE NEW MOON IN SCORPIO (Oct 30—Nov 6)

Hidden needs and desires; Releasing control; Deep emotional entanglements.

JOURNAL EXERCISE: Time to look at what is below the surface. What desires have you been hiding from? Not admitting to yourself?

Take a **NATURE WALK** to tap into this, or if you live in a city put on some chill tunes and hit the park. **LEAVE YOUR PHONE AT HOME.** Your desires are not waiting for you on Instagram. They are in your heart and soul. You have to get quiet to hear them. My fave place to find my hidden desires is also in a bath listening to some deep emo mystical tunes.

Soundtrack: Bat for Lashes, Bulgarian Women's Choir, Brian Eno's Apollo

Outfit inspo + icons: Long dresses, more black than usual, chunky rings, leather, lace undies. Tailored suits, ripped band tees. Think Stevie Nicks, femme fatale, mysterious dark man vibes

Art + Film inspo: Basic Instinct (film), Maya Deren (art film), Francesca Woodman (photos)

MY NOTES:

THEMES FOR THE FIRST QUARTER MOON IN AQUARIUS (Nov 7—Nov 13)

Bright-blue-open-sky-as-far-as-the-eye-can-see thinking; Being a better humanitarian.

JOURNAL EXERCISE: What are you most passionate about? What causes in the world make you **ANGRY** or super **EMO**? Is it climate change? Domestic abuse? Veganism? Find **YOUR** cause.

SIGN UP to volunteer at an organization you can make a weekly or monthly commitment to. This may take some work but it's essential to your happiness and very important to this program as well! So find your thing! I've begun doing volunteer work making sandwiches in shelters at age 12 and building houses in Mexico at age 15, and nothing has impacted me as a human more than helping others. Don't be afraid to start small! We are going to keep coming back to this monthly so don't skip it!

Soundtrack: Bob Dylan, Janis Joplin, Jimi Hendrix, John Lennon

Outfit Inspo + Icons: Let your inner hippie out, break rules, try new things. Think vintage, colored patterns, denim, Yoko + John

Art + Film Inspo: The Constant Gardener (film), Sold (film), Karen Finley's performance art

MY NOTES:

THEMES FOR THE FULL MOON IN TAURUS (Nov 14—Nov 20)

Cashing in your chips; Sensual indulgence; Reveling in life's luxuries because I'm worth it.

JOURNAL EXERCISE: How do you feel about hosting? Love it? Hate it?

Then **DO IT!** Host a soiree! Even if you do something super small like invite two friends for tea, do it up Taurus style. My parents are both Taurus and they taught me the art of hosting as a kid: put on amazing music, light candles, cook something that smells good, wear a fun dress or snazzy pants and adorn yourself, get a few flowers for the table or sprigs of lavender or rosemary. You can totes do it on a tight budget. Plan some time ahead for this. When your guests arrive greet them Taurus style—with a glass and some apps on the table, hugs and kisses.

Soundtrack: Ethiopiques, Fela Kuti, Cesaria Evora, Selda, Chancha Via Circuito

Outfit inspo + icons: Texture, fake furs, and soft sweaters with chunky gems. Green tones with splashes of pink. Cher meets Kanye.

Art + Film inspo: Fellini's *La Dolce Vita*, *Like Water for Chocolate*, Pablo Neruda

MY NOTES:

THEMES FOR THE THIRD QUARTER MOON IN VIRGO (Nov 21—Nov 28)

Purging the excess; The body as a machine; Showing up to be of service.

JOURNAL EXERCISE: Where have I stayed on track this month with my goals and where have I strayed? Where have I set unrealistic goals and where am I resisting making new healthy habits? Where could I have given more of myself in service to others?

CATCH UP AND CLEAN OUT. Okay so we all get busy. Let's check in. Did you skip doing your volunteer work? Hosting? Taking a walk outside? Take a moment and look around your physical environment to see what could be holding you back. Too much noise on Insta? **UNFOLLOW.** Unhealthy junk in your fridge? **PITCH IT.** Clothes that make you feel not so good? **DONATE TO GOODWILL.**

Soundtrack: Michael Jackson (esp "Man in the Mirror"), Tibetan singing bowls

Outfit Inspo + Icons: Floral prints, polka dots, stripes, think Beyonce (put together in even the most casual outfits). High-function sportswear that makes you feel like a gladiator

Art + Film Inspo: Daisies (film), Captain Fantastic (film)

MY NOTES:

MOON SIGN MISSION

The following suggestions from **Ruby** are for working on as a backdrop to this **WHOLE** Moon Phase, and relate to your inner world as represented by your Moon sign. If you don't know your Moon sign, you can do your chart for free at **Astro.com**.

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For MOON IN SCORPIO

Re-connect to your **PASSION**. What is the first thing that comes out of your mouth when you state out loud: "I have been put on this planet to XXX" Ask yourself: What unmet need is preventing me connecting to my passion? What could I move on from in order to do this?

For MOON IN SAGITTARIUS

Commit to your **HEALING**. Do a life inventory, scoring the following categories from 1-10 (1 being least satisfied, 10 being utterly fulfilled): self-love, relationships, family, career, physical wellbeing, service. Ask yourself: What unhealthy habit (mental, emotional, physical or spiritual) can I address for this part of my life to thrive?

For MOON IN CAPRICORN

Lean in to **COLLABORATION**. Who do you want in your life master-class? Make a list of the people whose opinions and ways of seeing and being you feel most inspired by, and arrange a time to connect as a group. Ask yourself: How can we help each others needs be fulfilled, so that we can grow as a collective?

For MOON IN AQUARIUS

Say yes to **RESPONSIBILITY**. What is keeping you playing small? How have you been downplaying your experience for fear of being asked to step up? Make an inventory (mentally or in your journal) of the intellectual, spiritual and emotional lessons that have prepared you for the next big step. Ask yourself: What needs have I outgrown in the process?

For MOON IN PISCES

Upgrade your **BELIEFS**. Travel back in time, and pinpoint something you once believed to be true. Write it down. Now play the movie forward to the point you began to question this. What changed your point of view? Ask yourself: What do I believe that is preventing my needs being met? What teachings could help me broaden my perspective?

For MOON IN ARIES

Call in your **DEBTS**. Where have you been giving more than you have been receiving (physically, mentally, emotionally, spiritually)? It's time to ask for your share. Write a contract with yourself, stating all the things you believe you are owed. Ask yourself: What needs am I ignoring by continuing to run on empty?

For MOON IN TAURUS

Recalibrate your PARTNERSHIPS. Write a list of all the people you consider yourself to be “in partnership” with (in love, friendship, and work). Now write down which needs each relationship fulfills for you—and vice versa (the need you fulfill in them). Ask yourself: How can we better serve each other’s needs? What can we let go for this partnership to be more fulfilling?

For MOON IN GEMINI

Focus on your WELLBEING. What is the healthy new lifestyle choice that feels most inspiring to you? And what unhealthy habit has become a drain on your life force? Choose one in each category and commit to 28 days introducing one and abstaining from the other. Ask yourself: What need am I fulfilling as I seek optimal wellbeing?

For MOON IN CANCER

Step into the SPOTLIGHT. Arrange a play-date with your inner child—and connect to a time you felt compelled to share something you created with the world. How did it feel to be “seen” in this way? Write down any positive emotions that come up—and lovingly question the presence of any fear. Ask yourself: What need does my creative self-expression fulfill in me?

For MOON IN LEO

Immerse yourself in FAMILY. Write a list of all the people who feel like “family” to you. Now write a list of all the things (places, activities, etc) that feel like “home.” Find a way to include a “visit” (actual or virtual) with all these people, places and activities in your diary this Moon Phase. Ask yourself: What does my extended family need from me?

For MOON IN VIRGO

Start a CONVERSATION. Where have you been keeping quiet? If you were given a microphone to broadcast your most urgent needs to the world, what would want us to know? Write these down. Now chose one person to share each thing on your list with. Ask yourself: Why was I given this voice? What needs go unmet when I forget to speak?

For MOON IN LIBRA

Celebrate your SENSUALITY. Take a moment in meditation to tune into the physical sensation of pleasure in your body. Write down some foods, activities and cultural pursuits linked to this feeling, and embark on a 28-day pleasure diet this Moon Phase. Ask yourself: What can I let go of (physically, mentally, emotionally, spiritually) to experience more pleasure in my life?