

## August New Moon Ritual

Complete the table below – writing your present symptoms in the left hand column after watching my video. Then complete the call to action in the right hand column to help you focus your intentions for this month. Here are some self reflective questions to help you.

Protection - Are your symptoms likely to be associated with being drained by people/news/environment? How can you protect yourself and the environment?

Do you care for the environment and yourself? Could you be iodine deficient? Do you consider the foods you eat from the sea? Do you want to join an environmental group? Which attributes of Durga will you be calling upon this month?

Symptoms	Considering	Action
<b>Physical</b>	<b>Durga</b>  <b>Protect</b>  <b>Organic foods/Iodine – sea foods</b>	
<b>Emotional</b>	<b>Durga</b>  <b>Protect</b>  <b>Foods</b>	
<b>Environmental</b>	<b>Durga</b>  <b>Protect</b>  <b>Sea</b>	<b>Conservation/ Sustainable Seasonal foods</b>  <b>Toxic – foods to eat/avoid. Being by the sea</b>