

August New Moon Reading with Justine Evans using [Creation Guidance Cards](#)

August 1st 2019



Wow – important and strong guidance this month focusing on our health and hormones emotionally, physically and environmentally.

Summary: The Goddess Durga has come forward to help protect and guide us from conflict and our human tendencies towards anger, deceit, greed (think the 7 deadly sins). This representation of Shakti energy encourages us speak our truth with detachment, wisdom, determination and respect for all.

The Protection card has once more appeared reminding us to remove ourselves from all negativity and protect ourselves throughout this moon cycle from draining people/media/experiences/toxins. It asks us to cleanse our auras daily and care for the planet/environmental global care.

The final card I drew this month is card 23. Organic foods. I have been guided to specifically focus on sea foods this month – fish, sea vegetables, sea algae, shellfish, sea water – their contaminants, seasonal abundance, their benefits and hormonally the need for IODINE which is contained in many seafoods.

We are connecting with Durga's strength to help **build fearlessness and patience** (something we all need right now); **link our heart with our brain before speaking/acting, enable change; protection, act with courage and clarity, maintain our sense of humour, protect all mankind and the environment from negative energy and vices—arrogance, jealousy, prejudice, ego, hatred, anger, greed and selfishness); eat well but sustainably to protect the planet.** This month I have designed a little ritual/exercise for you to complete; download it and see how you get on.

Durga: Card 26. New moon card from Creation guidance cards

The Hindu Goddess Durga is known as Warrior Shakti. She is a beautiful warrior goddess who symbolizes the positive energy of feminine energy/power and brings courage, determination and protection. It is believed that she is the combined form of **Kali** (who I consider adolescent primal Shakti energy who has found her voice; shouts it out but without much thought! Kali is very raw energy/freedom); the Goddess **Lakshmi** – (love, beauty, kindness and compassion) and finally **Saraswati** (goddess of knowledge, music, art, wisdom, learning). Durga's name means fort or

“place that is protected”. This amazing painting is by our resident artist Sam Foreman who has designed all the Goddess and moon cards for Creation Fertility Toolkits. You can buy prints of her paintings and gift cards at [etsy.com](https://www.etsy.com) .

When you look at her you see her she is depicted as a warrior woman with 8 arms and riding a lion. Her arms carry weapons/mudras which represent her attributes (and ability to multi-task). When I drew her this month I sensed strength for justice and truth. She holds no fear.

- Sudarshan chakra (**spinning disc** around the index finger) – In mythology, the spinning disc is described as the most powerful weapon of the cosmos and symbolizes dharma; aka as duty or righteousness.

- **Conch** symbolizes happiness and the vibration “OM”.

- **Sword** symbolizes eradication of vices and knowledge. It is time for discernment.

- **Bow and arrow** symbolizes values. She reminds us when we face difficulties we must walk our talk.

- **Lotus Flower** symbolizes working towards success with detachment.

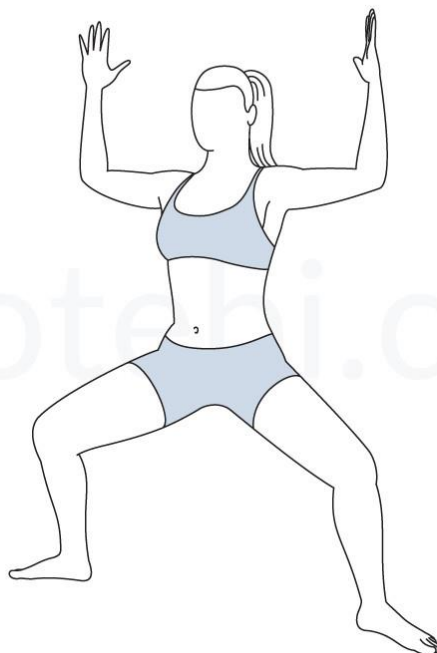
- The **club** is the symbol of Hanuman symbolising devotion and surrender. Whatever we do in life we do with love and trust in the outcome.

- Her **Trident/Trishul** symbolizes courage to help us face the challenges in our life.

- Her **mudra** hand position enables forgiveness to ourselves and others.

Durga is riding a **lion** but is sometimes shown riding a tiger. The lion is a symbol of courage; protection and animalistic tendencies (anger, arrogance, selfishness, greed, ego, selfish desires, jealousy, desire to harm others etc.) Her riding it reminds us to control these qualities, so that we are not controlled by them. When you see her riding a tiger it symbolizes unlimited power and protection.

The yoga pose for this month is **The Goddess Pose**



[Goddess pose and short summer yoga sequence by Donna Gerrard](#)

Goddess Pose Step-By-Step

From Mountain pose (Tadasana), turn to face the long edge of your yoga mat and step or hop your feet wide and parallel, approximately 3 feet apart. Turn your toes out and your heels in, creating a 45 degree angle with each foot.

On an exhale, take a deep bend in your knees, moving toward bringing your thighs parallel to the ground and your hips in line with your knees. The knees have a tendency to bow inwards as they bend, so ensure that your knees remain stacked directly over your ankles.

Extend your arms out at shoulder height and bend your elbows to 90 degrees with your palms facing away from you. Spread your fingers wide and draw your shoulder blades into your back.

Keep your core engaged and draw your low ribs into your body. Lengthen your tailbone down toward the ground and keep your shoulders stacked directly over your hips.

Press down evenly through the soles of both feet and remain in the pose for up to 5 deep breaths.

To come out of the pose, extend your legs, lower your arms and step back to Mountain pose.

Tips

Ensure that your knees are pointing in the same direction as your toes to help protect your joints. If necessary, adjust the placement of your feet.

If you have any shoulder injuries or limitations, fold your palms together at heart centre as opposed to extending the arms.

To explore a deeper variation of the pose, try lifting up onto the balls of your feet while keeping your thighs parallel to the floor and your knees over your toes.

Card 5. Protect

5. Protect

Are you feeling negative or drained by certain individuals or groups of people? Each of us radiates energy which is capable of influencing others. By drawing this card, it is indicating that you would benefit from learning to shield.

Visualisation:

Imagine being enveloped in a cocoon of bright white light. This protective layer allows positive energy to flow from you to the person or situation and vice versa, but no harmful energy can penetrate the shield. If you run into a person whose energy you find draining, you may want to cleanse your own energy field after your encounter.

The herb sage, cold showers, singing, mineral water baths, spending time with nature, or a simple break away from home to recharge are all ways to accomplish this.

Affirmation:

I am protected (whilst holding the stone Mookaite).

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An important card this year. This is its 2 appearance (March) despite the oracle cards containing 42 different cards. It reminds us to "protect" ourselves and not be drained by outside influences. In this reading it also has a strong connection with protecting the environment. I feel a strong connection with the sea within this reading; pollutants; conservation and sustainability; eating seasonally and with forethought.

It asks:

Are you feeling drained by situations or people or politics?

Are you feeling toxic?

Do you consider and actively protect the environment?

Do you eat seasonally and organic? Make responsible food choices; eating sustainably?

Do you cleanse your aura daily?

What can you do to protect yourself – emotionally, physically and environmentally?

I found this a very interesting card to draw again this month – especially when we have been asked to

work with Durga.

Connected words: Who or what is draining you? Protect the environment. Conservation. Sustainable; toxic foods and people/media. Aura cleansing.

Card 23: Organic foods

23. Organic Foods

This card indicates that it is time to look at the food you are consuming.

Although organic food may cost marginally more, it is an economical investment not only for your hormonal health but also for the Earth.

Studies show that organic produce contains more nutrients, less synthetic hormones, antibiotics and chemicals. From a spiritual standpoint, organic produce is raised with loving energy and nurtures the Earth.

The increased energy that comes from eating a chemical-free diet is of invaluable benefit, not only to your health but your future baby's.

Affirmation:

I choose an organic lifestyle to nourish and nurture.

Mantra: Ra Ma Da So Sa Say So Hung

Two rounds of your wrist mala daily.

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The final card I drew this month is card 23. Organic Foods. Again this card is very important – this is its 3rd appearance already (March, June and now August). As I read the cards I felt the guidance message for this month was clear and once again was drawn to consider sea foods in particular environmental contamination and toxins from sea foods (not only environmentally but its impact on hormonal health), the importance of eating seasonally; and consider methods used to catch/fish. I was guided to discuss the nutrient **Iodine** and its association with hormonal health – considering algae, shellfish, seaweeds and sea vegetables plus fish and sea water.

IODINE: Iodine is an essential mineral commonly found in seafood. Did you know 30% of the world are deficient?

Who's likely to be deficit? Pregnant women; people who live in countries where there is little iodine in the

soil. This includes South Asia, Southeast Asia, New Zealand and most European countries. Those who live in land locked countries or do not live or go to the seaside regularly; people who don't use iodized salt; vegetarians; vegans; people who are dairy free

13 Symptoms of Iodine Deficiency:

Tiredness and fatigue: low iodine levels may leave you feeling tired, sluggish and weak. Your body needs iodine to make energy

Hair loss: An iodine deficiency may prevent hair follicles from regenerating.

Dry, flaky skin: iodine helps skin cells regenerate; helps your body sweat and hydrates skin cells

Coldness: Iodine helps generate body heat

Memory: An iodine deficiency may cause you to struggle to learn and remember things.

Menstruation issues: heavy or irregular periods. This is because unbalanced hormone levels may be unable to regulate the menstrual cycle.

Fertility: Women with moderate to severe iodine deficiency may have a more difficult time conceiving

Heart: An iodine deficiency may slow your heart rate, which may leave you feeling weak, fatigued, dizzy and at risk of fainting.

Goitre: Swelling in the neck, or a goitre is a common symptom of an iodine deficiency and happens when your thyroid gland is forced to make thyroid hormones when there is a low supply of iodine in the body

Pregnancy and breast feeding Iodine is especially important for pregnant and breastfeeding women because they have higher needs. An iodine deficiency during pregnancy may cause foetal stunted growth and brain development.

Weight gain Low iodine levels may slow your metabolism and encourage food to be stored as fat, rather than be burned as energy. This can lead to weight gain.

Hormonal disturbances including hypothyroidism. The thyroid gland uses iodine to produce the thyroid hormones, thyroxine, T₄, and triiodothyronine, T₃,

Menopause – as you will note from the symptoms of iodine deficiency they are closely linked with peri menopausal symptoms – not really surprisingly as I often see iodine deficiency; sub

clinical thyroid; adrenal fatigue and fluctuating oestrogen levels impacting on this period of your life

Iodine is also believed to act as an anti-oxidant, anti-inflammatory, apoptotic, antiviral, and antibacterial agent.

The recommended daily intake (RDI) is 150 mcg per day. This amount should meet the needs of 97–98% of all healthy adults. Pregnant woman need 200 mcg daily and lactating women need 290 mcg daily

The sea-foods below are excellent sources of iodine

Seaweed: Kombu, kelp, dashi, wakame, nori, dulse, hikiki, bladderwrack

Sea veggies: samphire, sea lettuce, irish moss, agar agar, arane

Algae: spirulina, chorella, seagreens and blue-green algae

Fish: tuna, cod, haddock, Atlantic halibut, pollack **Sea Salt:** Iodinated

Important to remember: Protect the planet!

[Fish in season during August in the UK:](#) cod, coley, crab, dab, dover sole, grey mullet, haddock, halibut, herring, langoustine, lemon sole, mackerel, monkfish, pilchard, plaice, pollack, prawns, red mullet, salmon, sardines, scallops (queen), sea bass (wild), sea bream, sea trout, shrimp, squid, whelks: (eattheseasons.org.uk)

[Download this pdf to ensure you buy happy and healthy fish](#) (mscuk.org goodfishguide.org UK)

Or look at this list of guides from WWF Make better seafood choices

Or watch this video if you are USA based to help you [MontereyBayAquarium Seafood watch](#).

Associated words: Iodine deficiency, seaside, can your physical or emotional symptoms be associated with your food choices/iodine deficiency; eat seasonally, plant based, seaweeds, sea vegetables, sea algae, iodinated salt, fish, shellfish, toxic load, organic, healthy,

References: Iodine:

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