

FULLMOON - SEPTEMBER 14

Pisces • Liver Meridian • Anger

The next Full Moon on Saturday 14 September, will be in Pisces which rules the Liver meridian. Liver relates to anger. By working with this influence of the moon, it gives an opportunity to shed old patterns of reacting. You can clear and heal this energy circuit to give yourself a brighter future.

As the full moon approaches, the symptoms of an out of balance liver meridian, get stronger.

Follow the recommendations to reduce the symptoms and balance the meridian for a whole body healing effect.

Symptoms:

- tiredness
- foot pain
- tightness in chest or between shoulder
- nausea or indigestion
- irritability or short temper
- eye problems

Food Tips:

- eat sour foods and homemade yogurt
- drink Grapefruit juice or warm lemon water
- Recipe for liver - blend 1 grapefruit, 2 oranges, 1 lime(or lemon), a handful of shelled raw sunflower seeds, add honey to taste.
- Casserole - combine in a baking pan 1 bunch of beets (3-5), 1 lb. (400g) carrots, 2 bunches scallions, 3 cloves of fresh chopped garlic, 1 cube butter, tamari, black pepper, 1 lb. grated cheese (goat is best), and cook in oven. Add cheese at the end to avoid burning.
- Avoid or moderate sweets.
- A juice blend of beet/carrot/celery juice

Yoga Tips:

- All exercises for abdominal area, like stretch pose.

Kundalini yoga set: for personality, nerves, and perception

1. Rock pose, arms in front, parallel to ground, lean back 30°, look straight and do not blink, breathe normally for 3-31 minutes (longer times better)
2. Sitting, bend left leg hold with arms, right leg out straight and lift 60°, look straight and keep spine straight, LDB (long deep breath) for 2 min., Then switch legs for another 2 minutes.
3. Both legs extended, palms on ground by hips, lift up on palms and heels, normal breath 3 min.
4. Remain with both legs extended with palms together overhead, stretch up high, arms hugging the ears, breathe normal for 1-2 minutes then completely relax on back for 5-10 minutes.

The Divine Human School

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