

Moon in Cancer

The moon has entered the watery sign of Cancer. With deep sensitivity and compassion, Cancer reminds us to be gentle and kind toward ourselves and others.



1. Relax your body and close your eyes. Place both hands over your heart to feel the loving energy there.
 2. Visualize that you are sitting comfortably on a warm beach at sunset. You are enjoying the peace and beauty of this moment. As you glance to your left, you see a crab crawling out of the water and approaching you.
 3. Cancer's animal totem shows you how to be both warm and soft within, and strong and safe on the outside. Like the protective shell of a crab, you begin to send the light within your heart to the space around you. You create a beautiful globe of light that encases you on all sides.
 4. The tide begins to rise and cold waves start washing up on the sand next to you. These ocean waves represent the emotions that you feel all around you, from others, from yourself, and from the world.
 5. But the wise crab reminds you that you are protected within your globe of light. You take a deep breath and strengthen the shell around you. You feel the warmth in your heart growing stronger, brighter, and bigger.
 6. No matter what emotions the ocean washes up, you have an impenetrable compassion in your heart.
 7. The wise crab begins to crawl back into the sea, leaving you with its timeless wisdom and grace.
- The watery energy of Cancer emanates from the moon and shines gloriously onto your heart. Within, you feel safe and full of love.