



Aligned Heart Wellness

Saturday 23rd August 6:06pm



New Moon in Virgo Ritual

This energy is about starting fresh with clarity, devotion, and courage - refining your life and stepping into your role as a heart-centered leader of your own destiny.

New Moon in Virgo & Regulus Energetics

The New Moon in Virgo Energy

Virgo is an earth sign ruled by Mercury, and under a New Moon, its qualities are magnified in a fresh, fertile way. This is an energy of:

- **Practical beginnings** - planting seeds around health, wellness, daily rituals, and self-improvement.
- **Refinement and discernment** - Virgo helps us clear clutter (physical, mental, emotional), so what remains feels pure and aligned.
- **Embodiment** - Virgo grounds us into our body, reminding us healing happens in the little consistent things: the food we eat, how we rest, and the energy we allow into our space.

A Virgo New Moon feels like a cosmic 'reset button' - perfect for cleansing and reorganizing so your life supports who you are becoming.

Regulus Influence

Regulus is one of the four Royal Stars, sometimes called the 'Heart of the Lion' because of its placement in the Leo constellation. It carries:

- **Courage and sovereignty** - energy of self-leadership, standing tall in your own truth.
- **Heart power** - unlike egoic authority, Regulus strengthens you when you lead with love, generosity, and integrity.
- **Destiny themes** - being aligned with your higher path, stepping into a role of service or leadership that feels divinely guided.

When combined with Virgo's earthy practicality, Regulus reminds you that true mastery is built not only on confidence but also on humble devotion to the details.

The Combined Energy: Virgo + Regulus

• **Healing Leadership:** Virgo clears and purifies; Regulus strengthens and emboldens. Together, they invite you to embody a leader who heals by example — not by perfection, but through authenticity.

- **Grounded Courage:** Virgo roots your intentions in daily actions, while Regulus ensures those actions are infused with heart and vision.

- **Sacred Service:** Virgo asks how you can be of service in practical ways, and Regulus elevates this into a soul mission — service with dignity, grace, and love.

- **Balance of Humility & Sovereignty:** Virgo humbles us, reminding us of our imperfections. Regulus crowns us, reminding us we are still royal at heart. The alchemy of the two is the wisdom to be both grounded and radiant.

New Moon in Virgo Ritual

Creating the Moment

- Create a clean and sacred space — tidy your altar, light a candle, and place a bowl of pure water or herbs.
- Gather items that resonate with Virgo's healing energy: lavender, rosemary, clear quartz, or green aventurine.
 - Have a journal and pen ready to write your intentions.
- Include something golden to honor Regulus' royal influence.

Begin your Ritual

1. Grounding: Sit comfortably, close your eyes, and take several deep breaths. Imagine roots growing from your body deep into the Earth, anchoring you in stability.
2. Invocation: Say aloud: "I call upon the energies of Virgo and Regulus. May this New Moon bless me with clarity, healing, and heart-led courage."
3. Cleansing: Wash your hands in the bowl of water, symbolically releasing old habits, worries, and patterns that no longer serve.
4. Intention Setting: Write down 3–5 intentions focused on health, daily balance, or self-worth. As you write, visualize Virgo's earthy energy weaving them into your life.
5. Regulus Alignment: Hold your golden item to your heart. Whisper your most courageous intention — the one that feels like stepping into your own leadership. Feel the star's light filling your chest with radiant strength.
6. Closing: Thank Virgo and Regulus. Blow out your candle, knowing the seeds of your intentions are planted and will grow with the waxing moon.

Keep your intentions near your altar, journal, or bedside. Over the next lunar cycle, commit to one small daily practice that supports your Virgo intentions (such as mindful eating, journaling, or decluttering).

Remember: Virgo teaches devotion to the details, while Regulus reminds you to keep your heart brave and open as you walk your path.

Who is *Aligned Heart Wellness?*

We provide Energetic Healing, Heart Alignment Coaching, and healing through Ceremony and Retreats. These offerings focus on holistic wellness, incorporating the energy of the moon, honouring the sun, and respectfully following the natural cycles of Mother Earth.

Our various ceremonies connect individuals to their inner selves, higher power, and authenticity – often involving elements of gratitude, meditation, sound, plant medicine, and ancient wellness rituals.

As do our Holistic Retreats, which create space for emotional and spiritual healing to help reconnect you back to your heart and soul for a more aligned life. Held in peaceful and nurturing locations, where you can enjoy the stillness to hear your own guidance, intuition, and create a deeper understanding with your true-self.



Rebecca Hart

Rebecca creates moments of emotional connection, spiritual grounding, and healing. Her gift lies in holding a nurturing container where others feel safe to soften, to align, and to come home to themselves. She is the heart that gently binds the threads of wellness, soul, and sacred care.



Aligned Hart Wellness

Healing, Retreats & Ceremonies

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