

**Sunday, December 3, 2017**

**What about my creative state and hyper good, when the moon is full?**

**Special lunar moments.**

**Symbolically, it is on the dark side of the force, in our dark side.**

**And besides, many are those, bad lunatics or lunatics, who make the full moon responsible for their mood swings.**

**The popular belief in the influence of this earth satellite on our body and mind dates back thousands of years, and remains alive.**

**Now, if nature is dependent on lunar cycles, why not us? Our body being 80% water and the action of the moon on the tides being demonstrated, common sense invites us to think.**

**From the Full Moon to the New Moon, we are in a decreasing Moon at expiration, in release mood.**

**From the New Moon to the Full Moon, we are in a growing Moon with inspiration, in fill mood.**

**The moon, by its electromagnetic radiation, exerts its attraction on the waters of our body (we are composed of 80% water)**

**If the sea is tidal, tiny interior tides occur in our bodies.**

**The blood, the amniotic fluid and, above all, the cerebrospinal fluid that of our brain, are sensitive to it.**

**But not only: the light of the moon acts at the level of the epiphysis, this gland essential to our daily balance (circadian) watch-sleep.**

**Stimulated sensory sensors, its operation is modified, and our chemistry too: there is an increase in the secretion of ACTH, the hormone of excitation which spreads throughout the body and disrupts sleep.**

**There is also an effect on melatonin, hormone secreted at night.**

**If the moon decreases the production of this hormone, the person will have difficulty sleeping.**

**The electromagnetic radiation of the moon reaches its maximum intensity when it is full.**

**This electromagnetism acts on the electrons contained in our cells and on their energy, having a direct impact on the nervous system.**

**This explains why some sensitive people feel back to the block or very stressed at the time of the full moon ...**

**The moon would also influence the depressive states.**

**In traditional Chinese medicine, it is the subtle energy balance of yin and yang in the body that guarantees our good health.**

**And it is this balance that the full moon comes to disturb.**

**Namely that by stimulating our epiphysis, the full moon also plays a role in triggering hypoglycemia (drop in blood sugar).**

**The fatigue and the feeling of hunger that this entails modify certain behaviors, causing agitation that offsets this chemical disturbance.**

**The full moon is good for your hair by increasing the dilation of the capillaries, hence a better blood circulation and a greater contribution of the nutrients conveyed: amino acids, vitamins, minerals.**

**In order for them to grow faster, you have to cut your hair into a growing moon and during the full moon (when the nutrients migrate, like the sap of the plants, into the hair shaft)**

**Conversely, if they are fine and devitalised, it is better to try to cut them into a waning moon (when nutrients are concentrated in the root). Today, some hairdressers consider these elements.**

**Like biodynamic farmers who rely in part on lunar cycles to cultivate their land, it would be logical for us to take into account the lunar calendar to manage our daily health problems or well-being.**

**This is common sense, as advocated by traditional medicine (Chinese and Ayurvedic)**

**Note in your agenda the days of full moon, and have fun to see the effects on you.**

**Full moons are strongly related to relationships, romance and passion. They are also linked to madness!**

**New moon: starting clap ?**

**When the moon forms a thin crescent in the sky, it is because it is ready for the challenges. .. you can start projects and avoid crashing.**

**First quarter: evaluate**

**This phase is called the rising moon. It takes place about a week after the new moon.**

**Full Moon under high voltage..**

**This is the phase most surrounded by myths and legends of all kinds. At this time, the Moon feels heavy, as bloated as when you come out of a good meal!**

**Last quarter, think..**

**The moon decreases about 7 days after the full moon.**

**Have there been any clashes? If so, it's time to see how things work.**

**Meditate on mistakes.**

**Because the new moon is conducive to the launch of new projects.**

Posted by [Veronica IN DREAM](#) at 9:12 PM