

# FULLMOON - NOVEMBER 30 2020

## Gemini • Stomach meridian • Emotional Stability

The next full moon on Monday 30 November is in Gemini the twin. It governs the stomach meridian. The stomach works closely with the spleen and the large intestines to protect against illness.

The stomach is the strongest organ so it can take a long time for disease to show up. It is the base for our emotional stability and where you sense emotion. This is a good opportunity to strengthen this meridian to avoid future problems.

### Physical/Mental Symptoms:

An interrupted flow of the stomach meridian.

- digestive problems
- addictive behavior
- stuffy nose/sinusitis
- Depression
- Neck/arm/shoulder pain
- Emotionally feel anxiety
- Burping
- Dry mouth
- Constipation

### Tips:

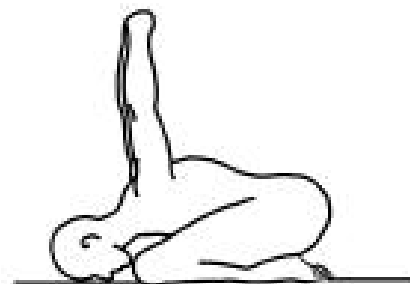
- Eat yellow/orange food like corn, squash, mango, banana, sweet potato, papaya, cantaloupe.
- Wear yellow clothes and carry or wear yellow stones like, amber, citrine, and yellow tourmaline.
- Avoid stress, irregular meals, quick eating, food that is too hot or too cold, coffee, red wine and eating before going to sleep.

### Boost your immune system:

Get the Immune System Booklet with current research to staying healthy. Dozens of topics with downloads, videos, and more.

### Yoga:

- Yoga mudra is an excellent posture for balancing this meridian. 3-11 minutes

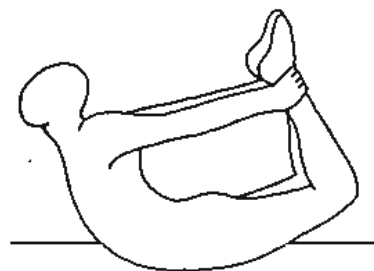


- Mul bandh, root lock.
- Any chanting with HAR at the navel.

- Fish Pose, long deep breathe.



- Bow pose and rocking in bow while chanting SA TA NA MA.



### Online Meditation Series

Fridays 19.00 - 20.00

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### The Divine Human School

- Kundalini Yoga Teacher Training programs
  - Yoga Coaching
  - Workshops

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