

The Moon Moves Through the Body

A Body Astronomy Journey Through the Dissolution Moon

June 27 through July 21, 2026

The Moon is our teacher for this module and she is generous. She does not only illuminate the path from within the pages of The Alchemical Moon. She demonstrates the operation of Dissolution in real time, in the sky above us, night by night.

We begin on June 27 in Sagittarius, in the hips and thighs and liver, already moving toward the waters. And then on June 29 she arrives in Capricorn for the Full Moon. Capricorn rules the bones, the deepest architecture of the body, the structure that holds everything else in place. The sea goat lives between two worlds, sure-footed on the mountain above the waterline, and below, the fish tail, at home in the dissolving deep. There is no more perfect body to receive the Full Moon's light in.

From the Full Moon the light slowly releases. Night by night the Moon wanes, giving herself back to the dark, until the New Moon, when dissolution is complete and something entirely new becomes possible. Then the light begins its return.

This chart follows that arc. Each day names the body region the Moon is moving through in her zodiac journey. These are the places in us she is touching, softening, inviting into the waters.

But the invitation is not simply to know which body part the Moon rules today. It is to bring the waters there. What does it mean to dissolve what we carry in the bones? In the throat? In the heart, the belly, the root? Each region holds something. Some old shape, some long-held tension, some grief or longing that has never quite found its way to the surface. The Moon moves through all of it, slowly, unhurried, asking each part of us in turn to soften.

We do not need to do anything elaborate. A few quiet moments. Water if you have it near you. The question offered for that day. And the willingness to notice what is already dissolving.

Date	Moon Phase	Zodiac Sign	Body Region	Dissolution Pondering
June 27	Waxing Gibbous	Sagittarius	Liver, hips, thighs, sacrum	<i>What have you been carrying in your hips and sacrum? What weight have you been holding in the seat of your body? Let the water find it.</i>
June 28	Waxing Gibbous	Sagittarius	Liver, hips, thighs, sacrum	<i>The liver processes what we take in. What have you been digesting for a long time that is ready to release?</i>
June 29	FULL MOON in Capricorn	Capricorn	Backbone, joints, knees, skin, bones	<i>The Full Moon in Capricorn. The bones remember everything. What structure in you is ready to soften? Let the water find even your deepest architecture.</i>
June 30	Waning Gibbous	Capricorn	Backbone, joints, knees, skin, bones	<i>The light begins to release. The bones are still in the water. What has been holding its shape longer than it needs to?</i>
July 1	Waning Gibbous	Aquarius	Calves, ankles, shins	<i>The waters move down toward the earth. What in you needs to be more firmly released into the ground? What are you ready to let flow?</i>
July 2	Waning Gibbous	Aquarius	Calves, ankles, shins	<i>Ankles carry us between earth and movement. What have you been standing firm in that wants to soften and flow?</i>
July 3	Waning Gibbous	Aquarius	Calves, ankles, shins	<i>The waning continues. What is leaving with the light?</i>

Date	Moon Phase	Zodiac Sign	Body Region	Dissolution Pondering
July 4	Waning Gibbous	Pisces	Feet, toes, pineal gland	<i>Pisces and the feet. The place where we meet the earth, and where the sea begins. Step into the water. What do the feet know that the mind does not?</i>
July 5	Waning Gibbous	Pisces	Feet, toes, pineal gland	<i>The pineal gland, the seat of dreams. What is dissolving in your dream life? What surfaces in the night that cannot find words in the day?</i>
July 6	Last Quarter Moon	Pisces / Aries	Feet / Head, teeth, tongue	<i>The Last Quarter arrives. Half the light is gone. What has dissolved in these first days that you are now noticing?</i>
July 7	Waning Crescent	Aries	Head, teeth, tongue, arteries	<i>What thought, what inner voice, what old story told in your own head, is ready to dissolve?</i>
July 8	Waning Crescent	Aries / Taurus	Head / Neck, throat, vocal cords	<i>Where are you holding what cannot yet be spoken? Let the water soften the throat.</i>
July 9	Waning Crescent	Taurus	Neck, throat, vocal cords, thyroid	<i>What truth has been living in your throat, waiting for the right waters to carry it?</i>
July 10	Waning Crescent	Taurus / Gemini	Neck / Shoulders, arms, lungs	<i>What are the arms releasing? What have the hands been holding that wants to open?</i>
July 11	Waning Crescent	Gemini	Shoulders, arms, hands, lungs	<i>Breathe. What do the lungs know about release that the rest of the body is still learning?</i>
July 12	Waning Crescent	Gemini / Cancer	Lungs / Stomach, breasts, womb	<i>The Moon is nearly dark. Something is very close to complete dissolution.</i>
July 13	Waning Crescent	Cancer	Stomach, breast, womb, ovaries	<i>Cancer, ruled by the Moon herself. What is being held here, in the belly, in the womb of things? What is gestating in the dissolved place?</i>
July 14	NEW MOON	Cancer / Leo	Womb / Heart	<i>The New Moon. The deepest dissolution. Nothing visible. Everything possible. What has gone all the way down?</i>
July 15	Waxing Crescent	Leo	Heart, aorta, blood, circulation	<i>Something begins to rise. The heart knows it first. What is the heart carrying back up from the deep?</i>
July 16	Waxing Crescent	Leo	Heart, aorta, blood, circulation	<i>The light returns slowly. What is circulating now that could not move before the dissolving?</i>
July 17	Waxing Crescent	Leo / Virgo	Heart / Intestines, solar plexus	<i>What is being refined in the digestive waters? What are you beginning to integrate from this journey?</i>
July 18	Waxing Crescent	Virgo	Intestines, pancreas, solar plexus	<i>Virgo discerns and refines. What wisdom is beginning to take shape from what dissolved?</i>
July 19	Waxing Crescent	Virgo / Libra	Solar plexus / Kidneys, veins	<i>The body filtering what it needs to keep. What is clarifying in you?</i>
July 20	First Quarter Moon	Libra	Kidneys, ureter, veins, skin	<i>The First Quarter. Half the light has returned. The kidneys filter and release. What has been released that you can now name?</i>
July 21	First Quarter Moon	Libra / Scorpio	Kidneys / Scorpio's deep waters	<i>We gather. Scorpio rising. The deepest waters of all arriving to meet us. What are you carrying back from the deep that belongs to this circle?</i>