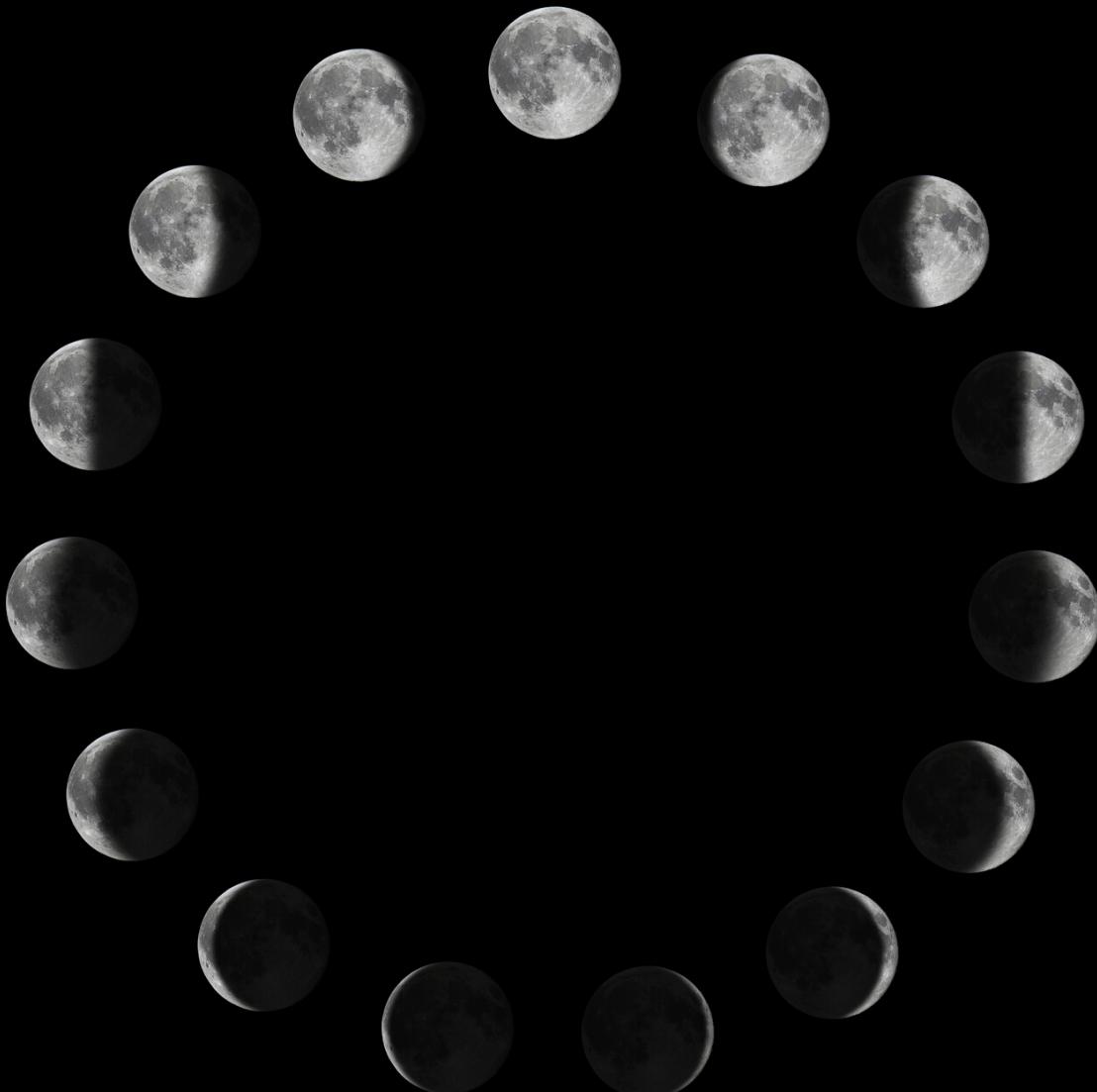




Using the Moon's Phases

Since ancient times, we have used the Moon's energies to help us in our physical and spiritual pursuits. As the planetary body that's physically closest to the Earth, the Moon's waxing and waning energies are especially potent and affect us more than any other astrological element. This guide is a quick reference to each moon phase and how you can best use its energy.



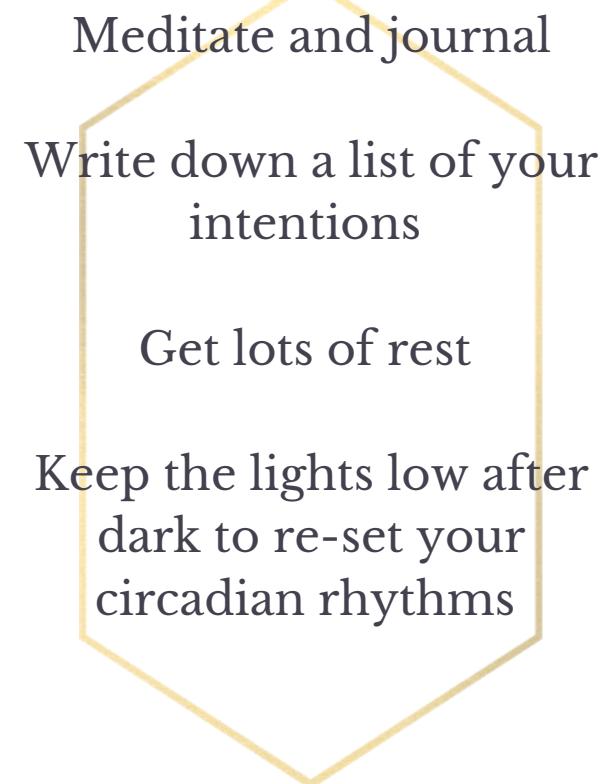


New Moon

The new moon marks the start of the lunar cycle, and is therefore a time of beginnings, perfect for seeding new intentions about what we want to manifest in the coming month. This is a lower-energy phase where action is difficult and rest is encouraged. It's a time to plan, to dream, and to go inwards.

*I listen to my inner guidance.
What do I really want?*

During the new moon our intuition and extrasensory abilities are heightened, so it's important to spend time connecting with yourself and getting enough rest. If you already had intentions in place, it's a good time to re-evaluate them and adjust if necessary. You can best use this energy by giving yourself permission to take a time-out and make sure you're still in alignment with your true purpose, passion and mission.





Waxing Crescent

When the moon begins to wax, the intentions we set during the new moon also start to germinate. The resting phase is over, and we feel a return of our energies and a renewed sense of purpose as the way forward becomes clear. This is a great time to set practical goals that align with your intentions.

What motivates me? What actions can I take towards my goals?

It's time to go public with your renewed intentions and goals. Announce them to a trusted friend or family member who can hold you accountable, and then begin to take measured baby steps. The energy of the waxing moon phase aligns with the archetype of the Maiden Goddess, so it's a good time to channel Her fresh perspective and enthusiasm as you begin a project or explore a new direction.

Consult the tarot or an oracle deck

Write down a list of practical goals for each intention you set

Review your morning ritual if it's no longer motivating you



First Quarter Moon

The moon is halfway to full, and during this phase its attraction energy peaks. We tend to be more social and outgoing, and it feels easier than ever to attract positive people into our lives. During this time we may also start to feel distracted or discouraged from the intentions we set at the new moon.

What am I afraid of? How am I blocking myself from manifesting?

It's a good time to identify any fears, doubts and self-limiting beliefs that keep you from reaching your goals, asking yourself why you might feel as though they're always just out of reach. Since it's a powerful time for attraction, you may find yourself inadvertently manifesting your fears, so it's important to be mindful and aware of them. Use this energy to connect with positive, supportive people in your life who can remind you of your worth and your power.





Waxing Gibbous

During the waxing gibbous moon, we begin to see the results of the intentions we set at the new moon. Though they likely won't manifest in full just yet, we'll start to see noticeable progress towards our goals. The energy is ripe for manifestation, and our powers of attraction are at their peak during this phase.

*What are my dreams telling me?
How can I creatively express myself?*

It's easier than ever to create something amazing, so it's a good time to start a new hobby or explore different ways of expressing yourself creatively. Dreams will be especially vivid at this time, and lucid dreams will be more common as you get a sense of the things you're manifesting. The gibbous phase is typically the time of the harvest, so the energy is perfect for deciding what needs to be released from your life, and what you want to carry forward.

- Acknowledge the progress you've made
- Check in to see if your actions are still aligned with your intentions
- Do something creative to express yourself
- Keep a dream journal



Full Moon

The full moon phase is a time of celebration and gratitude. Typically associated with the harvest, it's a time to give thanks for all the blessings, gifts, wisdom and experience we've received. It's a good time to take another break, this time to celebrate and acknowledge all the things we've accomplished so far.

What am I grateful for? What progress have I already made?

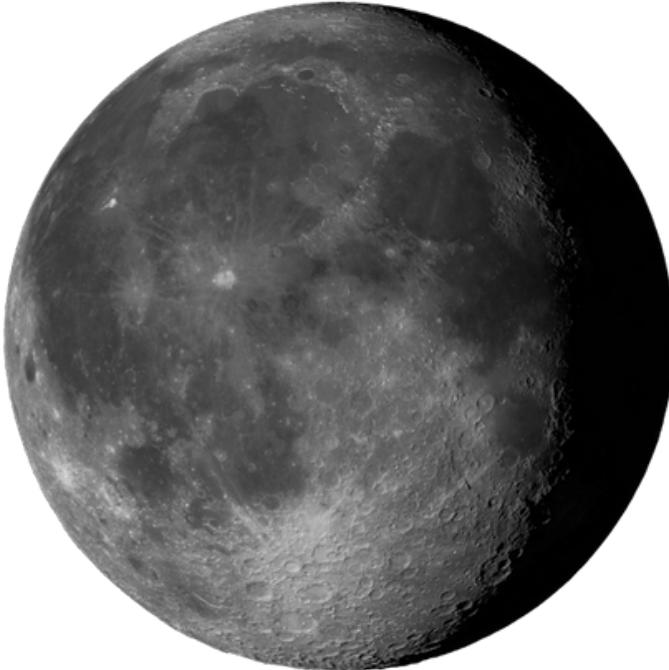
If your intentions are still new then you may only see small changes so far, but honouring them will put you into the mindset of gratitude and supercharge your manifestation energy. You could also feel more emotionally sensitive or even volatile at this time, as insomnia and sleep disturbances are common. Find a safe space in which to release any overwhelming emotions, and pay extra attention to your bedtime rituals, adjusting them if needed to facilitate restful sleep.

Do a releasing ritual to let go of old or stuck emotions

Keep a gratitude journal

Acknowledge your progress, no matter how small

Revise and adjust your bedtime ritual if needed



Waning Gibbous

The waning period is associated with letting go, as the moon's energies begin to decrease and shadows form. During this phase we begin to focus our attention inwards to identify what no longer serves us so that we can mindfully release it. It's a powerful time for shadow work and divination, as our intuition is heightened.

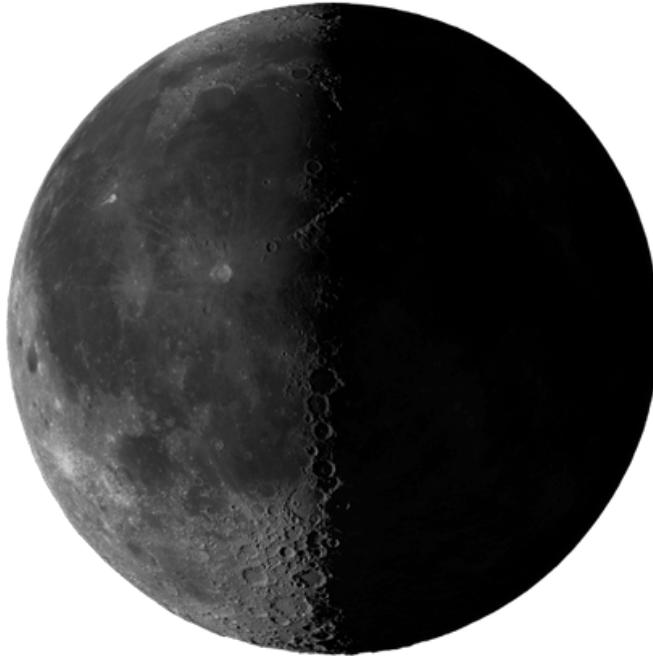
What no longer serves me? What needs to be released in my life?

The inner (rather than the outer) world is in focus now, and this is a period of tremendous potential for enlightenment and spiritual upgrades. If you've been focused on tangible and material goals, now is the time to set them aside and go inwards to set intentions for personal and spiritual growth. It's a time of discernment, as you begin the culling process of deciding what must be released so that new things can emerge in your life.

Pay attention to any emotional triggers and be aware of your response to them

Consult the tarot or an oracle deck for guidance on what needs to be released

Identify any self-limiting beliefs



Last Quarter Moon

During this phase, the moon's releasing energy reaches its peak. It's a good time to confront any obstacles that have been holding you back from manifesting your intentions, and to release the things that are no longer needed: giving up bad habits, ending toxic relationships, communicating boundaries, etc.

How can I unburden myself? In what ways can I be more forgiving?

It's a good time to let go of grudges and get closure by speaking openly and honestly to anyone you may have unresolved issues with. The energy is supportive for forgiveness, prompting you to unburden yourself of any lingering shame you may feel about certain situations you've struggled to release. Remind yourself that you did the best you could with what you had at the time, and that feeling guilty over past actions is actually a sign of growth and maturity.

- Have an honest conversation with anyone you have unresolved issues with
- Let go of any bad habits
- Do a banishing ritual
- Write a list of the things you like about yourself



Waning Crescent

The waning crescent phase marks the end of the lunar cycle. It's a time of rest and surrender where no more planning or action is required. This requires us to trust in the process, to have faith that the steps we've taken and the seeds we've planted over the past lunar cycle are germinating and there's nothing more we can do to help them along.

I am more than just my output. I give myself permission to rest and be still.

It's a good time to use what's left of the moon's energy for cleansing and purification to prepare for the next lunar cycle. During this phase, you may feel prompted to let your mind become still and just be. If you do feel like you need to take action on something, use the energy to declutter and sage your space to release any stuck energies and make room for the new cycle. Get lots of rest and try to release yourself from the pressure of having to always be doing something.

Purify your home with sage or a cleansing incense blend

Clean and declutter your space

Get lots of rest

Meditate and practice the art of just being