

# MOON PHASE GUIDE

The moon's energies are undoubtedly intertwined with our own life cycles, even when we don't realize it! Working in tandem with this lunar ebb and flow can guide us through the more difficult aspects of change, help us process our emotions, and strengthen our intuition. May this guide help you better understand the moon phases and inspire you to incorporate these energies into your own daily spiritual practices!

## NEW MOON

The darkness denotes the beginning, an instinct for birthing. At this phase, the energy builds in strength and intensity. It is the ideal time for you to set clear intentions and goals and start new projects or new ideas. One can simply write it down, or let the universe know your goals and desires. The energy is greatly expanded when you create a ceremony or personal meditation, stating your desires with utmost enthusiasm.

## WAXING CRESCENT

At this stage, there is forward motion and a hope for something more to come. There is a gush of energy and a forward moving strength that you can utilize. Moreover, plans, dreams, and ideas are growing and it is at this time that you can identify your focus for growth and commitment. It is an excellent time to enact on the intentions that you set on the new moon. It is a time to be positive, motivated and take action. There is an energy expansion that supports new ideas and even the meeting of new people in your life.

## FIRST QUARTER (HALF MOON)

This phase symbolizes a period of strength, determination, focus, decision-making or re-evaluation, and commitment to action. Lovingly meet any fears, doubts, or emotions that may arise. Spend some time exploring and processing these attitudes and face them with soothing assurance and sound logic. Emotional energy can be utilized as creative passion that helps you achieve tasks and finish goals.

## WAXING GIBBOUS

At this phase, there are buds preparing to bloom. This indicates a developmental stage where ideas and plans can be cultivated and refined before the next stage. It represents gaining and attaining, nearing the peak of understanding and possibility. It can be applied to what you wish to gain and develop, such as wisdom, goals, prosperity, skills, etc.

## FULL MOON

The seed is at full bloom. This represents fertility, transformation, completion and abundance. This period is called 'waning' because there is diminishing energy. It is an ideal time to let go of that which doesn't support your higher purpose. It could be anything from relationships and jobs, to patterns of behavior and thinking.

It is a time for guidance, healing, and magic. This phase can be perfect for recharging your yin energy. Sit outside and bask in the moonlight. Crystals, oracle cards, and other meaningful items like jewelry can be exposed to the moon to cleanse and charge with the moon's power.

The full moon may sometimes include tension, polarity, and intense thoughts and emotional behavior. Recenter by putting your thoughts on paper and performing a releasing ceremony.

## WANING GIBBOUS

After maximum illumination, the light gradually decreases. As the moon appears to be getting smaller, it is a good time to breathe out, and give yourself some time to think about what has passed with the full moon. This is also known as a dissemination moon, which brings about energy for better communication, revelation and completion. Intensities are settling and this may feel like a period of rest, processing, and accepting circumstances.

## THIRD QUARTER (DISSEMINATING)

At this time, the seeds planted were grown and harvests reaped. It is the point where you stop, contemplate, introspect, reflect & re-evaluate for the future. There is a sense of thinking about what has been accomplished, and shedding old thoughts and energy for good in preparation for another beginning. This allows you to focus and have a higher universal perspective. This allows creativity and growth for the next stage of goals and new intentions.

## WANING CRESCENT

At this phase, the moon is just slightly illuminated and decreases until the light is completely gone, reforming a new moon. It is the end of an old cycle, and the approaching start of a new one. It is a time of patience, healing, and tying loose ends. Think things over and contemplate what you would like to let go of and what you would like to grow in the next lunar cycle. Surrender and trust in the power of endings and new beginnings.