

# *Moon Map*

## MOON PHASE GUIDE

*design your life with the power of the Moon*



[WWW.JODIEHARVALA.COM](http://WWW.JODIEHARVALA.COM)



*inner-reflection · embrace your shadow  
nurture yourself · be mindful*

The waning moon is when the illuminated part of the moon gets smaller. It happens immediately following the full moon. This phase is best for rest and recovery while honoring the work you have done. Be gentle with yourself and sit your ass down when necessary.



*waning moon*

*cleansing · release · karma  
reviewing goals · heightened emotions*

The full moon is when the moon is 100% illuminated. This cycle is an intense time and is often quite emotional and stressful.

Yet, this IS a positive time as well, full of abundance and clarity. You might not always like what you see, but the moon will make sure you see it clearly.



*new moon*

*fertility · creativity · setting intentions  
extra energy · manifestation*

The new moon is synonymous with a fresh start. During this phase, the moon is at 0% illumination, often called "the dark side of the moon". This phase is best for setting intentions and is the most creative and fertile time of the cycle.



*waxing moon*

*listen to your intuition · release fear  
surrender to the universe*

The waxing moon is when the illuminated part of the moon grows larger. You'll notice your energy increasing, making this phase a great one for getting shit done. Put your extra spryness to work for you by finding creative solutions to obstacles in your way.



*full moon*

**JODIE HARVALA**  
*psychic medium*  
WWW.JODIEHARVALA.COM



# NEW MOON

## **KEYWORDS:**

NEW BEGINNINGS - FRESH STARTS  
CREATIVITY - FERTILITY - MANIFESTING

## **HOW TO HARNESS THE ENERGY:**

JOURNALING - CREATING A VISION BOARD -  
MEETING NEW PEOPLE - SETTING GOALS  
AND INTENTIONS - SEEKING NEW  
OPPORTUNITIES - TRYING NEW HOBBIES -  
ESTABLISH NEW ROUTINES

# FULL MOON

## **KEYWORDS:**

CLEANSING - RELEASE- KARMA - EMOTIONS  
CLARITY - GROWTH

## **HOW TO HARNESS THE ENERGY:**

JOURNAL AND BURN OR OTHER RELEASING  
RITUALS - LETTING GO OF BAD HABITS -  
LEAVING TOXIC RELATIONSHIPS -  
HONORING YOUR EMOTIONS

# WAXING MOON

## **KEYWORDS:**

INTUITION - EMPATHY- SURRENDER  
FLUIDITY - GO WITH THE FLOW

## **HOW TO HARNESS THE ENERGY:**

PLANNING - MEDITATING ON YOUR  
DESIRES - TAKING STRATEGIC ACTION -  
STREAMLING THE EXCESS IN YOUR LIFE -  
RECITING PERSONAL MANTRAS

# WANING MOON

## **KEYWORDS:**

REFLECTION - SELF-CARE - REST -  
GRATITUDE

## **HOW TO HARNESS THE ENERGY:**

REVISITING INTENTIONS - CREATING A  
GRATITUDE LIST - CLEANING HOUSE  
(PHYSICALLY AND SPIRITUALLY) - BATHING  
RITUALS - HONORING THE UNIVERSE