MOON PHASE GUIDE

design your life with the power of the Moon

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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.



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.



waning moon

cleansing · release · karma reviewing goals · heightened emotions

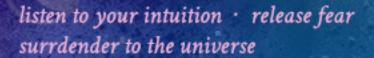
The full moon is when the moon is 100% illuminated. This cycle is an intense time and is often quite emotional and stressful. Yet, this IS a positive time as well, full of abundance and clarity. You might not always like what you see, but the moon will make sure you see it clearly.



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waxing moon



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

NEW MOON

KEYWORDS:

NEW BEGINNINGS - FRESH STARTS CREATIVITY - FERTILITY - MANIFESTING

HOW TO HARNESS THE ENERGY:

JOURNALING - CREATING A VISION BOARD - PLANNING - MEDITATING ON YOUR MEETING NEW PEOPLE - SETTING GOALS AND INTENTIONS - SEEKING NEW OPPORTUNITIES - TRYING NEW HOBBIES - RECITING PERSONAL MANTRAS ESTABLISH NEW ROUTINES

WAXING MOON

KEYWORDS:

INTUITION - EMPATHY- SURRENDER FLUIDITY - GO WITH THE FLOW

HOW TO HARNESS THE ENERGY:

DESIRES - TAKING STRATEGIC ACTION -STREAMLING THE EXCESS IN YOUR LIFE -

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

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

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