



# THE MOON

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The moon's orbit around the sun takes approx 28 days, which is the length of a lunar month.

During this orbit, the moon's changing position relative to the earth and the sun causes different parts of its surface to be illuminated resulting in

the different phases of the moon. Humans are more affected by the moon than we let ourselves realise. Women, especially. If we live away from artificial light, our cycle syncs with the moon!

Understanding the moon and honouring each phase makes it easier for us to understand ourselves and go with the natural flow of things

The cycles of the moon have historically been regarded as a sort of compass for self-reflection reminding us of our own rhythms.



# 5 MOST IMPORTANT PHASES OF THE MOON

## NEW MOON

It's when you can see the very first sliver of light in the sky. This phase promotes new beginnings, new endeavours and new relationships. It is a time to make positive changes, looking for fresh career opportunities, and planting seeds of ideas to harvest later.

## WAXING MOON

In this phase the moon appears to be growing in size, shifting from new to full as though it's gaining strength. This time is good for increasing things of your own, your knowledge, your bank account, relationships, increase communications. This phase promotes healing.

## FULL MOON

The moon's most powerful phase. This is a time of fulfillment activity, increased psychic ability, for perfecting ideas, getting your act together. The best time for rituals.

# THE PHASES OF THE MOON

## WANING MOON

The moon is decreasing in size as it journeys from full to dark. The waning moon is a time of decrease, release, letting go and completion. An excellent time to begin dieting, breaking bad habits, breaking off relationships or dealing with legal matters.

## DARK MOON

The two or three days when the moon is not visible in the sky at all. The dark moon and the new moon are often considered the same phase but its a good time for discarding things in your life you do not want, contemplating what you have already accomplished and what you want to accomplish in the future. An excellent cycle to find time for yourself and for alone time.

# MOON RITUALS

Moon rituals are an ancient and sacred practice that originated in Egypt, Babylonia, India, and China where moon worship was a part of the culture. The phases of the moon influence the growth or decline of plants, animals, and human life. So, basking in the moonlight was seen as a sacred and necessary part of every cycle. Today, moon ritual carries just as much sacredness and brings a beautifully primal practice into the modern world. It's something we desperately need in our always-looking-at-a-screen way of life, and when life itself is often filled with challenges, heartbreak, and despair. The beautiful thing about rituals, especially those related to the moon, is that they invite you to get quiet. They ask you to plant seeds of intention, and be one with the energy of our environment. Free from distractions. And while there are 8 phases of the moon, the most potent phases are the new moon and the full moon.

# A NEW MOON RITUAL

The new moon is a blank page, a fresh start, a moment to turn inward and consider what we want to call into our lives and what we need to let go of. It's indeed a time for rest and reflection, so the perfect ritual would be in the comfort of your own home

1. **Set the environment**, burn sage, light a candle, turn on soothing music, and clear energy. And keep a few pieces of paper and a pen on hand for writing.
  2. **Conjure a connection** to a higher power/nature.
  3. **Sit comfortably and write** down the things in your life you either wish to call in. Consider what you want to call into your life. This could be a job opportunity, a relationship, more financial abundance, an adventure—you name it
  4. **Declare**.The next step is to read your desires out loud. Speaking them aloud plays a crucial role in bringing them to life. You may notice that they evoke even more emotion when spoken, and that feeling is essential to manifestation.
  5. **Meditate and complete**.Now that you've let go and made space for what you truly desire, sit quietly for a three minutes, follow your breath, and visualize your desires coming to fruition. Set the intention to stay open to these elements and experiences entering your life, and any other growth opportunities you may need along the way.
- \*You can either do this ritual solo or invite your soul sisters to join you. While doing it alone is beautiful, there is also something compelling about being heard and held by the ladies you love, so that they, too, can hold your desires for you—and vice versa.

# A FULL MOON RITUAL

When the full moon arrives, it's time to create space to take stock of what has and hasn't come to fruition just yet. A full moon ritual is a time to reflect and celebrate. Unlike the new moon, the full moon represents fruitfulness and completeness and brings with it a lot of energy.

1. **Be calm.** Since there is likely quite a bit of energy present, it's best to find a way to bring calmness into your space, so that you can harness the energy to your benefit. Take a few cleansing breaths, sage your space, and chill.
2. **Write it out.** Take a moment to reflect on the past few weeks. What has happened? Where are the successes? What was hard? What didn't happen? Where do you see opportunities for growth and expansion? What were you inspired by?
3. **Release and Declare.** Once you've clarified what's come to fruition and what hasn't, it's time to write down and release what is getting in the way of the experiences that haven't arrived yet, BLOCKS, write them down. They can be your own behaviour and thought-patterns or frustrations, a relationship that is blocking you or something else. You can either ceremonially flush these "written barriers or blocks" down the toilet or burn them in a fire-safe vessel.
4. **Take a moon bath.** If you can, get outside and let the moonlight touch your skin. Just like our bodies need the Vitamin D from sunlight, we also benefit from moonlight. It's said to help reduce inflammation and known support our menstrual cycles.
5. **Dance it out.** Whether you're celebrating or still calling in your dreams, dance to your favorite music to move any stagnant energy out of your body and bring more lightness and joy inside.