

Rainey's Moon Phase Intention Setting Guidance

Moon phases follow the different points in the moon's orbit around our Earth. Moon phases are very powerful. The Moon creates a rhythm that guides everything on our planet.

The Moon impacts our tides and light. The Moon's lunar rhythms are essential to animal migrations. Animals use the Moon as their compass such as the spawning of corals are triggered by the moon.

Believe it or not, the Moon has more control over our lives than you realize: human mental and physical health! The word lunacy is derived from the Latin word *lunaticus*, meaning 'moonstruck'. Our sleep can be influenced by each Moon Phase and even alters our moods and emotions. The Moon is vital to our planet by moderating the Earth's wobble on its axis that stabilizes our climates. The Moon plays a big role in the magnetic field and is the reason we have 24 hours in a day. The Moon serves as a literal shield that protects the atmosphere from Solar winds. The Moon is responsible for stabilizing the Earth's rotation and tilt!

Gravity is an important dance between the Moon, the Sun, and Earth as this rhythmic force that creates the tides of the oceans. The Moon's gravitational pull helps catapult our exploration to space making launches of our various spaceships and satellites possible.

You can use the moon to set 'Intentions' to live your best life, when used properly. I call it "***Moon Mapping***" whereby you set a specific 'Intention' that follows with the description of each Moon Phase. Using the Moon's energy provides you with a blueprint for setting your intentions, so that you can manifest and reach your life's goals.

New Moon is symbolic of stillness, quiet time, going within, marks the phase of time before something begins: your dreams and desires. Make new plans, wishes, and dreams...set them in motion. Harness the Energy and make it work for you during this new cycle of light. Set your intentions and launch new ideas.

- ***Harness the Energy:*** *New beginnings and fresh starts, what do you want to manifest.*

Waxing Crescent Moon is partially illuminated and represents the progress and expansion of your dreams and desires, focus on the feeling and that they will come to fruition, without being tied to the outcome, knowing the Universe will always deliver for your highest and greatest good. Time to take 'Inspired Action' and strengthen your resolve.

- ***Harness the Energy:*** *You know what you want to manifest, it's time to work towards those Intentions, meditate on your desires.*

First Quarter Moon is in the shadow, and this phase is linked to decision-making, moving forward, taking action, determining which direction to take from the proverbial fork in the road and committing to the path ahead. This phase is all about putting the past behind, seeking individuality, and taking the initial action to achieve your goals. This new phase will lay a secure foundation to develop and grow your abilities.



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- **Harness the Energy:** *Now is the time to take that 'Inspired Action' by using the momentum and overcoming any resistance, fine-tune and edit your 'Intention'.*

Waxing Gibbous Moon is half illuminated and getting brighter, creating a practice, sticking to it, and refining your dreams and desires. Waxing and Waning mean something is coming or going, increasing, or decreasing, or expanding or contracting. The Gibbous Moon is the final phase before total fullness and is a powerful manifesting phase.

- **Harness the Energy:** *Assess and measure and refine your 'Intention' that you set, look inwards and figure out what in our life is not working for our highest good? Create positive daily affirmations to your Rituals and allow the 'Intention' to evolve.*

Full Moons are completely illuminated and is the symbol of completion, the realization of your dreams and desires with clarity, it is time to celebrate your growth and development, celebrate the progress you've made and reflect how far you've come! This phase is a great time for manifestation and self-discovery inviting you to take a minute and reflect on what's working and what is not. The Full Moon illuminates all that you are ready to see.

- **Harness the Energy:** *Your 'Intentions' are being ILLUMINATED allowing you to SEE situations and relationships from a different perspective. Use this Moon Phase to let go and release all that no longer serves your mission! Time to quite those bad habits, leave situations that are not for your highest good. It is time to go inward and focus on healing. This is the perfect time to recharge your crystals, make Moon Water for use in future rituals. Take a Spiritual bath to clear your energy, so that you can flow within the Universe...it is a time to evolve and grow, get back on path, and live your life's purpose!*

Waning Gibbous Moon is partially illuminated and is decreasing in size representing a time of reflection, maintaining a state of gratitude, a time to remove all that no longer serves you by purging and decluttering not only your mind, but your physical space. Let go of people and things that do not serve your highest and best and allows you to start again with a clear mind, with fresh insight, new ways of doing things, following your path, and living with a renewed purpose.

- **Harness the Energy:** *Look how far you've come. It is time to evaluate your 'Intentions', to include revising and refining what you set during the New Moon. This is an opportune time to show gratitude and sit in your newfound POWER!*

Third Quarter Moon is what we have seen half illuminated, but the opposite side in the first quarter and is associated with self-love and forgiveness. This is a time to go within, so that you can see the bigger picture and life from a different perspective, where unconscious becomes clearer providing you with Universal lessons and opening the door for limitless opportunities.

- **Harness the Energy:** *Great time for purging! The great purge, cleaning out what is no longer serving our greatest and highest good: material items, destructive relationships, and those limiting beliefs that*



keep us paralyzed. Time to not cut but pull out those energy cords that is keeping you in a perpetual loop and pull out all those energetic cords from past, present, future, and any contracts that are not of your highest good!

Give your Mind, Body & Spirit a face lift through clearing your Sacred Space and starting to live your Psychic Blueprint through Rainey's 10- Spiritual Tents! Time to start implementing and integrating these rituals into your daily life, start your Spiritual Practice!

Waning Crescent Moon is where the moon's brightness is dimming and is associated with surrender, connect with nature to guide you through the ever-changing cycles that exist. Great for setting 'Intentions', initiating action, and connecting powerfully with your desires and dreams. This is the pause you need, the pause you take before you inhale, a great time of truth of what you really want in your life, plant the seeds of your life's purpose.

- **Harness the Energy:** *This is the time for new cycles to begin and a time of reflection. Before you start the next phase Intentions, rest, and focus on the new journey ahead. Look back at this month's Moon Mapping. Look back on the Lunar cycle and what didn't work, refine it, and reinvigorate it. Time to learn those lessons that the Universe has been signaling during this month's Moon phase, so that bigger and better energies are ushered in. The Moon's energy has provided lessons that need attention, do not skip a step, there are no shortcuts. It is the end of the Moon cycle; therefore, clear your space and take a Spiritual bath, letting go of ALL that you have learned that is no longer working. As the water drains, feel all that weight that your Mind, Body & Spirit is shedding.*

Because...you're about to start a NEW lunar journey all over again, how are you going to use this opportunity?

