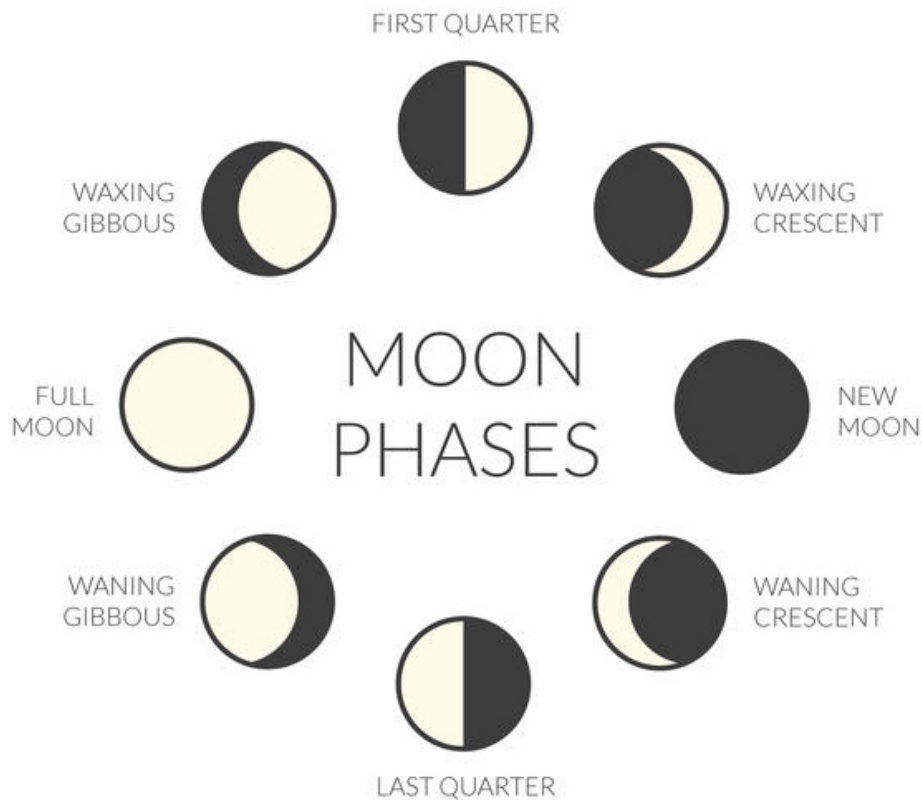


Lunar Cycles – A Sacred Connection

Sisters of the Moon

The Moon represents a powerful feminine energy. It signifies wisdom, intuition, birth, death, reincarnation, and spiritual connection. Moon cycles are similar to the cycle of a seed: the seedling sprouts, begins to bud, the flower blooms, and then dies. Once we are attuned to the Moon, we can activate her innate powers and embody her natural qualities of fluidity, creativity, femininity, and change. The moon also represents our deepest personal needs. We can use the knowledge and energy of the Moon's cycle to better connect to ourselves. Each phase of the Moon's cycle has a unique visual characteristic and spiritual meaning. Her cyclical course also signifies the rhythm of life within us. As the closest astronomical body to us, the Moon has a powerful influence on us as spiritual bodies. The Full Moon offers the most profound energies that we can absorb, while the New Moon is the next most powerful energies. One way to connect to each moon phase and its influence is to use the Moon's energy to help set our intentions and clear negativity. Moon phases show us how the Moon affects the ebbs and flow of our entire existence. Aligning with the Moon phases, allows us to activate her instinctive strengths and embody her uniquely influential elements.



Lunar Cycles – A Sacred Connection

The Lunar Phases & Significances

The Lunar cycle is 29.5 days and it represents a full life-cycle, and the character of our dear Moon Mother is highlighted with each of her phases. Each phase of the Moon has a different meaning and rhythm to the body – each phase allows connection with a different energy within her cycle. Setting specific intentions with each phase of the moon creates an opportunity to live intentionally, allowing you to bring meaningfully deep transformations into your life. The moon is constantly changing, gently teaching us that change is not something to fear but rather to embrace. As she grows, she invites in new energy and opportunities. As she wanes and moves into darkness, she releases her shadows. Living in tune with the moon is a powerful way to connect with the energy of the Divine and Mother Nature, and connecting with your inner moon goddess allows for deep transformation and creativity.

Intention Setting

Setting intentions can be difficult, but there are a few things to consider that will make the process easier. It must be something you deeply care about; for example, setting the intention to make more money will not ignite your willpower, however saying you would like to find a career you are passionate about and enjoy would be motivating. Another thing to keep in mind is that the intention must be personal; you cannot set an intention that is outside of yourself. Lastly, you must live as if your intention already exists. Using I am statements, transform the way you think and feel, rather than I will or I want to be.

New Moon

When the Moon is positioned between the Earth and Sun so it cannot be seen. This moon phase signifies new beginnings, a time for vitality, expression and release of energy. Set a new moon intention that supports your overall expansion. You could consider beginning a new practice or creating a new moon ritual to give energy to your intention.

Waxing Crescent Moon

'Waxing' means the Moon's illumination is growing, and 'Crescent' means less than half of the Moon is illuminated. This moon phase signifies intention. By the crescent moon, you have patterned your mind to think of your intention as already coming to life. During the crescent moon phase, begin to feel as though your intention has manifested. Feel the emotions associated with your intention filling your body. Create I am statements that embody the emotions you feel from acting as though your intention has been brought to life. It may be something as simple as I am grateful or I am happy.

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First Quarter Moon

Exactly half of the Moon is illuminated and the other half is shadowed. This particular moon cycle signifies decision-making. It is at this phase you want to accelerate your intention. What can you do to take action to support your intention? This is the most powerful time to be proactive and physically create your intention in the world. Transform your original I am statement into one that motivates you each morning to take action and use your power to create all that you imagined. I am motivated to create optimum health or I am able to create anything I desire and imagine; may both be useful mantras for your chosen intention.

Waxing Gibbous Moon

'Waxing' means the Moon's illumination is growing, and 'Gibbous' means more than half of the Moon is illuminated. This moon phase signifies refinement. This is the moon phase where you have to surrender to the Universe. You have the power to create anything you desire in your life; however, the Universe will guide you when you are holding onto longings that are not in your best interest. This is this time that you may realize your intention is coming to fruition in a way that was different from what you had envisioned, and that is okay. During this time, you must open yourself to the possibility of what the Universe has in store for you, because it will work out for your highest good. Use an I Am statement that allows you to surrender, such as I am open to receiving guidance from the Universe.

Full Moon

The Sun illuminates the entire moon. This particular moon cycle signifies release and the sealing of intentions; the full moon is the time to release what no longer serves you. It is a time for silence, introspection, solitude and the support of sacred sisterhood. Throughout the different phases within the moon cycle, you might have noticed old habits, beliefs or patterns that were blocking your ability to fully embody your intentions, and the full moon gives you the chance to release those old ways and come face to face with the underlying issues so you no longer hold onto them. Have a full moon ritual and release those tendencies so you can continue to move forward towards the life that you desire. Create an I am statement that encourages you to heal from past wounds and accept that they no longer serve you, such as I am healed from past traumas or I am releasing the false beliefs instilled in me from my family and friends.

Lunar Cycles – A Sacred Connection

Waning Gibbous

'Waning' refers to the decreasing of the Moon's illumination, and 'Gibbous' means more than half of Moon is illuminated. This moon phase signifies gratitude. During this moon phase, as you come face to face with your shadows that have held you back, address them with an open heart. Do not shy away from any emotions, negative behaviors or thoughts that arise, but rather welcome them, thank them for trying to protect you all these years, and use them as an opportunity to learn and grow. Express gratitude that you are realizing how past experiences, beliefs and habits have influenced your life up to this point. Make I am statements that shows gratitude for the experiences, such as I am learning from my experiences and transforming into a new way of thinking or I am forgiving and releasing...

Third Quarter

Exactly half of the Moon is illuminated and the other half is shadowed. We will see the opposite side than the First Quarter Moon. This moon phase signifies forgiveness. At the third quarter moon, you have taken action to create your intention and to remove any obstacles that were in your way. At this point, you should have made progress in bringing your intention to life. You might notice your intention is coming to life slowly, but surely, possibly in a way different that you initially thought. In this phase, you can take action to move forward in the way the universe is guiding you. Helpful mantras for this phase could be I am seeing clearly and know the next steps I need to take, or I am on my true path.

Waning Crescent

'Waning' refers to the shrinking of the Moon's illumination, and 'Crescent' means less than half of the Moon is illuminated. This particular moon cycle signifies surrender. Before entering into the next moon phase, it is important to give thanks for all that you have learned, achieved and transformed during this cycle. Use this last period of the moon phase to give thanks for the guidance you have received, and the knowledge you have to move forward. Powerful mantras for this phase are I am grateful for all the Universe has to offer or I am Divinely connected, surrendering control, allows the Universe to be my guide.

Dark Moon

As you come to the next new moon, the moon cycle begins again, and you can adjust your original intention or set a new one.

Lunar Cycles – A Sacred Connection

MOON PHASE MANTRAS

- New Moon – With this fresh start, I look inward to imagine new meaningful intentions for the cycle ahead.
- Waxing Crescent – My heart becomes full now as I allow myself to feel all of the joy and peace my new intention will bring.
- First Quarter – I've heard my inner wisdom and I take inspired action now to support my intentions.
- Waxing Gibbous – I embrace change and trust that my intentions are emerging in perfect ways.
- Full Moon – As I welcome the new opportunities and results around me, I release what is no longer sustainable.
- Waning Gibbous – I receive with a grateful heart as my intentions manifest in perfect and surprising ways.
- Last Quarter – Filled with gratitude and love, I share my abundance and joy with others.
- Waning Crescent – I let go and rest allowing myself to heal and reset.

Lunar Cycles – A Sacred Connection

Ceremonial Lunar Practices

We can use the Moon's energy to help set our intentions and clear negativity. The Moon has a powerful influence on us as spiritual bodies since it is the closest astronomical body to us. The Full Moon offers the most profound energies that we can absorb, while the New Moon offers similarly powerful energies throughout the lunar cycle. Practicing moon rituals help us to tap into the moon's mystical energy. Below are practical rituals for each Moon phase that has been discussed throughout this tutorial.

NEW MOON

- ☾ **Themes:** New beginnings, openness and hope.
- ☾ **Action:** Allow 5 minutes of quiet solitude. Think about what changes, gifts, or manifestations you would like to bring into your life. If lost ask for guidance from the universe, be open to receive.
- ☾ **Optional:** Light a white candle for newness and purity.

WAXING CRESCENT MOON

- ☾ **Themes:** Set intentions, declare, cleanse.
- ☾ **Action:** Create a list of three goals or manifestations you would like to realize. Speak your list aloud. Put your list somewhere visible.
- ☾ **Optional:** Cleanse your space with sage or Palo Santo.

FIRST QUARTER MOON

- ☾ **Themes:** Focus, momentum, face your fears.
- ☾ **Action:** Choose one goal or manifestation you are focusing on, commit to taking one action towards making it a reality within the next 24 hours.
- ☾ **Optional:** Tell one trusted soul your action to hold you accountable.

Lunar Cycles – A Sacred Connection

WAXING GIBBOUS MOON

☾ **Themes:** Refine, adapt, and align.

☾ **Action:** Allow a quiet moment; ask the universe for signs on how you can better align with your intentions.

☾ **Optional:** Using a divination tools like oracle cards, tarot, or a pendulum, ask the universe for clear instructions on moving forward.

FULL MOON

☾ **Themes:** Harvest, celebrate, gratitude.

☾ **Action:** Write a gratitude list that includes everything you have accomplished over the last two weeks.

☾ **Optional:** Let the moon's special relationship with water amplify any goals that have not yet come to fruition. Write down intentions you are still working on, place the paper in bowl of water under the light of the moon.

WANING GIBBOUS

☾ **Themes:** Reflect, meditate, and receive.

☾ **Action:** Meditate for 5 minutes. Before you begin, ask the universe to shed light on your progress, or lack thereof, with your intentions. Open your heart space to receive and allow the universe to guide you.

☾ **Optional:** Take a bath with frankincense and myrrh essential oils to allow extra time for reflection. These scents will help you meditate and better tune into your inner knowledge.

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LAST QUARTER MOON

☾ **Themes:** Release, surrender, let go.

☾ **Action:** Choose something to remove from your life that is no longer serving you, a physical object, personality trait, or relationship. Write it on a piece of paper and burn it in a cauldron or other fireproof pot.

☾ **Optional:** Get in touch with your shadow side by tapping into the energy of the Goddess Kali.

WANING CRESCENT

☾ **Themes:** Accept, forgive, allow.

☾ **Action:** Lay down for 5 minutes, mentally scan each part of your body and take notice of any areas you feel resistance. Be present with any resistance you feel in your body and offer it love.

☾ **Optional:** Carry a piece of rose quartz with you to offer loving support during this sometimes-painful process.

DARK MOON

☾ **Themes:** Rest, self-care, reflection.

☾ **Action:** This phase is oftentimes ignored; however, it is an important phase to recognize. Take everything in, relax, rest and do nothing. Allow yourself space and time to simply be, while appreciating all that has manifested in the previous weeks.

☾ **Optional:** Lay down, place a quartz crystal on your third eye and allow its subtle energy to wash over you, heal you, and calm you.