

# MANIFEST WITH THE MOON

Discover a New Way to Change Habits & Behaviors

So You Can Be More Conscious of the Life You Want to Live.

Is There Really A Man in  
The Moon?

Is It Really Blue?



Is the Moon Made of  
Cheese?

Can You Fly Me  
to The Moon?

The power, awe, mystery and curiosity of the moon can be found throughout history, from ancient rituals, ceremonies and beliefs to modern day songs, poems and stories.

What is it about the energy and mystery of the moon that makes it so powerful, and yet gentle at the same time? We plant by the moon to have a better harvest, sailors look to the moon for the changing of the tides, women's cycles are in sync with the moon, and emergency services are busier during the full moon.

In this short and easy to follow description you will learn how to work with four of the eight phases of the moon. You will discover how to become conscious of and change your habits and behaviors, so you can live a life you want, instead of just dreaming by the light of the moon.

## **Before We Begin...**

### **Some Fun Facts About the Moon**

- It is 384,400 km (238,855 miles) from Earth and has a radius of 1,737km (1,079 miles).
- The Moon is estimated to be around 4.527 billion years old.
- The most popular scientific theory about the Moon's origin says she was formed out of the debris thrown into orbit when the newborn Earth hit a planet about the size of Mars.
- The Moon goes around the Earth as the Earth goes around the Sun.
- The Moon takes approx. 27.5 days to go through all the zodiac signs, spending approx. 2.5 days in each sign.
- There are eight phases of the Moon, created in an orbital dance with the Sun.
- The New Moon, Crescent Moon, First Quarter Moon, Gibbous Moon, Full Moon, Disseminating Moon, Third Quarter Moon and Balsamic Moon.

### **The Meaning of The Moon**

The moon represents our Mother, the nurturing parent. Our habits, instincts, emotional reactions, how we nurture and our nurtured. Our moods and moodiness, sensitivities and outbursts.

- Its role is to shed light on our emotions, unearth old memories and get in touch with our intuitive side.
- The moon can show passion, imagination, energy, enthusiasm, be inspirational, confident, fun and exciting.
- The moon is about physical comfort, have physical needs, be practical and want stability and security.
- The moon is nurtured when its intellectual ideas are recognized, and when communication, information and mental agility are also rewarded.
- The moon can show empathy, have deep intense emotions as well as strong emotional connections and show their heart on their sleeve.

## Now, The Part You've Been Waiting For...

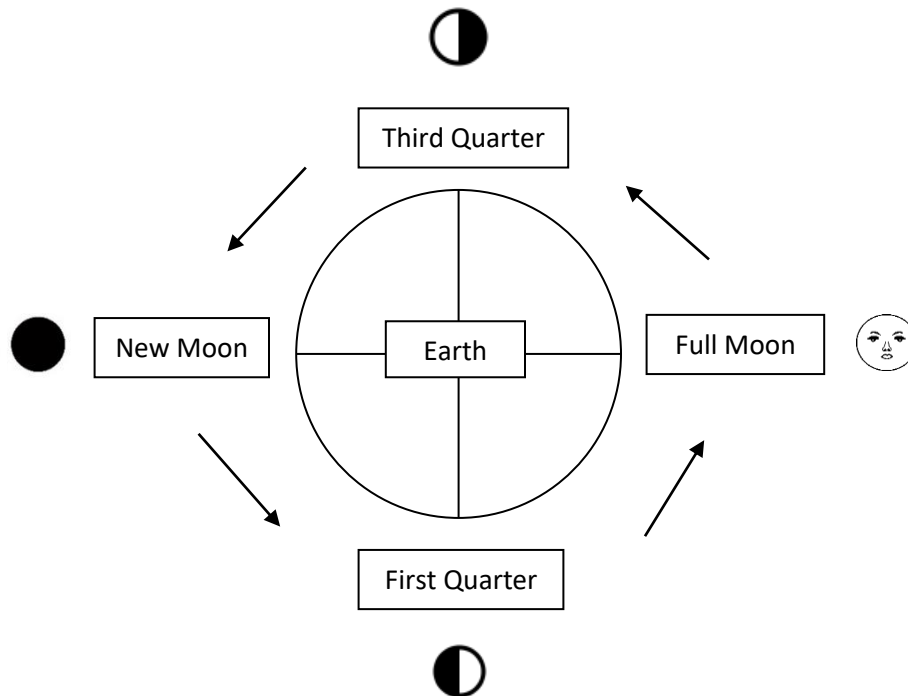
### The Four Basic Phases of The Moon and How to Work with Them.

Using the circle to represent the Moon's orbit around the Earth, each 90 degree point becomes a "manifestation point", creating a square within the circle.

The four points are critical to our creation or co-creation of our lives.

The energy at each point is unique and only when we choose to tap into that energy, does the moon start to conspire with us.

Just as we have primary colors, these four points are the primary points or energies for the manifestation in our physical world.



New Moon – day one of the cycle – Initiating – Initiating What?

First Quarter Moon – day seven – Forming – Forming How?

Full Moon – day fourteen – Relating – Relating to Whom or To What?

Last Quarter Moon – day twenty-one – Evaluating – Evaluating Why?

## **NEW MOON** – *day one of the cycle*

Occurs when the Moon is between the Sun and the Earth. The Moon is dark.

The energy is there but is not yet organized or focused.

The New Moon is New up to 3 ½ days after the New Moon.

Set your intentions for what you want to accomplish with any projects you may be working on. Write out a list to help bring your ideas into reality.

Be clear on your intention. How are you thinking about it? What is your inner dialogue? How do you feel about it? And is it physically achievable?

Meditate on feeling, being and seeing your ideas come to life will also help bring your ideas into reality.

And then in a day or two after the New Moon, it is time to take action and initiate your plans. Whether that is launching a new project, applying for a job, house hunting etc.

## **FIRST QUARTER** – *day seven*

The moon is now waxing half light, half dark, where new ways vs old ways.

Here is where we gain momentum and traction with our intention at the New Moon.

How best can I fulfill / manifest my vision, my intention?

What further resources do I need?

Be aware of what may be working or not working for you.

Are your plans going smoothly? Are you having to deal with frustrations or obstacles?

At this phase we are meant to challenge ourselves and maybe even struggle a little.

Do you face up to the challenge or do you give up? This is actually meant to be a joyful struggle, like climbing a mountain or painting a picture. However, everything you do may not turn out exactly as planned.

This is a time to take individual action, to reach the fulfillment of our seed intent.

Your mantra during this time is “Keep Going”, “You Got This”.

## **FULL MOON** – *day fourteen*

The moon is now all full in her brilliant light, a culmination of the manifestation.

How are you now relating to whom and to what?

Was your New Moon intention exactly what you intended it to be?

Here is where we can now stand back and “see” what we have created. Where the fulfillment / intention at the New Moon has led us.

Were we clear in our intention at the New Moon, mentally, emotionally, spiritually and physically?

Check in with yourself, to see how you are now thinking and feeling and relating to others. Take note of any discrepancies.

This is also a time where insight and wisdom will help you resolve any issues that have surfaced. That “lightbulb” moment.

## **THIRD QUARTER** – *day twenty-one*

The moon is now starting to wane, half light, half dark. New values vs old values.

In this phase we want to explore the value of this cycle. Evaluating.

This is where we want to go into the board room and debrief on all the happenings since the New Moon. Why did I need to experience this? What did I learn from this experience?

And then saying to yourself...” Note to Self.....”

Here is where we can finally let go of something old. Our unwanted habits or behaviors.

This can be done by:

- Writing your unwanted habit or behavior on a small piece of paper
- Holding the piece of paper in your hands and closing your eyes.
- With both feet on the ground, mentally scan your body as to where this habit or behavior might be.
- Then with at least 3 big breaths, blow that habit or behavior into that piece of paper
- Then destroy the piece of paper by burning it.
- Then mentally ask for a new habit or behavior to replace the unwanted one.

*For example, if you want to lose 10 lbs, you need to let go of all the donuts and cookies and replace it with eating healthier food.*

And now we cycle back to the New Moon, and can start the process all over again. Except this time with renewed energy, being more conscious and knowing that you are now evolving, growing, learning and letting go. You have the phases of the moon here to support you.

To keep things simple...

For the first month, start by just being aware of how you feel when the Moon crosses each of these phasal points.

- Keep a diary if you want, noting what you are thinking, what you are feeling emotionally and physically. Are you sad, happy or content? Are you tired or full of energy? How are you relating to others? Start becoming more aware of you.

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*To help you know what day the Moon Phase is at for each of the New, First Quarter, Full and Third Quarter phases, you can download this free app called “**Simple Moon Phase Calendar**” onto your phone.*

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For the second month, or for the first, if you feel ambitious, you can dive straight into being more conscious and aware of these Moon Phases and start putting them into action.

Start noticing how your life will change just by being in sync with the natural rhythm of the Moon.

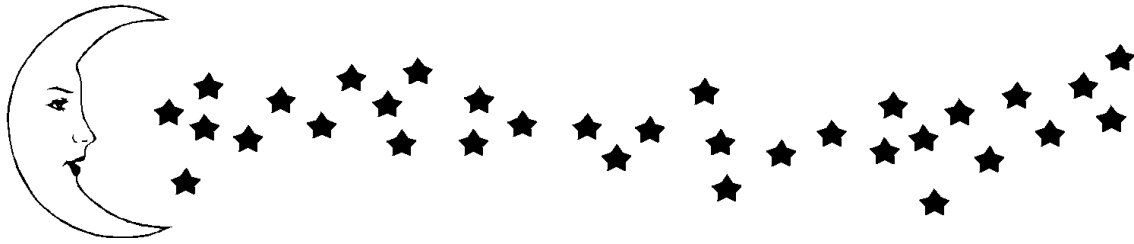
***Thank you for being a part of Manifesting with the Moon.***

*I would love to hear how working with Moon has changed your life.*

*Email me at [joann@astheplanetsturn.com](mailto:joann@astheplanetsturn.com)*

**Want to go deeper & discover how your Moon sign influences  
your habits and behaviors through the month?**

*Email [joann@astheplanetsturn.com](mailto:joann@astheplanetsturn.com)  
to Book an in-depth Astrological reading to find out.*



### ***The Moon Game***

***I'm the moon and I play a game.  
I don't always look the same.***

***Sometimes I'm round,  
A silver sphere.***

***Sometimes just half of me  
Seems to be here.***

***Sometimes I'm a Crescent,  
Shaped like a smile.***

***Sometimes I surprise you  
And hide for awhile.***

***Look up in the sky for  
My friendly light.***

***What shape will I have  
When you see me tonight?***

***Author Unknown***