



Lunar Journal Pages

The eight phases of the Moon and the lifecycle of the seed align quite beautifully.

The eight phases of the Moon are:

New	Full
Crescent	Disseminating
First Quarter	Last Quarter
Gibbous	Balsamic

The eight phases of the lifecycle of the seed are:

Seed	Flower
Sprout	Fruit
Growth	Harvest
Bud	Compost

Put together, the cycles line up like this:

New Seed	Full Flower
Crescent Sprout	Disseminating Fruit
First Quarter Growth	Last Quarter Harvest
Gibbous Bud	Balsamic Compost

As we will explore together, each of these phases of both Moon and Seed have rich magic and meaning behind them. By journaling every three to four days and checking in on our seed growth – or seeing what unexpected events may occur in the garden project of our hearts – we can gain profound insight and results from our honed focus and spiritual practice. Below are some suggestions about what you can look for in the linking up of the Moon, your seed intentions and your lunar journaling. You may use the template provided for prompts for your journaling, or create your own journal as you choose, knowing that these eight phases and cycles of growth will guide us as we share our intention and manifestation work together, guided by our dear Grandmother Moon.

♥ Welcome to the Moon Circle, dear sisters. ♥

New Seed What are your intentions that you wish to plant for your next cycle of growth? It can be a lunation's worth of intention, or it can be a larger arc of planning, such as a crossquarter's worth of growth, or a season's cycle. By taking larger desires and seeding them into manageable units, big changes may come gently, sweetly and take deep root. The new moon is the perfect time to articulate and ask for what you want. A visual image or reminder can be placed on your altar, a daily reminder to keep your intention forward. Choose goals that reflect your true heart's longing.

Crescent Sprout The sprouting phase takes inventory of your resources and encourages you to prepare for a longer journey by planning for self-care and nurturance. This is a good moment to spend some extra time alone, during which you visualize the changes you wish to take root in your life. This is a breakthrough period which may see some disruption to your old patterns. This is what happens to a seed: it shatters its container in order to take on a bigger life. Change is good and without it, nothing new can emerge..

First Quarter Growth The light grows and pulls forward new growth from us and our seeds of intention. Roots and stems lengthen and gain strength, above and below the ground, in both the dark of the rich, moist soil and the light of the warming sun. This is a good time to move, stretch, take physical action. Make room in your life for the new changes you are bringing about. Clear the decks of whatever is obstructing your new expressions. Water judiciously and do not flood your shoots with too much, too soon. Be kind and protective of yourself and your desires, and shelter from too much scrutiny. Look inward for guidance.

Gibbous Bud The possibilities are still held close and yet conditions begin to ripen for the full on flowering of your intentions. What needs to happen to allow for a generous unfolding? Do you need to thin your seedlings in order to cultivate a more fruitful harvest down the line? This is a good time to analyze, streamline, refine, review. Like the Moon herself, you are seeking greater light and vision. How are you nurturing these buds? What inspirations are breathing new life into your garden? What is shining brighter?

Full Flower The light is now at its brightest and shines brilliantly, illuminating what had previously been hidden. Your seeds are in full flower, attracting pollinators, collaborators, supporters who can appreciate the beauty of your vision and bring you to completion. Now is a good time to begin to reach out, share, shine and revel in your own beauty. As you meditate and appreciate your own growth, envision how things will be different when the seeds you are cultivating in the garden of your heart reach fruition.

Disseminating Fruit The purpose of seeds is to make new seeds and the fruit is the method by which new cycles of life come into being. Now is the time to share your bounty, your ideas, your generosity of spirit and encourage others. This moon phase is the mirror reflection of the crescent moon when you turned inward; now you turn outward. Your fruit is ripening, nearly ready but still absorbing nutrients, sunshine, positive influences. Spread the love around the neighborhood, and anticipate volunteers later on!

Last Quarter Harvest The point of harvest is a strong action stance – there is gathering, sorting, storing, discovery. There are the delights of the senses: taste, touch, smell, and the beauties of the heart: wisdom, maturity, experience. The moon itself is half-light, half-dark, a time of balance and mutual embrace. There is no light without darkness, and the next harvest comes from the seeds you have planted, fruited and gathered here. Celebrate that which you gather to yourself and be ready to release what has done its part.

Balsamic Compost The thin sliver of the moon still illuminates your path and gives you enough light to see by. This is a time for clean up, rest and renewal and letting go of whatever you have outgrown in these past intentions. Cultivate compassion for yourself and others, as your harvest may not have been all you hoped. It is time to prepare the ground and your heart for the next efforts, whether that is a single lunation or a season's worth of growth. Remember your gratuities and breakthroughs from this current cycle and attune to that which you want to bring forward. Listen for whisperings from the darkness about where you want to focus next, and be receptive to inner promptings and dreams. Allow for time to unfold...