



# Working With Earth Wisdom

## Moon Phases Introduction

‘The wisdom of the Moon is greater than the wisdom of the Earth, because the Moon sees the universe better than the Earth can see it!

*Mehmet Murat ildan*

**One of the earth’s most powerful cycles, for a woman, is the phases a moon goes through.** To ancient people, the moon represented the feminine (the sun the masculine). It’s potent gravitational pull affects, tides and water and therefore humans greatly. The Moon has a deeply charged emotional aspect for us. Woman were called upon to become the priestesses and prophetesses of the moon.

**These wise woman taught women the importance of honoring the moon cycle within herself.** Because the moon is a powerful force for women, it correlates to our own rhythms of rest and energy. A woman who pays attention to the cycles of the moon is more in touch with her own rhythms and cycles. She knows when to expend energy and when to rest, when to play and when to ponder.

**Aligning our lives with the energy of the moon allows us to be supported by the energy of the moon to bring about greater peace-of-mind, joy and abundance.**



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## Moon Phases

The phases of the moon symbolize immortality and eternity, enlightenment or the dark side of Nature herself. They allow us to ebb & flow along life's journey with ease and grace when we align ourselves with them.

### **New Moon:**

The new moon has no illumination and therefore is not visible (except during a solar eclipse). It denotes the beginning. A time when the seed is planted; The germination stage where you can set intentions for the following cycle of the moon and beyond.

*Set and Release Intentions to the Universe with faith that you have the strength and support to co-create them.*

### **Waxing Crescent Moon:**

The time between the New Moon and the First Quarter Moon. This time is filled with energy of moving forward and taking steps to initiate your intentions. It is a time to focus on that which you want to deepen and grow in your life.

*Be positive and proactive. Take action steps as this is a time of expansion.*



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### **First Quarter Moon:**

Seeds have taken root and are growing and moving forward. This is a period of strength and concentration, decision making and/or tweaking and staying determined and committed.

*Keep moving forward, in spite of any fears and doubts that arise. Turn any emotional energy into movement by focusing upon your passionate purpose to get things done.*

### **Waxing Gibbous Moon:**

A great time of refinement. The moon is neither half full nor half empty. Blooming of your desires is about to happen. Ideas and plans are cultivated.

*Review your efforts and Refine next best steps before manifestation occurs.*



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### **Full Moon:**

A Glorious time of releasing and sealing of your intention with the Universe. The energy of this time allows one to ‘harvest’ their intentions. It represents transformation, completion of intention (or of a phase of a project). It is a powerful time for guidance and magic to happen and to allow for messages from the Universe to come to and through you.

*Recharge your energy by moon bathing and cleansing yourself and your divine spiritual tools. Sit in quiet connection with the moon and, indeed, all of nature.*

### **Waning Gibbous Moon:**

The moon’s illumination is receding and stepping back. This allows you to rid yourself of stresses or negative thinking. It is also known as the dissemination moon. As such, it brings with it energies for heightened communication, revelation and completion. Step into Gratitude.

*Check in on your mindset and counter any negative thoughts. Be aware of what lessons are coming to you as you step toward full completion of a project.*



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### **Third Quarter Moon:**

This is a half-way point of completion from the aspects of the full moon. This is the time of letting go of that which you do not need for your highest good. It is a contemplative time of introspection, reflection and re-evaluation. It is a time of self-growth.

*Tie up any loose ends in this stage of your project. As thoughts arise around your intentions, take note of them, write them down. Begin a releasing & self-reflection process.*

### **Waning Crescent Moon:**

The old cycle ends and the new one is beginning here. It is the final releasing stage and a time of deep surrender.

*Withdraw, rest and renew. Create a personal-spa evening for yourself at home. Think things over, contemplate and assess what needs to change within you for the next moon cycle to step deeper into Living Your Truth.*