



# TRANSFORM YOUR LIFE WITH *The Moon Phases*

THE MOON SHINES MERELY WITH REFLECTED LIGHT,

but that light can be so powerful it casts shadows on the ground and can be bright! enough almost to read by. We know and understand that the moon, our celestial next-door neighbor, can drag the waters of oceans for miles, multiple times a day. We cannot even comprehend the effect it can have on us. The rhythms of the moon, though mysterious, can be harnessed, as each phase of the moon's cycle brings its own power. This worksheet takes you through the entire cycle, and to use the cycle to enhance your manifesting, all you need for it is a pen paper, and a reaching mind!



## The New Moon phase

- **Plant the seeds of your future dreams**
- **This phase begins 1-3% days after the Balsamic Moon.**
- **Keywords of this phase: a clean slate, potential, dreams**

This is arguably the most exciting part of the lunar cycle. It might feel like a quiet time, when things are brewing, but in fact it's when you start to manifest your dreams on this is a time to look forward to; to plan for; to make time for Creation takes time. Reciting the mantra "I am blessed," at this point in the lunar cycle will really help you.



## The Waxing Crescent Moon phase

- **Explore your dreams.**
- **This phase begins 3%-7 days after the New Moon.**
- **Keywords of this phase: courage, moving forward, faith**

This is the time to allow your dreams to blossom and flourish. If it doesn't sound too poetic, think of yourself and your dreams as a flower that's opening up. Remember, the Moon is moving from being invisible to full power, and it's the same for your dreams. Right now your might not be able to see what you're going to manifest, but before too long they will start to show up, just as the sliver of the Waxing Crescent Moon is showing up in the skies.



## The First Quarter Moon phase

- **It's time to commit.**
- **This phase begins 7-10% days after the New Moon.**
- **Keywords of this phase: challenges, confidence, commitment**

This is when the Moon looks like a Half Moon on the way from New to Full At this point in the cycle, you may start to have a few doubts about your ability to manifest your dreams. Perhaps your resolve and/or commitment are being tested? If you know in your heart that you're no longer so wild about, or committed to your old wishes, do yourself a favour and let go of them.



### **The Gibbous Moon phase**

- **Stay on course.**
- **This phase begins 10%-15 days after the New Moon**
- **Keywords of this phase: tweak, hone, adjust**

As the Moon gets closer and closer to fullness, it's time for stamina. Don't give up. Don't allow your ego, or fear, to spoil your plans. Stay open to whatever life is teaching you. If you know you need to make changes to achieve your goals, make them now. Gibbous means "bulging" and that very nicely describes the phase of the Moon when hopefully, life feels bulging with potential!



### **The Full Moon phase**

- **It's make-or-break time!**
- **This phase begins 15-18% days after the New Moon.**
- **Keywords of this phase: results, forgiveness, gratitude**

The Full Moon is the high point of the lunar cycle. Things come to head now, and we know it instinctively. If one of your wishes to come true it may well manifest at this point in the cycle. Or perhaps you will simply get a strong sign that it's way Some wishes take time. Check in with your emotional guidance system - how do you feel about your dreams now? Feeling encouraged is recommended. Think the best thing you can about whatever you want. Feel good. Count your blessings.



### **The Disseminating Moon phase**

- **Breatheeee**
- **This phase begins 3%-7 days after the Full Moon**
- **Keywords of this phase: cycle: relax, accept, regroup**

After the intensity of the Full Moon, it can be tempting to fall into a slump. If things didn't workout for you then, what next? A lot of energy has been expended and you may want to relax a little during this part of the cycle. If that's the case for you, then do it. You will find that the more you work in accordance with the lunar phases, the more easily life will flow.



### **The Third Quarter Moon phase**

- **What do you know?**
- **This phase begins 7-10% days after the Full Moon.**
- **Keywords of this phase: re-evaluate, balance, trust**

This Moon phase can be awkward. It's the halfway point between the wonder of the Full Moon and the potential of the New Moon. On some level, we know that what didn't work for us in the past has dissolved on an etheric level. It's time to orientate ourselves. Although we might feel tired during this part of the cycle, this is no time to stop or to rest on our laurels. There's tension at this time: The result of the hard angle between the egotistical Sun and the emotional Moon



### **The Balsamic Moon phase**

- **And release...**
- **This phase begins around 10% days after the Full Moon, and continues to the beginning of the New Moon.**
- **Keywords of this phase: healing, soothing, surrender**

The word balsamic comes from the word balsam which means anything healing or soothing. And that's what this 'last part' of the lunar cycle (before the New Moon) is all about. We have moved from hopes and dreams to explosions of potential: to realizations of what can and cannot be, to acceptance and forgiveness and surrender... and now comes the healing and the soothing Go easy on yourself.