

Lunar Phases Planning with the Moon

Dark/New Moon:

This phase lasts approximately three days at the time of the New Moon. This is a period of letting go and releasing what no longer serves your growth. You may need to surrender a situation at this time. Go within and reflect on the past. This is a time to set new intentions for the future, but not an optimum time to initiate anything new. Physical energy can be at its lowest. This is a powerful time to connect with other realms and your intuition.

During the Waxing Moon time period: Nourish the body, build, grow and plant.

Waxing Crescent:

With the sight of the new moon sliver in the sky, this is a time when the seeds planted at the time of the new moon first begin to sprout. Begin to take action on your intentions and explore new ideas that can help you. See the potential in your ideas, goals and plans that are taking form. This can be an inspiring time of growth.

First Quarter Square:

This is a powerful time to take action and embrace opportunities. Let go of emotional baggage and anything that is holding you back from pushing forward. This is a time to recommit to your goals, even though you may feel some disappointment with progress thus far.

Waxing Gibbous:

Intentions we seeded at the New Moon begin to grow to their fullness and things flow/grow more easily if we've put in the work and overcome any obstacles.

Full Moon:

This phase can be a culmination point or a crisis point depending on what has transpired in the preceding time since the New Moon. We may feel pulled in two different directions- our internal world (where the moon is) and the external physical world (where the Sun is). Integration of these two energies is necessary.

During the Waning Moon time period: Purge, cleanse the body, fast, perform removal surgeries.

Disseminating/Waning Gibbous:

At this time period, we may harvest the fruits of what we've been working towards. The results can be seen and we can begin to understand what may have worked out well and what did not.

Last Quarter Square:

The Last Quarter can be a time of tension as the energy is in a mode of completion. We're being called in a new direction and need to begin to relinquish control as we separate from the work we've already completed.

Balsamic:

This is a time of surrender as we retreat inward to replenish for the new cycle that lies ahead. This phase is associated with death and what needs to be sacrificed or let go of for our future.

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