


LUNAR CYCLES & WHY YOU SHOULD BE PAYING ATTENTION TO THEM

~THE LUNAR CYCLE ALIGNMENT SERIES~

 **NEW MOON/WAXING CRESCENT:** The beginning of a new cycle. The first few days where a sliver of silvery light begins to show, and the perfect time to plant new seeds of intention. To make goals for the coming cycle, and meditate on your purpose and drive in the coming 28-day lunar cycle.


- ◇ **TIMING:** This moon rises at mid-morning, comes to its height shortly after noon, and sets just after nightfall. For full use of the energy, rituals and spellwork are best done during this time when the moon is out.
- ◇ **HERBS:** Cedar, Oakmoss, Peppermint, Citrus (lemon, grapefruit, etc.).
- ◇ **OILS:** Patchouli, Sandalwood, Grapefruit.
- ◇ **JOURNALING:** What goals do you have right now? Is there a project that needs your attention?

Farmers have been planting by lunar phases since the beginnings of agriculture. What seeds are you planting for yourself right now?

- ◇ **AFFIRMATION:** 'With clarity, I set my intentions. With heart, I open to their growth in my life. With spirit, I begin their creation.'
- ◇ **TAROT REPRESENTATIVE:** The Fool, representing the beginnings of a new journey/adventure.

The new moon is a time for sowing seeds, setting goals and intentions, and beginning a new journey alongside the moon as She travels around our Earth. In these first three and a half days where the sliver of moon begins to show her light once again and open to the Sun's energy, She looks to assist us in planting new ideas and dreams. Deciding what we are ready to begin cultivating and manifesting into reality. This is a great time for starting a manifestation ritual that continues to the full moon, the perfect time to set yourself on a new venture or begin a new healthy habit.

I recommend this time for meditation on your desires and your needs. This is a crucial first step in understanding ourselves, and growing a little more with each cycle that passes. Begin your meditation with opening your heart chakra, and breathing the freshly renewed energy of the Universe, and finish with your root chakra to ground your intentions and solidify your foundations.

 **FIRST QUARTER MOON:** In a 28-day lunar cycle, the First Quarter Moon occurs on the seventh day (approx.), and is at the end of the first week. The first half of the moon is illuminated, and She continues to grow at her own speed.


- ◇ **TIMING:** The moon rises at noon, comes to its height at dusk, and sets at midnight. For full use of the energy, rituals and spellwork are best done during this time when the moon is out.
- ◇ **HERBS:** Dragon's Blood, Meadowsweet, Pine bark or needles.
- ◇ **OILS:** Amber, Lemongrass, Ylang-Ylang.
- ◇ **JOURNALING:** How are you working to cultivate your intentions? The seeds you've planted are sprouting, what does that look like?

How will you continue to cultivate your practice, and nourish yourself as well as your goals?

- ◇ **AFFIRMATION:** 'Progress over Perfection. I continue upon the path I know is Mine.'
- ◇ **TAROT REPRESENTATIVE:** Strength or the Star representing patience, understanding for the need to continue cultivation, inspiration, hope, renewal, and spirituality.

The first quarter moon resides within 7 to 10 1/2 days into the cycle, and is a good time to pause and reflect upon the previous week. How have the seeds you planted on the New Moon started to sprout? If you made the decision to incorporate something new into your life, how well have you kept up with it? Have you felt any changes within you for the better?

This is also a great time to do ritual and spellwork around luck, motivation, courage, and elemental magick. Meditate upon your progress, and rejuvenate the energy you need to carry on toward your desires. What support do you need right now?

 **WAXING GIBBOUS:** The Waxing Gibbous moon resides in the second week of the cycle, when three-quarters of the moon is now illuminated with pearlescent light.


- ◇ **TIMING:** This moon rises during mid-afternoon, and sets around 3 am. I've found doing magickal workings during this time are most potent between 9pm and midnight. Though, anytime during this risen moon is ideal for spellwork and ritual.
- ◇ **HERBS:** Pink Rose petals, Rose hip, Strawberry Leaf, Dandelion.
- ◇ **OILS:** Peppermint, Cedar, Pine Bark, Mistletoe.
- ◇ **JOURNALING:** Journaling now focuses on the progress you've made. How have your efforts paid off? Do you feel any changes in yourself for the better? Are you beginning to see the results of your work and planning?

A lot of change can happen in two weeks. Are your desired habits becoming routine for your daily life?

- ◇ **AFFIRMATION:** 'This path is Mine, I carry on. Toward goals set forth, Fear be gone.'
- ◇ **TAROT REPRESENTATIVE:** The Chariot, representing determination, assertion, and perseverance toward victory that grows near.

This moon resides between 10 1/2 to 14 days after the New Moon, and marks three-quarters of the way toward the new moon. When she is nearing full gravitational-pull on the water element of our physical realm. By now, you should start seeing some results in your planting and cultivation of intent. I recommend starting to plan a Full Moon ritual now, and getting an idea of how you want to celebrate your efforts toward your set goals.

Pause for reflection, and to allow yourself a moment of rest within the fiery work you've been doing. Your perseverance is beginning to pay off, but make sure you are still grounded in your root chakra. Brief respite from work to celebrate your accomplishments will not take away from your overall success. Just make sure not to uproot your progress. Balance is key in maintaining success.

 **FULL MOON:** This is the peak of the lunar cycle, when power is at it's fullest. Residing on the 14th day of the cycle, this is when the Moon's face is fully illuminated for us too see here on Earth, and the tides are water (often mirroring the tides of energy) are at their highest and lowest, creating a powerful push from the spiritual realm in any magickal working.


- ◇ **TIMING:** This moon rises at dusk/sunset, reaches its full height at midnight (the witching hour), and sets at dawn/sunrise. Spellwork and ritual are highly recommended at or as close to midnight as possible, though the full energy to work with will be available from dusk until dawn while the moon is out and shining Her fullest.
- ◇ **HERBS:** Anise Seed, jasmine, Blessed Thistle, Roses (all colors, white is particularly potent).
- ◇ **OILS:** Cloves, Cinnamon, Sandalwood, Jasmine, Lavender.
- ◇ **JOURNALING:** What final hurdle are you overcoming? What positive forces have built up for you in the past two weeks?

You are now able to bring your desires to full fruition and create their true manifestation through the power of the Full Moon.
What does they look like for you?

- ◇ **AFFIRMATION:** I am whole, I am powerful, I am creation.
- ◇ **TAROT REPRESENTATIVE:** The Moon, representing the otherworld and the realm of the unseen as it collides with the physical, seen realm.

The full moon is a time of perfect, complete magick. It is the raw energy of the Universe turning its eyes toward us to put command behind our words, actions, and intentions. Even underlying, subconscious urges and feelings can be brought to the surface in a rush for those that have not dealt with them. Especially for those magickal practitioners that are tapped into the cycles and wish to pull upon that energy, any blocks must first be removed and cleansed. Even small ones. To do so, engage in deep meditation and cleansing activities before undertaking any magickal work. Once your mind and heart are clear of all but your intent and the magick you intend to create upon it, then carry on with your spellwork or ritual.

It must also be said that with this great power, you must be considerate of what you put out into the Universe. If you have ill-will toward anyone during this, it can have unexpected consequences. As a being that is tuned in to manifestation and creation, you need to be aware of what you are putting out into the world at this time. As the saying goes: 'With great power, comes great responsibility.'

 **WANING GIBBOUS:** The Waning Gibbous moon resides in the third week of the cycle, when up to one-quarter of the moon is now shadowed.

- ◇ **TIMING:** this moon rises at mid-evening, and sets around mid-morning. Spellwork and ritual for banishing and cleansing will occur best at these times of day.
- ◇ **HERBS:** Bay Leaf, Oakmoss, Cinnamon, Wormwood, Dragon's Blood, Mugwort.
- ◇ **OILS:** Clove, Lavender, Lemon, Grapefruit, Rosemary.


JOURNALING: Journaling at this time will focus on cleansing and any blocks you are currently running into, or feeling. What old trauma and triggers seem to be appearing lately? How are you staying grounded? Is there any thing appearing in your life that you know you are ready to be done with?

Are you seeing these negative influences/situations/people for what they really are?

- ◇ **AFFIRMATION:** 'I am grounded, I am strong. There is no such negativity that I need to prolong. I am freed.'
- ◇ **TAROT REPRESENTATIVE:** The Tower, representing upheaval and destruction. Not to be feared if you are grounded and stable within yourself.

This moon resides roughly 3 1/2 to 7 days after the full moon, and is a great time to begin doing magickal workings that surround topics of addictions, decisions, divorcing yourself from unhealthy situations, deep emotions, stress, and protection as you work through the shadow side of your aspirations and manifestations. Shadow work can often get a bad name, but it is in fact White Witchcraft in that the intent is not to harm, curse, or bind anyone. It does no harm to anyone so long as you administer self-control, and are in alignment with your higher self.

This is also a good time to deal with some of the old trauma, or drama, that is appearing once again in your life. Take it as the Universe saying "See? This is what I've been trying to show you. You don't need this anymore." Open your heart and your mind to a new way of thinking, of dealing with the problems in front of you. If anything, this is a time when your growth will be truly apparent to you and others around you. All you need to do is pay attention to it.

 **THIRD QUARTER** The moon at this time marks the three-quarters time of the lunar cycle. We are now halfway through the Waning phase weeks, and this is a good time to pause in your shadow work and breathe for a moment. This marks another period where the light and shadow portions of the moon are equal and things are halted and relaxed for a few moments.


- ◇ **TIMING:** This moon rises at midnight and sets at noon, with a peak around roughly six in the morning. For spellwork and ritual, try to incorporate it during these times for the smoothest flow of energy to work with.
- ◇ **HERBS:** Lavender, Rosemary, Chamomile, Willow Bark, Rue, Yarrow.
- ◇ **OILS:** Lavender, Ylang-Ylang, Chamomile, Rose, Sandalwood. Patchouli.
- ◇ **JOURNALING:** How are you holding up? Are there any self-care rituals that feel extra needed right now? You are entering the home stretch of the moon cycle, what has this cycle taught you? What has it brought out in you?

What are you doing to keep yourself centered and healthy through this inner work?

- ◇ **AFFIRMATION:** 'I am grounded, I am calm, I am centered.'
- ◇ **TAROT REPRESENTATIVE:** Judgement, representing a time at the end of a process, the end of a scene, the end of a stage in your life. Reflect, and finish the healthy cool down that helps after burning with fire and fervor toward a manifestation.

The Quarter Moons (both Third and First) are moments to pause and breathe. No doubt the waning phases are bringing a little extra crazy into your life, and this is moon is present for a reason. It is the 'Slow Down,' signal on the tumultuous energy that has been coursing through our veins and influencing us in ways we have yet to understand. This is the point where we need to take a breather, sit for a moment, and laugh at everything.

Meditate for a few minutes on the Quarter Moons to feel the serenity and calm that comes on those days. The lunar cycle is always taught in terms of high energy and lots of work, but in-between those spaces is one where we step into the soothing flow of a stream rather than a forceful river, and we *breathe*. Our third eyes open and we see things we may have been missing in our current situation. The pauses are important, the breathing is important, and taking this time to let yourself unwind for a moment is important.

 **WANING/DISSEMINATING CRESCENT:** The Waning Crescent moon resides in the third week of the cycle, when up to 98% of the moon is now shadowed.


- ◇ **TIMING:** this moon rises shortly after midnight, and sets shortly after noon, magick workings are best done during this time.
- ◇ **HERBS:** Jasmine, Bay Leaf, Oakmoss, Willow Bark, Patchouli.
- ◇ **OILS:** Ylang-Ylang, Rose, Lavender, Grapefruit, Jasmine, Chamomile.
- ◇ **JOURNALING:** The main focus of this time in journaling will be of resting, nurturing yourself, and coming down to the ground after flying fast. What are you proud of yourself for accomplishing during this cycle? What are you proud of letting go and being done with?

What insights and knowledge about yourself and the natural forces of magick have you learned?

- ◇ **AFFIRMATION:** 'I am able to rest, I have earned the right to relax. I enjoy this moment for what it is, and require nothing more.'
- ◇ **TAROT REPRESENTATIVE:** The World, representing completion, accomplishment, perspective expansion, and deeper knowing.

The second to last scene in the cycle of the Moon, when she is now slowly turning away to take her own rest. Following her lead, at this time we are to focus on releasing tension, relaxing, and finishing up any loose ends that may be nagging at us. Our lives are made up of many beginnings, and many endings, but these stages in the middle need to be acknowledged for the gifts that they give us.

Meditate now with rose-colored glasses on. Be happy knowing in just these few weeks you have come far and learned so much about yourself simply by being present. Think of who you were before you started this cycle's journey. If you came this far in just one of the many cycles you will see, how far could you go in three? Ten? One-hundred? Each cycle is another step toward understanding the truth and power of your being. The truth behind magick and the forces that bind our Universe together in perfect harmony.

 **DARK MOON:** The Dark Moon is the time out of time, the space between. The pause between the ebb and flow of the Universal energy. A void time where there is nothing pushing or pulling in either direction. Life simply...is.

- ◇ **TIMING:** This moon rises at 6am, reaches its peak at noon, and sets around 6pm, magickal workings, should you find yourself in need, should be done with extra care and clear intent at this time.
- ◇ **HERBS:** Willow bark, Oakmoss, Dragon's Blood, Frankincense, Myrrh, Peppermint.
- ◇ **OILS:** Patchouli, Sandalwood, Peppermint, Frankincense and Myrrh, Tea Tree.
- ◇ **JOURNALING:** If you must journal on this day, make it one of nothing but holding space for the higher consciousness to come forth. Write to yourself, create a mirror in the page with your words, and scribe into the page through the ink in your pen. Now is not the time for plans, it is not the time for doing. It is the time for being with the sacred space within all of us. For seeing the world around you for the holy, spiritual place that it is.
- ◇ **AFFIRMATION:** 'The silence comforts me, for I am of the same magick.'
- ◇ **TAROT REPRESENTATIVE:** The Hermit, recognizing a need at this time to draw inward and be with yourself. To understand yourself and heal what needs healing, hear what needs hearing, and see what needs seeing before a new cycle begins. Turn inward to become one with the outward. As above, so below.

The Dark Moon, often depicted and described as the New Moon, is a separate phase in and of itself. Whereas the New Moon is a beginning, the first step in a 28-day journey, the Dark Moon (or Void Moon as some call it) is the moment 'between.' Just like the Witch's Circle is known to be a time out of time, a space outside of space, this moon acts much the same way. It is removed, and yet present. It creates a safe space between the ending of a cycle, and the beginning, where there is no sense to be made.

Meditate on this moon to notice the difference in the feel of energy as it smoothly glides over the world like the softest of waves. Not disturbing, yet not stopping as it eagerly dances and swims around all of us. The Void Moon is known for being a time to avoid ritual and spellwork, as intent and magick can misfire. Like trying to play a guitar when the strings are too loose or broken. This is a day when you cannot 'make' things happen. You simply need to 'let' them.