

GUIDEBOOK

THE MOON

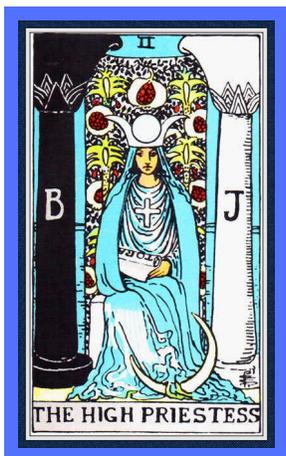
RHYTHMS AND FLOW OF TIME

The moon is
a loyal companion.
It never leaves.
It's always there,
watching, steadfast,
knowing us in our light
and dark moments,
changing forever
just as we do.

-Tahereh Mafi, Shatter Me

THE MYSTERIOUS MOON

The great mystery traditions told truths of how we can transform our lives. Teachings were deeply guarded and kept secret as they had the ability to fully empower an individual. This threatened those in power who branded these teachings as dangerous. Over the past 100 years, the knowledge of these mysteries has been actively explored and is now being openly shared. Through historical evidence and laws of correspondence, including cross-cultural similarities, the knowledge of how to transcend and transform ourselves into higher states of consciousness and physical wholeness is being pieced together. As we unravel these mysteries and discover how they can be applied to our lives we have an incredible opportunity to discover our truest essence and transform anything that is holding us back to create a beautiful and powerful life.



The first mystery is known as the initiation of the divine feminine spirit. This is taught through the power of the moon as she reflects the light of the sun upon the dark waters of creation showing us our deepest desires and shadow work that needs to be cleansed and purified. She is exemplified in the Tarot card of The High Priestess sitting in front of the veil of the mysteries of the pomegranate and the pillars of duality. On her chest is the crossing point of the heart and behind her she holds the wisdom of the waters.

THE POWER OF THE NEW MOON

THE PLACE OF PLANTING AND SOWING SEEDS.

The day leading up to the new moon is known as the dark moon. It is the silent place of the void where inner contemplation and regeneration takes place; the silence of the womb. As intentions are set in this quiet place they have time to be still until the light of the moon begins to shine initiating periods of growth, nourishment and eventual harvest. By following the path of the moon through your astrology chart you will begin to see that is not within one lunar cycle you reap her rewards but with-in six. Seeds sown in the first house will take six months before they mature, this is when the full moon of the same house occurs. With this knowledge you can set and cultivate powerful intentions.



The New Moon offers you...

1. **Regeneration:** the day before the new moon is the time for self love and care - a beautiful space for contemplation
2. **Clarity:** get clear on what you want, need and desire in your life and set goals you wish to achieve
3. **New Beginnings:** unexpected gifts and new opportunities may arise



THE POWER OF THE FULL MOON

THE PLACE OF MAINTAINING AND HARVESTING YOUR GARDEN.

As the full moon approaches energies abound and you may find yourself overactive with a surplus of energy or lack thereof. This phase offers you the opportunity to celebrate, reassess and learn what is no longer working in your life. It is the climax of your story which began six months earlier in the corresponding astrological house and the key to discovering patterns that no longer serve you. It will show you what you need to work on through the next six months until the new moon of this house returns where you can emerge free from the past! The full moon also teaches you to honour the work you have done and uphold the sacredness of who you are as a powerful creator!

The Full Moon offers you...

- 1. Celebration:** a time to reflect back over the past six months to see the changes and transformations you have accomplished
- 2. Reassessment:** examine your intentions and goals laid six months ago and make changes where needed
- 3. Resolution:** unexpected endings and situations may present themselves that need to be laid to rest and released.

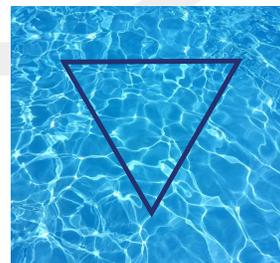


THE ELEMENTS

CONNECTING WITH THE MOON

The moon moves through a different zodiac sign every new and full moon. At the NEW MOON the sun and moon are traveling together side by side (this is why we can not see it at night) then during the FULL MOON the sun and the moon oppose each other. New moons take place in the month of its corresponding astrological sign (i.e) the new moon in December is the Sagittarius new moon. Two weeks later the Full moons occur in the opposite zodiac sign of the new moon (i.e) full moon in December is the Cancer full moon. Each moon connects to a specific astrological sign connected to one of the four elements: AIR, FIRE, WATER and EARTH. These zodiac signs and their elements have specific characteristics to offer in accordance to our natal birth chart.

AIRES	fire
TAURUS	earth
GEMINI	air
CANCER	water
LEO	fire
VIRGO	earth
LIBRA	air
SCORPIO	water
SAGITARIUS	fire
CAPRICORN	earth
AQUARIUS	air
PICSES	water



CREATING CONNECTION

One of the easiest ways to initiate a relationship with the moon is through the four directions (EAST, SOUTH, WEST and NORTH). By taking simple actions to honour and celebrate the moon you'll quickly discover profound effects that ripple through time. Begin to experience her powers of transformation!



EAST = THE MIND = ELEMENT OF AIR 

The Element of the AIR is connected to the MENTAL planes of reality and when the moon is in this element energies tend to be more cerebral where you may find yourself intellectualizing or being more in your thoughts. At the new moon you may be clearer and more focused in your thoughts and at the full moon you might more scattered or overwhelmed. To work with this energy you can meditate or do a yoga practice facing the direction of the EAST. You may also choose to take deliberate action through ritual i.e) smudging with tobacco or using essential oils of lavender, peppermint, lemongrass or geranium.

SOUTH = THE SPIRIT = ELEMENT OF FIRE 

The Element of the FIRE is connected to the SPIRITUAL planes of reality and when the moon is in this element energies tend to be more heated and passionate. At the new moon you may find your energy has increased getting you excited and amped-up and at the full moon you may be passionately driven acting and re-acting in an over the top manner. To work with this energy you can meditate or do a yoga practice facing the direction of the SOUTH. You may also choose to take deliberate action through ritual i.e) smudging with sweetgrass or using essential oils of ginger, basil, grapefruit or frankincense.



WEST = THE EMOTION = ELEMENT OF WATER 

The Element of the WATER is connected to the EMOTIONAL planes of reality and when the moon is in this element the energies tend to be connected to the heart. At the new moon you may find your heart opening up to emotions readily available and at the full moon you may find fears and emotional wounds surfacing to be healed. To work with this energy you can meditate or do a yin yoga practice facing the direction of the WEST. You may also choose to take deliberate action through ritual i.e) smudging with cedar or using essential oils of juniper, sandalwood, jasmine or rose.

NORTH = THE PHYSICAL = ELEMENT OF EARTH 

The Element of the EARTH is connected to the PHYSICAL planes of reality and when the moon is in the element of EARTH energies tend to be more grounded and in the body. At the new moon you may be focused on work and putting in the effort to receive material results and at the full moon you may see physical tangible results manifesting. To work with this energy you can meditate or do a yoga practice facing the direction of the NORTH. You may also choose to take deliberate action through ritual i.e) smudging with sage or using essential oils of patchouli, myrrh, vetiver or tea tree.