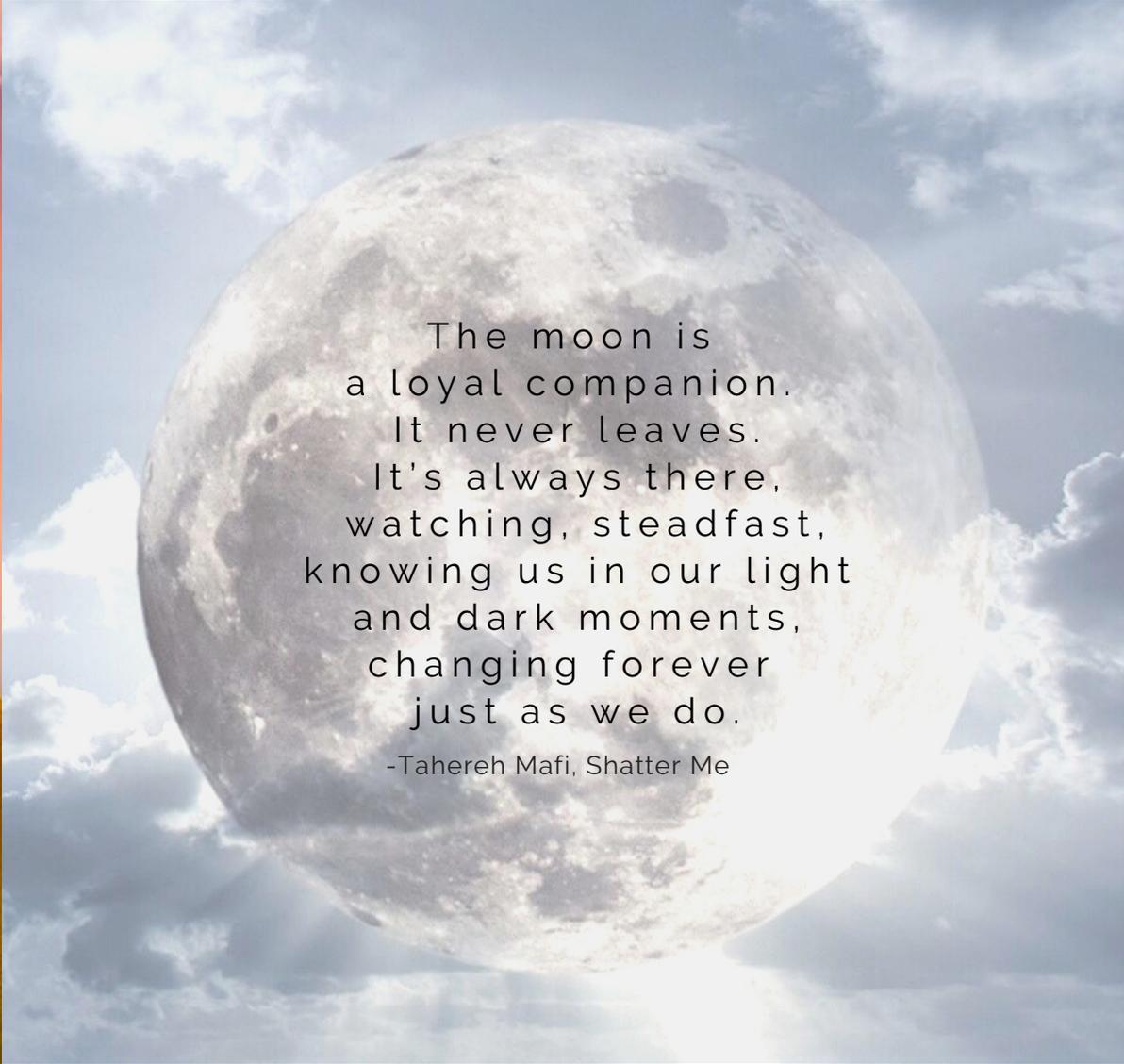


LUNAR GUIDEBOOK

# THE MOON

RHYTHMS AND FLOW OF TIME

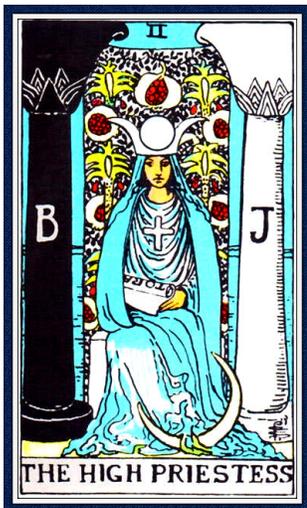


The moon is  
a loyal companion.  
It never leaves.  
It's always there,  
watching, steadfast,  
knowing us in our light  
and dark moments,  
changing forever  
just as we do.

-Tahereh Mafi, Shatter Me

# MYSTERIOUS MOON

The great mystery traditions of our ancestors told truths of how we can transform our lives. These teachings were deeply guarded and kept secret as they had the ability to empower an individual fully, threatening those in power who branded these practices as dangerous. Over the past 100 years, the knowledge of these mysteries has been actively explored and is now shared openly. 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 to apply them to our lives, we have an incredible opportunity to explore our purest 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 water (or baptism of water) to awaken the feminine spirit (or holy spirit), taught through the secrets of the moon. For this reason, the powers of the moon work to reflect the light of the sun upon the dark waters of creation, showing us our deepest desires and shadow work that needs addressing to become purified and made whole. It is exemplified through the archetype of the Divine Mother and expressed in the Tarot card of The High Priestess. She is the one who sits before the veil of the pomegranate mysteries (the door to our hearts) between the pillars of duality; light and darkness. On her chest is the crossing point and behind her the waters of life. She wears the crown of the moon held by the (modern expression) of the Goddess Isis. She invites you to enter through the moon into the mysteries of the deep!

## 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 inner voice where contemplation and regeneration take place, the silence of the womb. As intentions formulate 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 start to see that it is not within one lunar cycle, you reap her rewards but with-in six. Seeds sown in the first 'house' will take at least six months before they mature; this is when the full moon of the same 'house' occurs. With this knowledge, you can now begin to 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 in your highlight 'house' & area of life.
- 3. New Beginnings:** Unexpected gifts and new opportunities may arise. Time to initiate plans!



# 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 through for 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 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. What's working? What's not? What has changed?
- 3. Resolution:** Endings and situations may present themselves that need to be laid to rest and released – a time to complete projects and tie-up loose ends.



## THE ELEMENTS

CONNECTING WITH THE MOON

The moon moves through (or transits) a different zodiac sign every new and full moon. At the NEW MOON, the sun and moon are travelling 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 solar month of its corresponding astrological sign, i.e.) the new moon in April is the Aries new moon. Two weeks later, the full moon occurs in the opposite zodiac sign of the new moon, i.e.) full moon in April is the Libra full moon. And just as each moon connects to a specific astrological zodiac, each zodiac also corresponds to one of the four elements and directions: AIR in the East, FIRE in the South, WATER in the West and EARTH in the North.

ARIES	.....	fire
TAURUS	.....	earth
GEMINI	.....	air
CANCER	.....	water
LEO	.....	fire
VIRGO	.....	earth
LIBRA	.....	air
SCORPIO	.....	water
SAGITTARIUS	.....	fire
CAPRICORN	.....	earth
AQUARIUS	.....	air
PISCES	.....	water

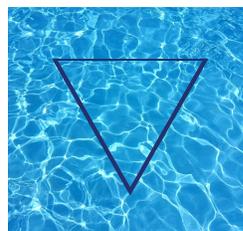
AIR EAST



FIRE SOUTH



WATER WEST



EARTH NORTH





# CREATING POWERFUL PRACTICES



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 through The Four Directions, you'll quickly discover profound effects that ripple through time and begin to experience her powers of transformation!



EAST = THE MIND = ELEMENT OF AIR  
GEMINI, LIBRA, AQUARIUS



The Element of the AIR connects to the MENTAL planes of reality. When the moon is in this element, the 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 on your thoughts, and at the full moon, you might be more scattered or overwhelmed. To work with this, 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  
ARIES, LEO, SAGITTARIUS



The Element of the FIRE connects to the SPIRITUAL planes of reality, and when the moon is in this element, the energies tend to be more heated and passionate. At the new moon, you may find your energy increasing getting you excited and amped-up, and at the full moon, you may be passionately driven acting and reacting 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  
CANCER, SCORPIO, PISCES



The Element of the WATER connects to the EMOTIONAL planes of reality. When the moon is in this element, the energies tend to be more connected to the heart. At the new moon, you may find your heart opening to emotions readily available to be expressed, and at the full moon, you may discover fears and emotional wounds surfacing for healing. 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 juniper or using essential oils of juniper, sandalwood, jasmine, or rose.

NORTH = THE PHYSICAL = ELEMENT OF EARTH  
TAURUS, VIRGO, CAPRICORN



The Element of the EARTH connects to the PHYSICAL planes of reality. When the moon is in the element of EARTH, the energies tend to be more grounded and in the body. At the new moon, you may be more focused on work and putting in the effort to receive material results, and at the full moon, you may see tangible physical 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.