



MOON PHASES

experiments in bliss

NEW MOON	beginnings; the seed is planted; the idea is hatched; time to plan and strategize your action steps to move you toward your desires	
WAXING CRESCENT	the seed sprouts; study begins; breakthroughs + downloads start happening; a time of ideas; expand the idea/flesh it out; share your intention with others; start taking action	
FIRST QUARTER	action in progress; strengthen the framework for manifestation (put down roots); synchronicities appear - say YES! to them; notice any doubts surfacing - write them down for later	
WAXING GIBBOUS	tend to details; tie up loose ends; fertilize + gestate; check for alignment between intention and actual manifestation + course correct if needed; make last push to make it happen	
FULL MOON	full expression of the manifestation/fruit from the seed; all is illuminated-both what did and didn't work; drink in the fruits of your labor = CELEBRATE!	
WANING GIBBOUS	begin the harvesting process; express and release disappointments; establish boundaries - if needed; share the rewards; express gratitude for gifts/support received; period of review	
LAST QUARTER	prune/cut away what didn't work so that it can make space + prepare the soil for what's next; redesign/re-strategize; reprogram the conditioning beliefs that sabotaged your efforts	
WANING CRESCENT	"balsamic" moon; time to reflect, learn and release; salve wounds; take rest and hold space for yourself in preparation for the next cycle	