



# MOONOLOGY

There is something mystical and mysterious about the moon. The gravitational pull of the moon causes the change in our oceans' tides and is at its strongest during the New Moon and Full Moon. As our bodies are made mostly of water, the pull of the moon not only affects the bodies of water on Earth, but our own internal waters as well. It's thought that at the new moon and full moon, like the tides, our emotions are pulled to the surface and feelings are heightened in reaction to subtle changes in the Earth's magnetic field that with occur with the moon phases. We may find ourselves feeling quiet and withdrawn during the introspective New Moon, or we may feel full of energy, our emotions heightened and pulled to the surface, during a Full Moon. Each cycle builds and recedes like the tides.

The Moon orbits the Earth in the same way the Earth orbits the Sun. The complete cycle takes about 29 days, and at one point we have the Moon between the Earth and the Sun (New Moon). It isn't visible to us because the side of the moon that is in shadow faces the Earth. At another point in the cycle, the Earth sits between the Moon and the Sun (Full Moon) and the illuminated side of the Moon is what we see shining bright in the sky.

The moon has long been associated with feminine energy. The triple moon symbol is well known to represent the feminine mysteries and phases of life (birth, life, death) and historically, women on their cycles called this time a moon cycle. Since women's bodies naturally attune to the cycles of the moon, it's no wonder they are attracted to work with its energy.

So, how can we learn to work *with* this mystical force?

There are actually 8 phases in a full moon cycle, but this worksheet will focus on the 4 main cycles as well as how astrology can influence the power of the moon at different times throughout the year.


**NEW MOON:** The beginning of the lunar cycle when the sun and moon are at the same place in the zodiac. This is a powerful time to dream, make wishes, and set intentions.

**WAXING MOON:** This comes a week after the new moon and a week before the full moon. This is the time to take inspired action and double down on your dreams.

**FULL MOON:** Two weeks after the new moon phase comes the full moon phase. At this point in time, emotions rise to the surface and can be overwhelming, so it's a great time to reflect, release, and let go of any self-limiting beliefs and negativity.

**WANING MOON:** One week after the full moon phase and three weeks after the new moon phase the third quarter moon phase comes. This is a quiet time to reflect, regroup, and clear your mind and space.

Though each moon phase has its own powerful vibration that can impact you emotionally and spiritually, we usually pay the most attention to the new and full moon phases for manifesting. Using the energy of the new moon to kickstart our manifestation process will make it happen more quickly and efficiently, and we use the energy of the full moon to celebrate our blessings and release what is no longer serving us. But this process doesn't happen overnight. Sometimes you will be working on the same intentions for several cycles of the moon, other times your manifestations may happen more quickly. I encourage you to spend at least three months mapping the moon and working with the different phases to see what comes up for you.



The new and full moons also move through the zodiac signs in a particular order. Each of the signs lends its own energy and influence over the moon depending on what time of year it is. For example, when the new moon is in chatty Gemini, it might be a good time to focus on your communication skills. Or, when the full moon is in the bold sign of Aries, you might feel the need to step up as a leader in some aspect of your life. See how easy it is?

The New Moons mark beginnings and will bring more light, positivity, or good fortune having to do with a particular sign, while the Full Moons mark endings and will always represent the shadow side of each astrological sign. When the moon is in...

Aries, the energy is bold, fiery, and quick to react. We may feel more daring, spontaneous, or reckless, willing to take risks or try new things.

Taurus, the energy is practical, devoted, and steady. We're dedicated to getting what we want and filling our needs and might feel the need for more comfort and security.

Gemini, the energy is flirty, talkative, changeable. We could be easily distracted and find it hard to focus, or we might be inclined to change our mind about something.

Cancer, the energy is sensitive, nurturing, loyal. We could feel tender and vulnerable and feel the need to put up walls for protection.

Leo, the energy is big-hearted, loyal, a natural born leader. We could crave more attention and have a desire to let others know how we feel.

Virgo, the energy is practical, organized, patient. We could feel a strong urge to organize our living space and work on projects.

Libra, the energy is diplomatic, creative, partnership oriented. We might feel ourselves seeking to create balance or filling the role of peacekeeper.

Scorpio, the energy is secretive, mysterious, passionate. We might react more sharply with that stinger Scorpio is known for and feel the need for introspection and looking within.

Sagittarius, the energy is expansive, philosophical, adventurous. You may be feeling quite optimistic and have a sense of adventure, wanting to travel and expand your horizon.

Capricorn, the energy is ambitious, determined, practical. You may be more inclined to focus on your long-term goals and have the determination to achieve them, motivated by a desire for success.

Aquarius, the energy is quirky, humanitarian, independent. You could find yourself feeling rebellious and craving freedom, while also feeling the need to socialize and interact with friends.

Pisces, the energy is intuitive, empathetic, imaginative. You might find yourself drifting and dreaming, your intuition might be heightened, and you could be more sensitive to emotions.

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