

Moon Cycles



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Reconnect with the magic within

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Waxing Gibbous

This is the time to edit and refine your projects, goals, and intentions. Cultivate patience and nurture yourself. What needs to be refined? Excellent time to cut hair for strength.

First Quarter

This is the time to reflect on your deepest needs and come back to heart center and purpose. What makes me happy? How can I align with what makes me happy?

Waxing Crescent

This is the time to focus on the details and claim fresh, new energy. What do I need to declare and invite into my life? Good time to make moon water.

Full Moon

Peak energy. The most powerful phase for addressing major challenges and issues. A great moment to open to psychic abilities and harvest your power. Be open and grateful. What do I need to embrace?

Lunar Phases



New Moon

New beginnings and long-term goals. This is a perfect phase to set an intention. What do I want to create? Not a good time to cut your hair.

Waning Gibbous

A good time to start releasing and surrendering completely. Also, a good time to be of service to others. What do I need to release?

Waning Crescent

Surrender, rest and restore as needed. Connect with your intuition consciously. What is your gut telling you? Good time to cut your hair for fast growth.

Last Quarter

A good time to re-adjust plans. Move towards, or surrender into transitions and reflect on things that have come to you. What do I need to surrender to?

Full Moon Ritual

Reclaim your power

Create a clean and beautiful space and altar. Allow your intuition to guide you to the crystals and flowers you would like to add. Light some white and/or silver candles and call upon your spirit guides, ancestors, and angels, to support the magical work you are about to begin. Create a sacred space where only vibrations of love and above can penetrate.

Working with forgiveness is key for any full moon ritual. Start by writing down a list of your grudges, grievances, and places of hurt that came to you while meditating. Visualize forgiving each person and situation. Forgiveness is for your benefit. Just because you are forgiving someone doesn't mean that what happened is okay, it just means you are releasing emotional baggage to move on.

The next step is to light some white and/or silver candles and use them to burn the list of forgiveness. This is an essential component of the ritual. It is important to burn the list because you are taking your negativity out of your body and onto the list. At this moment, you have ideally emptied yourself of all resentments.

Finally, you must fill this new space with gratitude. Spend some time thinking about the people and experiences for which you are grateful. Imagine that you are breathing in light from the universe around you, reclaiming the power and the light that you are by your divine birthright. Also is a great time to declutter and charge your crystals. Never cut hair on this phase.

New Moon Ritual

Plant new seeds

Every month, the moon delivers us an extra boost of intention-setting energy. Take some time to craft intentions that are clear, concise, and as specific as you can make them. These intentions, will not only inform the universe of your aspirations, but they'll also keep you focused on what it is you're after.

Light a Candle

Lighting a candle on the darkest night of the month signifies our desire to bring more light into our lives. Ask the universe to shine a light on you during the new moon and all the ones that follow it.

You can take this ritual further by charging your candle with an intention you wish to manifest during this moon cycle. Simply hold the candle, summon feelings of gratitude and love, and ask the universe for what it is you want. Light the candle, and allow it to burn out on its own.

The new moon is the most fertile day of the lunar cycle each month. If there was a perfect time for initiating anything new, it would certainly be the new moon! Start a new class. Apply for that job. Ask that person on a date.

Moon Water

What you'll need

- Glass jar
- Filtered or purified water
- Crystal & herbs (optional)

Step 1

On a clear night of your desired moon phase, collect fresh water in a glass container.



Step 2

Leave it out under the moonlight for several hours or overnight to charge.

Step 3

Remove the jar before sunrise. Store in a dark place. Drink or bathe with this powerful water.

Optional

Crystals or herbs can be added to infuse your water, to increase and amplify their power.

