

MOONOLOGY

THE STUDY OF THE MOON

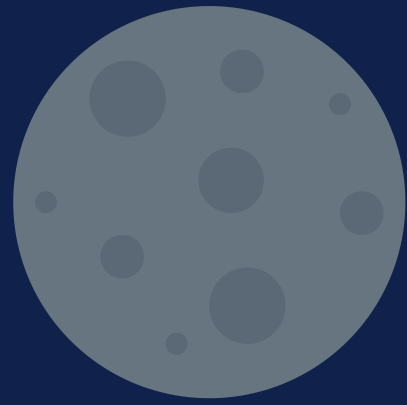


Moonology is working with the Lunar Cycle. Well, what is the Lunar Cycle and why do we even want to "work with" it? As the Moon revolves around the Earth, she also goes through various "phases". Basically, when we look up at the sky we are only seeing portions of the Moon thanks to the Sun being able to shine it's light onto it. But, depending on where the Moon is in relation to the Earth and Sun, we usually only see portions of the moon at a time.

Then why should that matter to us? Each of these eight phases that the Moon goes through represents something. She "waxes" on until she is full and then "waned" away until we get the darkness of the New Moon. Therefore, if we align ourselves, our intentions, and our magickal workings around these phases, we can yield even better results.

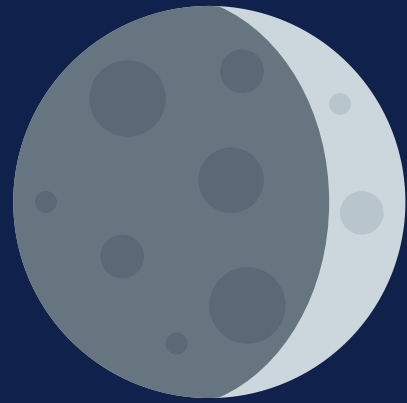


THE PHASES



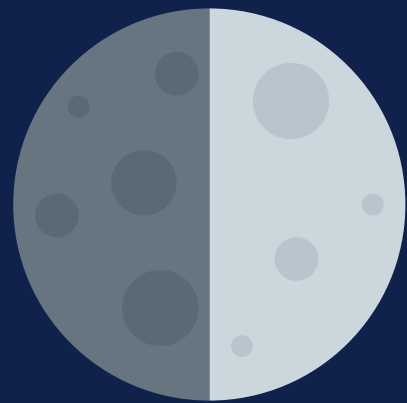
1. *The New Moon*

New beginnings! It's time to set or renew your intentions and goals. From here until the Full Moon, you should focus on growth + manifestations.



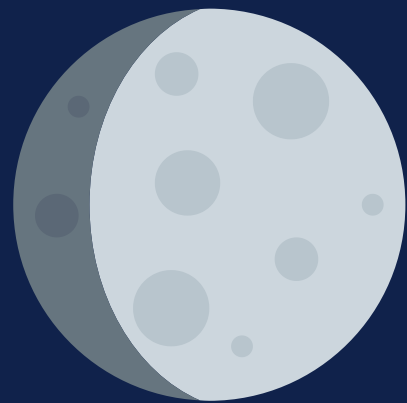
2. *Waxing Crescent*

Perfect time to take action on your intentions. You won't see the progress yet but it's important to stay motivated.



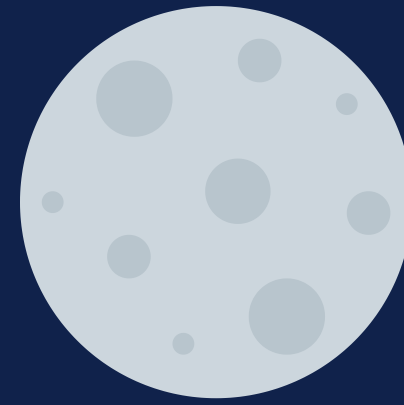
3. *First Quarter*

From the New to the Full Moon, it's all about growth and determination to see your goals through without distraction.



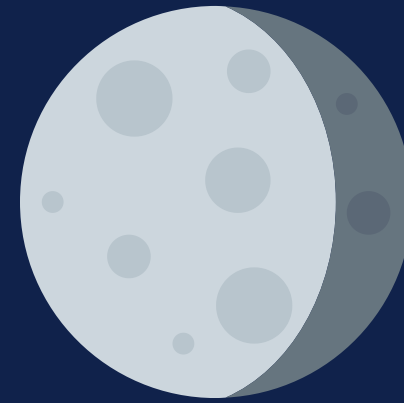
4. *Waxing Gibbous*

The last phase before the Full Moon, this is a good time to look back on your progress and success.



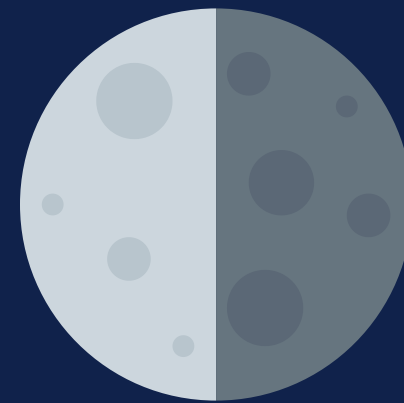
5. *The Full Moon*

You've been working so hard! Take this time to charge yourself (and your magickal tools) and reflect on where you've gone and where you still need to go.



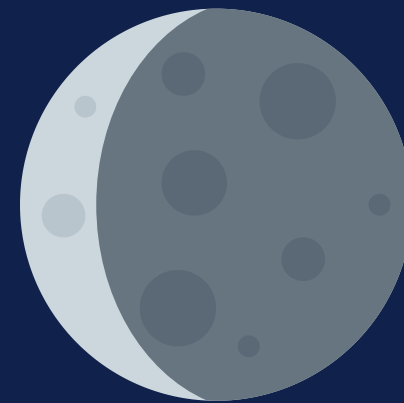
6. *Waning Gibbous*

From here to the New Moon it's all about release and reflection. This is also a great time for protection and banishing spells.



7. *Last Quarter*

If ever there were a good time to "let go" it's now. Look back at your successes and failures and release what no longer serves.



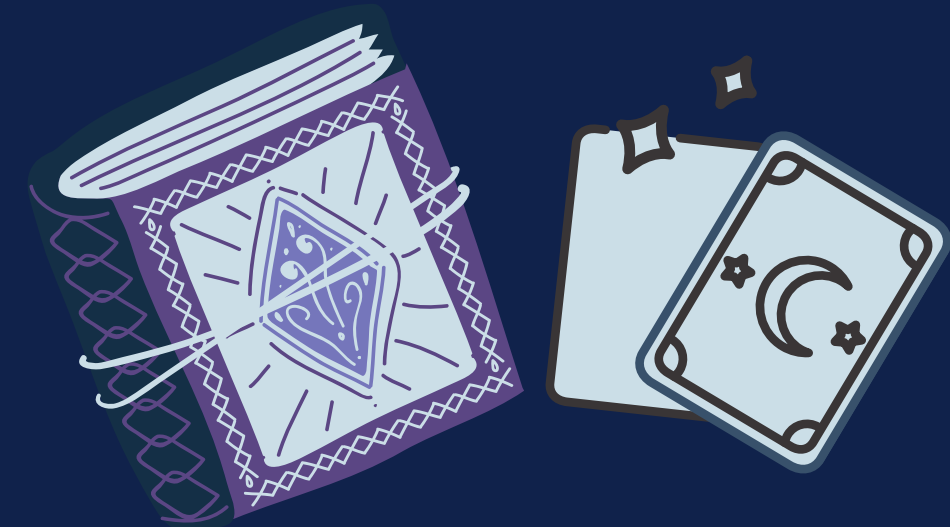
8. *Waning Crescent*

Almost time to start again! This is your chance to release and prepare for the next New Moon.

THE MOON + THE ZODIAC

As the Moon moves through the sky it is also passing through the signs of the zodiac. In astrology, the Moon rules our innermost emotions and how we react. Based on astrology, the sign that a planet or luminary is transiting in effects that planet and therefore us. So, as the moon transits the zodiac, it is affecting us, how we feel, and how we react. For example, whenever the Moon transits in Cancer (a very emotional sign), I immediately know because I become very emotional for no reason. Or, if the Moon is transiting in Capricorn (a very hard-working sign), you may feel the urge to run through your to-do list that you've been putting off.

The Moon makes a full round through the zodiac in less than a month, taking only two or three days to transit each sign. So, I definitely recommend getting a Moon Calendar - the two I'd recommend looking at are "It's Just A Phase" and "Moon Calendar" but there are countless others). Following the transit of the Moon can really help you plan out when to do things and to prepare for specific emotions to arise. But all around it's even fun just noticing how you feel and seeing the correlation!



ACTIVITIES + RITUALS

New Moon

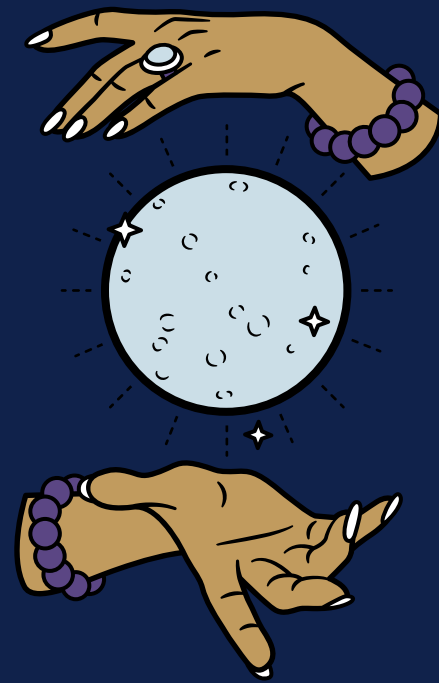
Cleanse all old and negative energy in order for you to be able to start anew.



Take some time and reflect on your shadow self. What parts of yourself do you need to confront and work on?



Set intentions! Write down what goals you have for yourself, what you want to accomplish, and what you want to manifest into your life.



Full Moon

Reflect on and release anything that no longer serves you. A good way to do this is to write down what you want to release and either burn or tear it up!



Relax, meditate, and manifest. Take advantage of your heightened intuition this moon provides!



Charge everything! Recharge yourself with a ritual bath or meditation. Spend time for yourself. Also charge all your magickal items, even jewelry and water can be charged!

