

# Moon Cycles

The moon radiates different energies during its approximate 28 day cycle. I have created a simple way to use the energy of the moon to get to know your truth and create your dreams. I have split the month into four weeks that include New, Waxing, Full and Waning Moon. On the following pages are week 3 and 4 for you to fill out.

## ● **Week 1 New Moon**

- ♥ Create a new vision
- ♥ What is the intention for this vision? Does it flow from fear or Love?
- ♥ Sowing the seeds of your desires.

## ◐ **Week 2 Waxing Moon**

- ♥ Focus on the vision
- ♥ How dedicated are you toward your vision? Manifestations grow where energy flows.
- ♥ Seeds begin to grow and develop flower buds.

## ○ **Week 3 Full Moon**

- ♥ Celebrate your vision and its manifestations
- ♥ Your vision is illuminated in the physical. How many manifestations emotional or physical can you count that have the flavour of your vision
- ♥ Flower buds have blossomed into beautiful flowers.

## ◑ **Week 4 Waning**

- ♥ Release your vision and its manifestations.
- ♥ Embrace, integrate, refine and re-evaluate all that has been experienced to determine your next desires to sow.
- ♥ Flowers fall away and reveal ripe fruit to be picked.



# Week 3 Full Moon

## Celebrate Blossoming Flowers—Illumination

List Seven things that you can celebrate around the theme from your New Moon intentions. If you can't think of any, write down whatever achievements you would like to celebrate from the past two weeks. Lets celebrate your life in its entirety. For all your experiences have brought you to where you are now. You may not know exactly where you are going, however if you allow your heart to open and the moon to shine within, the next logical steps will be illuminated. Release the need to know, and feel your way into your dream life.

1

2

3

4

5

6

7

# Week 4 Waning Moon

## Pick the Fruit - Integration

List seven things you have learned or have a clearer understanding of from the previous three weeks. You are in a completion and review phase. This is a time to retreat, meditate and release any attachments to outcomes and expectations. Your inner vision is clarifying. You are refining and evaluating all that has been experienced, to determine your next desires to sow and New Moon.

1

2

3

4

5

6

7