

# 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 1 and 2 play sheets that you can fill out. Tomorrow's EBook will include week 3 and 4.

## ● 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 1 New Moon

## Sowing Seeds - Intention

Write down seven things you want to experience in your life or feel better about it. If you get stuck think about the different areas of your life - such as: Spiritual, Financial, Love life, Fun, Friends, Family, Creative, Career, Health and Well being. Write in the present tense as if you already have whatever you want. Don't worry about how they will happen or what you might need to do to bring it in to your life, your job is to identify your desire. Allow yourself the possibility that all is possible and be open to receive. Writing a list of desired things does not bring them to you. This is just a way to start you focusing on the vibration of what is wanted instead of what you think is missing or not wanted.

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# Week 2 Waxing Moon

## Develop Flower Buds - Focus

Start at Number 1 on your New Moon List of desires. Close your eyes and feel how you think you will feel when you are living this desire. Really feel it and see if you can identify anything in your life that feels the same as this desire. Open your eyes and write them down on the list below. Close your eyes once again and open yourself to the experiences over the past week and see where your desire is already turning up. Remember your feelings are also a manifestation. Open your eyes and write this down. Go through each number on your New Moon list until you have completed all seven. You bring to you what you focus upon and the outside world will support your belief of it. Your focus will build a momentum that will bring your desires quickly.

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