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A MANIFESTATION GUIDE
FOR THE PHASES OF THE MOON



FOLLOWING THE CYCLE OF THE MOON IS A POWERFUL WAY TO CONNECT WITH OUR ENERGY, AND AN INVALUABLE WAY IN WHICH WE CAN ORGANIZE OUR LIFE TO ITS FULLEST ADVANTAGE. IN ADDITION, WE ARE ALL BORN DURING ONE OF THE PARTICULAR LUNATION PHASES AND WE REFLECT THE CHARACTERISTICS THAT ONE OF THOSE PHASES REPRESENT. IT IS QUITE INTERESTING HOW IT DESCRIBES THE CORE OF OUR PERSONALITY AND THE NATURE OF OUR LIFE PURPOSE.

THE BEST WAY TO START WORKING WITH THE MOON ENERGIES IS TO GO ONLINE AND LOOK AT A MONTHLY LUNATION CALENDAR, SUCH AS www.spaceweatherlive.com/en/moon-phases-calendar. YOU CAN ALSO PURCHASE A DAILY PLANETARY GUIDE WHICH IS GREAT FOR KEEPING TRACK ON A DAILY CALENDAR.

PHASE 1

THE LUNATION CYCLE BEGINS WITH THE NEW MOON PHASE

This is the time to plant your seed for future dreams. It is when you will envision the future or what you desire. Create a wish list and visualize what you want to create in your life. Be courageous at this time in taking a leap of faith.

PHASE 2

CRESCENT MOON PHASE

This phase begins about 3 ½ days after the New Moon. This is the time when you actually start to focus on your vision and begin to communicate your intention to move forward. Return to your wish list and re-visualize your thoughts during the New Moon period. This is when you need to stay true to yourself and continue your forward momentum. Bring in new energy and add some preliminary action to help develop your skills needed to build your future.

PHASE 3

FIRST QUARTER PHASE

At the First Quarter Phase the Moon is half full, on its way from New to Full. This is when you may start to question yourself or your ideas and begin to have doubts. Are you doing the right thing? Is this a good idea? Watch out for stumbling blocks but persist in your goal visions. At this time, start to have conversations with others about your intentions and get the ball rolling. Getting feedback can turn your doubts around.

PHASE 4

GIBBOUS MOON PHASE

At this phase the Moon is quickly approaching the Full Moon phase. Your soul is evolving, and your interests are more about self-development and self-awareness. This is when you will analyze, adjust and perfect the plans you started in the previous phases. Begin to edit, refine and make any adjustments needed to accomplish your goals. This would be a good time to brush-up on skills or knowledge that have gotten a bit rusty.



PHASE 5

FULL MOON PHASE

This is the high point and climax of the Moon cycle. It's time to reap the rewards and celebrate all of your planning leading up the Full Moon. At this point, the building portion of your vision should be accomplished. You should be able to look back and see everything leading up to this moment, release anything negative and give back. Take some time to practice forgiveness and gratitude. You are getting to see all of the things you need to, but it is definitely NOT a time to begin anything new. It is the time to end, to culminate, to release. You can also use this time for breaking old habits or routines.

PHASE 6

DISSEMINATING MOON PHASE

During the disseminating period, the Moon starts to move into its Waning phase. She will appear to grow smaller each night until the time of the New Moon again. This is a time you want to be open to change and transformation. If you have a message to get out, now is the time. You will want to take this time to share and interact not only through information, but it is also a great time for socializing, charity work, attending or teaching classes or workshops, and make new friends with who you truly connect with intellectually.

PHASE 7

LAST QUARTER MOON PHASE

Half-light and half-dark, this is the halfway point between the Full Moon and the New Moon. We have already realized what is important. We now want to reevaluate and reorganize our ideas and beliefs. During this phase, you will want to take care of things you have been putting off and work on wrapping things up. What things-need to be eliminated in your life? This is the perfect time for cleaning up clutter, finishing paperwork, and catching up on daily chores.

PHASE 8

BALSAMIC MOON PHASE

The eighth and final phase of the Moon cycle is the closure phase. This is the time to rest, heal and surrender to the Divine. This phase bridges the ending of the old and the birth of the new. During this quiet time is when your soul processes everything learned from the past and intuitively envisions the future. The New Moon is right around the corner and you need to prepare. We are on the border of a brand-new cycle. One of the best things you can do during this 3-day period is to rest and let your mind, body and spirit relax. This is an excellent time for creativity and inspiration and to just let your imagination run wild.

CURIOUS ABOUT WHICH PHASE YOU WERE BORN UNDER? SCHEDULE YOUR BIRTH CHART READING AND WE WILL EXPLORE YOUR JOURNEY TOGETHER.

Go to soulguideastrology.com/readings or email: linda@soulguideastrology.com

