



# MOON MAGIC

LUNAR GUIDANCE FOR  
MIND, BODY & SOUL

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*Transform your self-care routine.*

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# INTRODUCTION

In many indigenous traditions, Grandmother Moon is the leader of the feminine life. In ancient lore, it is believed that Grandmother Moon was one of the first spirits to be placed in the sky to watch over the children of the Earth. Grandmother Moon teaches us about our intuitive, introspective, and receptive nature. She is the representative of the Divine Feminine and the Healer in the star system.

Living by the Moon's cycles can help us to feel healthier & more energetic as well as aiding in assisting us in the release of old habits that no longer serve our highest good.

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01

CHAPTER

THE MOON & YOU

# THE MOON & YOU

Many cultures widely associate the Moon with the feminine aspects of nature. In various traditions, a woman's menstrual cycle is often referred to as her "Moon time" due to its connection with the lunar cycle.

It's interesting to note that many women commence their menstruation around the full Moon and conclude it by the new Moon, or vice versa. The average length of the menstrual cycle, approximately 29.5 days, aligns with the time it takes the Moon to complete an orbit around our planet.

During our Moon time, it's common to experience heightened emotions, increased intuition, and a natural inclination to slow down and rest.



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Embracing and recognizing these aspects as normal is an important part of honoring our natural rhythms.

In this period, it's essential to shower yourself with love and nurture, finding comfort and cultivating a close relationship with both your body and emotions.

The first menstrual cycle marks a significant rite of passage into womanhood. Numerous cultures celebrate this momentous occasion with grand festivities, women-only retreats, and other events that underscore the significance and sacredness of this time.

Regrettably, some women have become disconnected from their Moon time due to painful, shameful experiences or its inconvenience to their lifestyles.

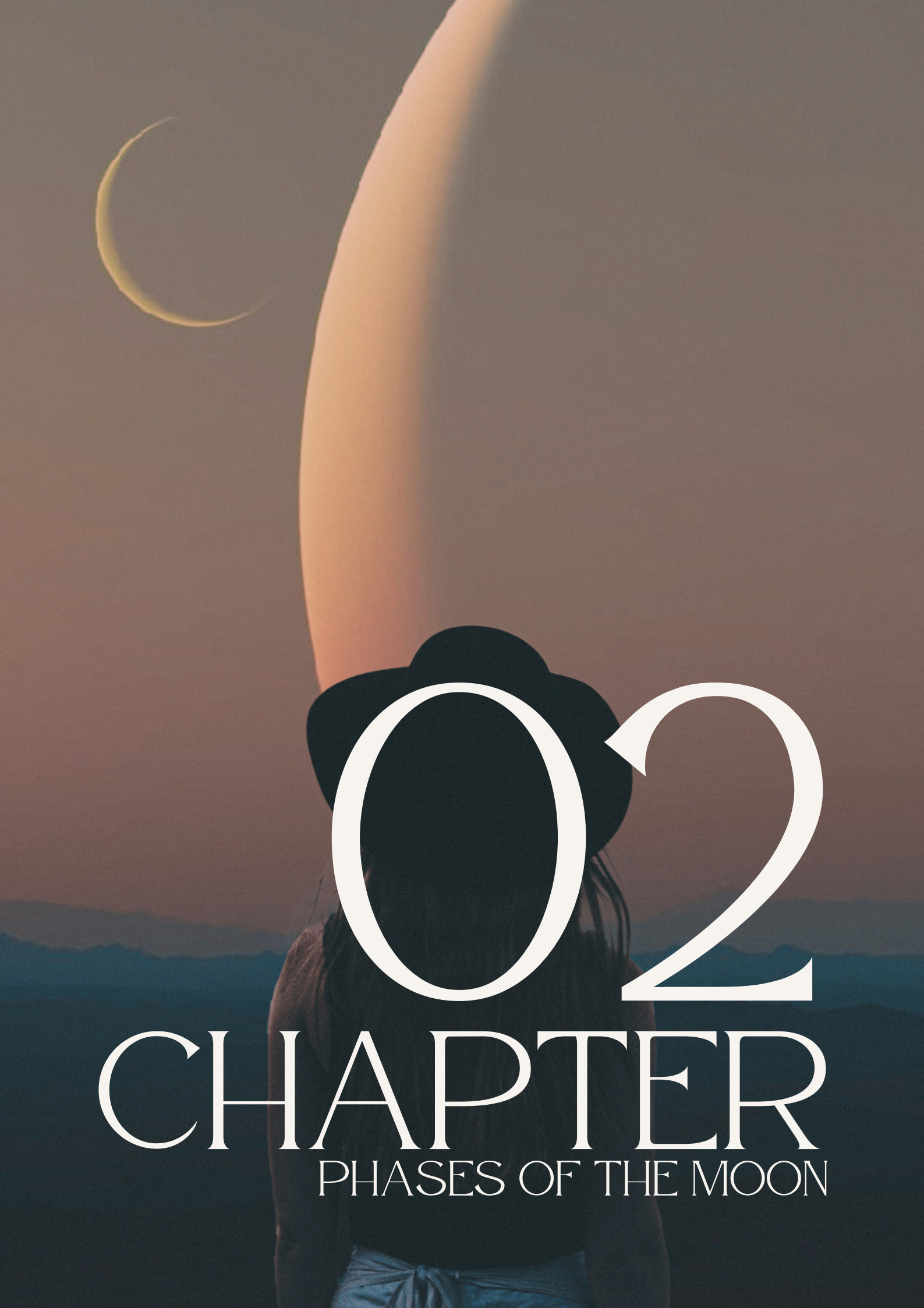


In a society dominated by men, women have often been made to feel that their menstrual cycles are taboo, as if they are dirty secrets meant to be hidden and never discussed. This detachment from the truth leaves us feeling out of balance, convincing ourselves that we "don't have time" to rest or appreciate the magic occurring within our bodies, when in reality, that's precisely what our bodies are urging us to embrace.

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02

CHAPTER

PHASES OF THE MOON

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# PHASES OF THE MOON & HOW TO WORK WITH THEM

In addition to our physical connection to the Moon, we can learn to use the lunar cycles to plan each month of our lives, as well as use the energy of each lunar phase to manifest our desires.

Using the energy of the different phases of the Moon, we can create what we want and make it a reality, and we can finally let go of anything that is no longer serving us, anything holding us back, and release what we do not want to bring with us into the next cycle.

There are four main phases :

- New Moon
- Waxing Moon
- Full Moon
- Waning Moon





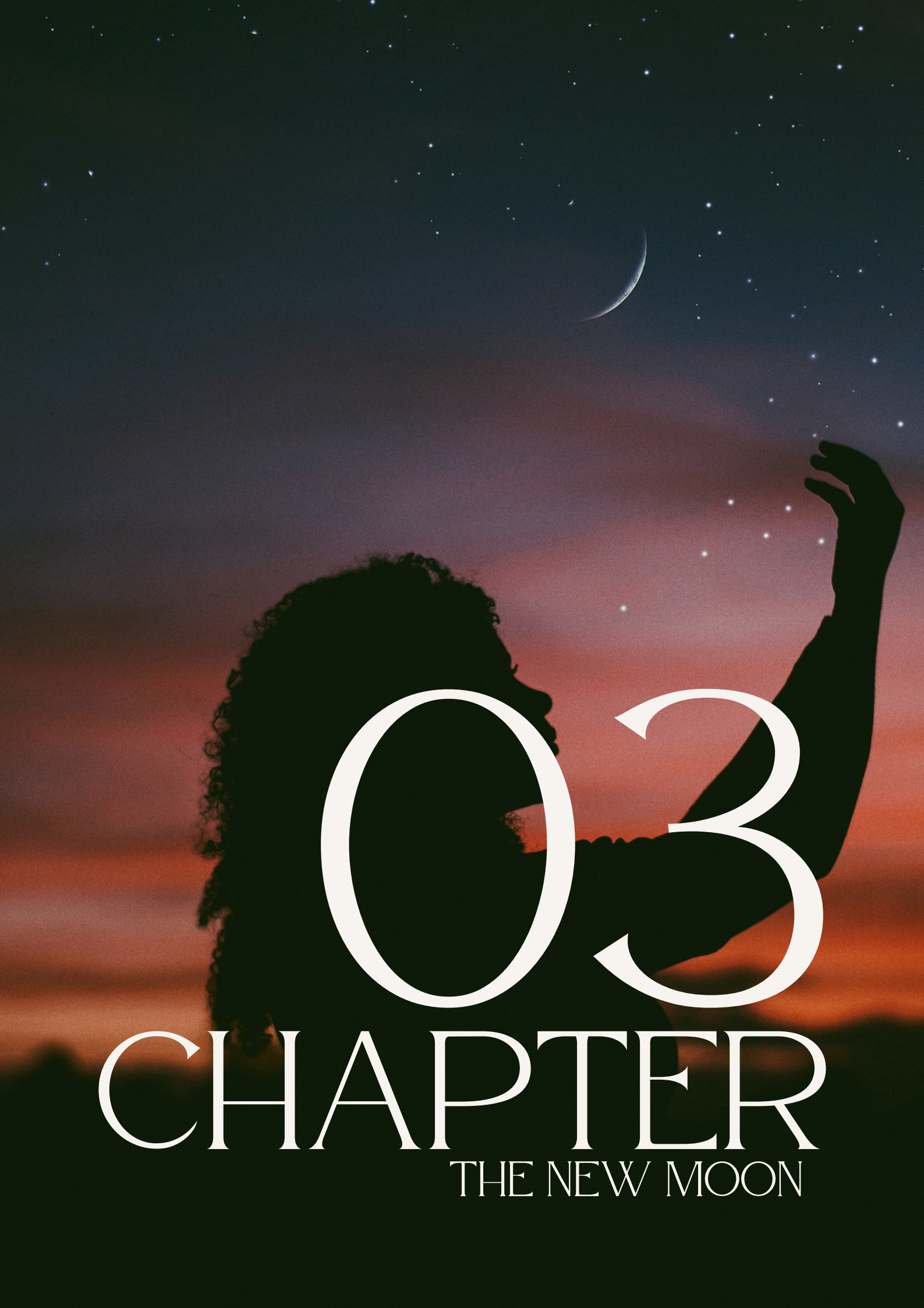
In the upcoming chapters, we'll delve into each phase extensively, exploring its unique energies. However, to provide a summary:

During the new Moon, we engage in rituals to set intentions for what we aim to attract in the upcoming cycle.

As the Moon waxes, appearing to grow fuller, we keenly observe the realization of our manifestations, paying attention to the guidance leading us toward our desires.

Contrastingly, during the full Moon, we focus on intentions related to what we want to release and avoid carrying into the next cycle.

As the Moon wanes, diminishing in size, we observe for signs indicating the removal of what we aimed to release or guidance leading us away from it.



03

CHAPTER

THE NEW MOON

# THE NEW MOON

## A TIME FOR NEW BEGINNINGS

The arrival of the new Moon heralds a potent energy of renewal and fresh beginnings. It marks a moment to welcome new opportunities and establish fresh objectives. Additionally, it serves as an ideal juncture to prioritize your well-being and commence a journey of healing or self-care. Embracing this revitalizing energy involves caring for yourself, aligning with it, and inviting it into your life. Seize this time to set intentions and sow the seeds of your desires, as they will thrive and flourish with the nurturing support of the new Moon's energy.

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The new Moon marks the end of one lunar cycle and the beginning of another. This transition is often seen as an opportunity to hit the reset button in various aspects of life. It's a time to reflect on the past cycle, release what no longer serves you, and open yourself up to new possibilities.

As the Moon begins its waxing phase, going from invisible to a small crescent, it symbolizes the gradual emergence of new energies. Many people use the new Moon as a powerful time to set intentions for the upcoming cycle. These intentions can be related to personal goals, relationships, career aspirations, or any area of life where one seeks positive change.

The analogy of planting seeds during the new Moon is common. By setting intentions, you are metaphorically planting seeds that have the potential to



grow and manifest as the Moon waxes and reaches its full illumination. This phase is a fertile ground for the initiation of projects, ideas, or personal transformations.

The new Moon is also seen as a conducive time for self-care and healing practices. Taking care of your well-being during this phase aligns with the energy of renewal and supports a holistic approach to personal growth. Engaging in activities that promote relaxation, reflection, and self-awareness can be particularly beneficial.

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# HARNESSING THE POWER OF SELENITE CRYSTALS

Selenite, a truly remarkable stone, holds immense power in safeguarding and purifying energies. It is renowned for its ability to cleanse spaces from any stagnant and negative energy, making it ideal for energy cleansing and space clearing purposes. Additionally, this exceptional stone can eliminate energetic obstacles that might have been hindering your progress.

By embracing the essence of Selenite, a newfound clarity will illuminate your path. It enables you to develop an unyielding trust in your inner guidance and empowers you to decipher the profound messages the Universe is sending your way.

One thing I do want to mention about Selenite is that does not need to be cleansed because it works to transmute negativity. You must also never get it wet



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# NEW MOON JOURNAL PROMPTS

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Harnessing the energy of the new Moon can be a powerful way to set intentions and cultivate personal growth. Here are some journal prompts for the new Moon's energy:

- What aspects of my life are currently in alignment with my true self?
- Are there any areas that feel out of balance or in need of attention?
- What specific goals or intentions do I want to manifest during this lunar cycle?
- How can I break these intentions down into smaller, actionable steps?
- What thoughts, habits, or emotions no longer serve my highest good?
- How can I release and make space for positive changes?
- What intuitive insights or gut feelings am I experiencing right now?
- How can I strengthen my connection to my inner wisdom?
- What am I grateful for in my life at this moment?
- How can I express gratitude for the lessons and blessings of the past month?
- How can I prioritise self-care and nourishment for my mind, body, and spirit?
- Are there any specific practices or activities that bring me joy and rejuvenation?

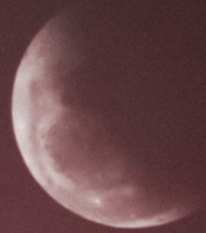


- In what areas of my life am I resistant to change?
- How can I shift my perspective and embrace change as a natural part of growth?
- What positive affirmations or beliefs can I focus on during this lunar cycle?
- How can I reframe challenges into opportunities for growth?
- What energies or influences do I need to set boundaries with in my life?
- How can I protect my energy and create a space that fosters positivity?

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04

CHAPTER

THE WAXING MOON

# THE WAXING MOON

As the Moon grows from a slender crescent to its full glory, it symbolizes a time of expansion and manifestation.

During this phase, the cosmic energy is in alignment with growth and progress. It's a window of opportunity to translate the intentions you set during the new Moon into tangible actions. Think of it as a cosmic green light encouraging you to embark on new projects and cultivate fresh habits.

The waxing Moon is like a celestial partner nudging you to step into the arena of productivity. Whether it's starting a creative



venture, initiating a personal goal, or diving into a new endeavor, this is your moment. The Universe is supporting your efforts, and the energy is ripe for taking decisive action.

So, seize the waxing Moon's energy, roll up your sleeves, and embark on the journey of bringing your aspirations to life. This is your cosmic cue to make things happen, to weave the threads of intention into the fabric of reality.

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# CLEAR QUARTZ & THE WAXING MOON

One crystal that synergises beautifully with the energy of the waxing Moon is Clear Quartz. Known as the "Master Healer," Clear Quartz possesses a unique ability to amplify energy and intentions. When paired with the waxing Moon, it becomes a potent tool for magnifying the effects of growth, manifestation, and positive change.

During the waxing Moon phase, the celestial energy is aligned with progress and expansion. This is an opportune time to set intentions and take actions to bring your goals to fruition. Clear Quartz acts as an energetic amplifier, intensifying the intentions you infuse into it.



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Here's a simple way to work with Clear Quartz during the waxing Moon:

1. **Cleansing:** Start by cleansing your Clear Quartz crystal. You can use methods like smudging with sage, placing it under running water, or leaving it in Moonlight overnight.
2. **Setting Intentions:** Hold the Clear Quartz in your hands and focus on your intentions. What do you want to achieve during this lunar phase? Whether it's personal growth, a new project, or a positive change in your life, clearly visualize your goals.
3. **Charging:** Place the cleansed Clear Quartz under the waxing Moon's light. As it absorbs the Moon's energy, imagine your intentions being magnified and infused into the crystal.
4. **Integration:** Keep the charged Clear Quartz with you, either in your pocket, on your desk, or in a designated sacred space. Let it serve as a reminder and amplifier of your intentions throughout the waxing Moon phase.

By working with Clear Quartz in harmony with the waxing Moon, you create a dynamic synergy that supports your endeavors and helps you ride the wave of positive growth and manifestation.



# WAXING MOON JOURNAL PROMPTS

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- What areas of my life do I want to see grow and expand?
- How can I set clear and achievable goals for this phase of the lunar cycle?
- In what ways can I build on the positive momentum in my life right now?
- What small steps can I take to keep the energy moving forward?
- What new opportunities or possibilities are presenting themselves to me?
- How can I embrace and explore these opportunities with enthusiasm?
- Do my current actions and goals align with my broader life purpose?
- How can I ensure that my efforts are in harmony with my authentic self?
- In what areas of my life do I need to boost my confidence?
- What affirmations or practices can help me feel more self-assured?
- How can I channel the heightened creative energies of the waxing Moon?
- Are there any creative projects or ideas I want to pursue during this time?
- How can I strengthen and enhance my connections with others?
- Are there any relationships that could benefit from extra attention and care?

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- What intentional actions can I take to align with my goals?
- How can I infuse purpose and mindfulness into my daily activities?
- How can I sync my personal growth with the natural cycles of the Moon?
- What achievements or progress am I proud of in the current phase of my journey?
- How can I celebrate and acknowledge my efforts, no matter how small?

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05

CHAPTER

THE FULL MOON

# THE FULL MOON

The full Moon, a celestial symphony of radiant beauty, holds a profound and mystical energy that has captivated humanity throughout the ages. As the Moon reaches its fullest illumination, its energy becomes a potent force that influences not only the night sky but also the ebb and flow of earthly energies.

During the full Moon, the Moon is at the peak of its lunar cycle, casting a luminous glow that bathes the world in enchanting light. This cosmic spectacle is more than just a visual delight; it carries a unique energy that resonates with the spiritual and emotional realms.



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One of the key aspects of full Moon energy is its amplifying effect. Whatever intentions, emotions, or energies you bring into this lunar phase are magnified. It's a time of culmination and fruition—a cosmic spotlight illuminating the seeds you planted during the waxing Moon, bringing them to their fullest expression.

Emotionally, the full Moon often stirs a heightened sense of awareness. Some people experience a surge in creativity, while others may feel a deep connection to their emotions and a heightened sensitivity to the energy around them. It's a time to embrace the full spectrum of your feelings, acknowledging and processing them with a sense of clarity.

Spiritually, the full Moon is considered a powerful time for reflection, meditation, and connection with the divine.



Many spiritual practices and rituals are aligned with the full Moon to harness its energy for manifestation, healing, and spiritual growth. Whether you engage in meditation, energy work, or other spiritual practices, the full Moon provides a cosmic backdrop that amplifies your efforts.

The full Moon's energy is also associated with balance and illumination. Just as the Moon reveals its entire face during this phase, it encourages us to illuminate and explore all aspects of ourselves. It's a time to bring light to the shadows, gain clarity, and find balance within.

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# MOONSTONE CRYSTALS

The Moonstone crystal, aptly named for its ethereal sheen and connection to lunar energies, forms a captivating alliance with the potent vibrations of the full Moon.

Moonstone has long been revered as a stone connected to the divine feminine. Its gentle, nurturing energy aligns with the archetype of the Moon, often associated with femininity and the cyclical nature of life.

The full Moon enhances psychic awareness, and the Moonstone, known as the "Stone of New Beginnings," accentuates this intuitive connection. Keep the charged Moonstone close during this time to heighten your sensitivity, deepen your intuition, and foster spiritual insight.



# FULL MOON JOURNAL PROMPTS

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- What accomplishments and milestones have I achieved since the last full Moon?
- How can I celebrate and acknowledge my growth and successes?
- What emotions, habits, or situations am I ready to release and let go of?
- How can I create space for positive energy by releasing the unnecessary?
- What inner truths or realizations are coming to light during this full Moon?
- How can I honor and integrate these insights into my life?
- In what areas of my life do I feel a need for balance?
- How can I navigate and integrate opposing forces to achieve harmony?
- What abundance and blessings have I experienced in the past lunar cycle?
- How can I express gratitude for the abundance in my life?
- How does the energy of the full Moon resonate with my emotions and thoughts?
- How are my relationships reflecting my inner state during this full Moon?
- What can I do to nurture and strengthen my connections with others?



- Where do I need to offer myself more compassion and forgiveness?
- How can I release any self-judgment and embrace self-love?
- Revisit the intentions set during the new Moon. How have they manifested?
- How can I adjust or amplify these intentions based on my experiences?
- How can I tap into the wisdom of my ancestors for guidance during this full Moon?
- Are there ancestral practices or rituals I can incorporate into my reflection?

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006

CHAPTER

THE WANING MOON

# THE WANING MOON

As the Moon gradually diminishes in luminosity, it invites us to embrace the qualities of release, reflection, and renewal.

The waning Moon signals a time for release and shedding. Just as the Moon's glow recedes, this phase encourages us to let go of what no longer serves us. It's an opportune moment to release old patterns, negative energies, and anything hindering our personal growth.

Engage in rituals that symbolize release, whether it's journaling to unload emotions or performing a symbolic act of letting go.



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With the waning Moon's energy, there's a natural inclination for introspection. Take stock of the experiences, lessons, and achievements of the lunar cycle. What have you learned? What do you want to carry forward, and what are you ready to leave behind? The waning Moon encourages a thoughtful review of your journey, promoting self-awareness and personal growth.

As the Moon diminishes, it prompts a subtle invitation to rest and rejuvenate. This is a time for self-care and replenishment, allowing your body, mind, and spirit to recover. Embrace practices that nourish your well-being, whether it's getting adequate sleep, engaging in gentle activities, or simply finding moments of quiet contemplation.

The waning Moon phase is often likened to a spiritual detox. Use this time to cleanse your energetic space, releasing stagnant energy

and inviting in freshness. Practices such as smudging, energy clearing, or meditation can help you purify your aura and create a renewed sense of spiritual clarity.

Embrace this phase with a spirit of surrender, allowing the waning Moon's energy to guide you in the art of letting go and preparing for the beautiful renewal that follows in the cycle of the lunar journey.



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# BLACK OBSIDIAN



Often referred to as the "witches' stone" or the "mirror of the soul," holds a unique resonance with the energy of the waning Moon. This volcanic glass, with its deep black hue, has been revered for its protective and transformative properties, making it a powerful companion during the waning Moon phase.

Black Obsidian is renowned for its ability to absorb and transmute negative energies. During the waning Moon, which symbolizes the shedding and release of the old, the energy of Black Obsidian can be harnessed to banish unwanted influences or attachments. Use this crystal in rituals or meditations to facilitate the release of energetic baggage, paving the way for renewal.



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The waning Moon encourages introspection and confronting aspects of ourselves that may be hidden or overlooked. Black Obsidian, acting as a mirror to the soul, aids in shadow work – the process of exploring and integrating the darker aspects of one's psyche. This crystal supports the courage needed to delve into the depths of the self during the waning Moon phase.

As the Moon's energy wanes, there may be a sense of vulnerability. Black Obsidian, with its grounding properties, provides a protective shield, helping to ward off negativity and unwanted influences. Carry or place Black Obsidian in your living space during the waning Moon to create a protective barrier, allowing you to navigate the releasing process with a sense of security.

The waning Moon is a time of reflection and inner wisdom. Black Obsidian, being a crystal associated with scrying and divination, can enhance your intuitive abilities during this phase. Use the crystal as a tool for gazing into the depths of your subconscious, seeking insights and guidance on what needs to be released and transformed.



# WANING MOON JOURNAL PROMPTS

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- What important lessons have I learned in the current lunar cycle?
- How can these lessons contribute to my personal growth?
- What aspects of my life are draining my energy and vitality?
- How can I begin to release or minimize these draining influences?
- What negative thought patterns or behaviors am I ready to release?
- How can I consciously work towards breaking these patterns?
- In what ways can I declutter my physical space and mental landscape?
- How does decluttering contribute to a sense of clarity and renewal?
- How can I prioritize rest and self-care during this waning Moon phase?
- What activities bring me a sense of calm and rejuvenation?
- Are there any lingering resentments or grudges that I need to forgive?
- How can I release these burdens and open up space for healing?
- What aspects of my life are coming to a natural end or completion?
- How can I honor and celebrate these endings as opportunities for new beginnings?
- How does the waning Moon's energy align with my own emotional rhythms?
- Are there specific rituals or practices that resonate with the waning Moon?



- What am I grateful for in the process of releasing and letting go?
- How can I appreciate the freedom that comes with releasing what no longer serves me?
- As I release, what seeds am I planting for the next lunar cycle?
- How can I consciously prepare for the new opportunities and growth ahead?

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07  
CHAPTER  
RITUALS

# FULL MOON - NEW MOON BATH SALTS

You'll need:

- 2 cups of epsom salt
- 1 cup of pink himalayan sea salt
- 1 cup of aluminum free baking soda
- Dried herbs (rose, lavender, lemon balm, mugwort, jasmine, red raspberry leaf are all great options)
- Essential oils of choice (lemon, lavender, orange, peppermint, geranium and rosemary are all lovely to use)

Mix together the epsom salt, sea salt and baking soda. Sprinkle in dried herbs of choice - up to 1/4 cup or so. Add 5-10 drops total of your essential oils. Lovingly pour into a small glass jar and use as needed. If you used essential oils, do note that they may not last more than 2 months or so.

Bath soaks should be used within a month or so of creation.

Lunar Magick: After you have placed your salt blend into the jar and covered with a lid, set your jar outside, preferably touching the earth, overnight underneath the Moon.

Crystal Magick: You can also use crystals to magnify the intentions of your bath salt. After you have placed your bath soak in a jar and covered with a lid, you can lay a piece of quartz or amethyst on top of the jar for a day or so.

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# BATHING RITUAL

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Taking care of your bathroom is an important part of the whole bathing experience. It not only helps to create a peaceful and rejuvenating environment but also has the potential to clear the negative energy around you.

Now, gather the necessary items to ensure a comfortable bath. Grab a fluffy towel for drying yourself after the bath. Keep a journal and a pen nearby in case a brilliant idea strikes you while soaking in the tub. Also, don't forget to bring a refreshing drink to quench your thirst, and any other item that will add to your complete sense of comfort.

To enhance the energy further, add your favorite crystals like clear quartz, which amplifies positive vibes, and heart-opening stones like Rose Quartz. Be cautious while adding them to the bath; make sure they are stones that can withstand contact with water. Avoid using Selenite, as it can actually disintegrate when exposed to water.

Incorporating an element of fire into your bath ritual can be incredibly beneficial. Light candles, burn sage or palo santo, or use incense to diffuse and release any lingering negative energy.

Next, fill the tub with warm water, ensuring that it's not too hot for your comfort. Empty the contents of the Moon Bath blend into the water, allowing it to infuse and enhance the overall bathing experience. It's time to embrace the healing power of this ritual and let the positive energy envelop you.

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To enhance your experience, turn on some soothing music and take a moment to calm your mind before stepping into the bath for a tranquil bathing session.

Once you find yourself settling into the comforting warmth of the tub, gently close your eyes. Direct your focus towards your breath and connect with the sensations that your body is experiencing. Embrace every aspect of the moment, allowing your senses to come alive and the energetic aura to encompass you. Notice the soothing touch of the water against your skin, inhale the delightful aroma of the oils in the tub or the fragrant candles burning nearby, and observe the mesmerizing dance of candlelight against the wall, accompanied by the graceful movement of the flowers floating on the water's surface.

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During this process, if anything arises within you, take the opportunity to document it in your journal. Allow yourself to fully immerse in the bath for as long as it feels comfortable. And when you feel ready to transition out of this serene space, be mindful as you return everything to its normal state. Remember, this act of restoring your surroundings is just as significant as the initial setup.

After the bath, take a moment to nourish your skin with a luxurious moisturizer imbued with a captivating scent. As you gently apply the lotion, be present in the moment, savoring each mindful stroke over your skin.

Once you slip into clothes that bring you comfort, allow yourself to absorb any inspiration or insights that may have emerged during your bath. Live in the glow of this newfound clarity and embrace the serenity that surrounds you.

Tip: Let the bath drain out and leave it! Do not attempt to try and clean the bathtub afterwards to remove all the flowers, herbs etc. This will not only spoil your mood but it's harder to clean when it's wet. The next morning it will have dried and you can easily dust it off and sweep it out of your bath with a dustpan. Trust me on this one!)



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# WANING MOON RELEASE RITUAL

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Materials Needed:

- Black Obsidian or any crystal of your choice associated with release (e.g., Smoky Quartz, Labradorite).
- White candle (representing purification and clarity).
- Pen and paper.
- Fireproof bowl or container.
- Sage, palo santo, or cleansing incense.

Find a quiet and comfortable space where you won't be disturbed. Light the cleansing incense to purify the space. Allow the smoke to flow around the room.

Sit or stand comfortably and take a few deep breaths to centre yourself. Visualise a protective bubble of light surrounding you, creating a sacred space for the ritual.

Light the white candle, symbolising purity and clarity. As you light the candle, set the intention for the ritual: to release what no longer serves you and create space for new beginnings.

Take the Black Obsidian (or chosen crystal) in your hands. Close your eyes and connect with its energy. Feel its grounding and protective qualities.

With pen and paper, write down what you wish to release or let go of. This can be emotions, habits, situations, or anything that feels burdensome.

Read aloud what you've written, emphasizing your readiness to release these energies. Hold the paper over the flame of the white candle and watch it burn in the fireproof bowl, symbolizing the release of these energies.

Sit in meditation for a few minutes. Visualize the released energies dissipating like smoke into the Universe. Envision a space within you being cleared and cleansed, ready for new and positive energies.

Hold the Black Obsidian to the candle flame briefly, infusing it with the purifying energy of the fire. Thank the crystal for its assistance.

Snuff out the candle, marking the end of the ritual. Express gratitude for the energy of the waning Moon and the support received.

Remember, rituals are deeply personal, so feel free to modify this to resonate with your spiritual beliefs and practices. The key is to approach it with intention, presence, and an open heart.



# NEW MOON SETTING THE SEEDS RITUAL

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Materials Needed:

- Moonstone or Clear Quartz crystal (or any crystal associated with new beginnings).
- White candle (symbolizing purity and the new Moon).
- Pen and paper.
- A pot filled with soil
- A packet of seeds
- Sage, palo santo, or cleansing incense.

Find a quiet and comfortable space where you can perform the ritual undisturbed. Light the cleansing incense to purify the space. Allow the smoke to move around the room.

Ground Yourself. Visualise roots forming from your feet down into the earth. Imagine a white healing light entering through the crown of the head and down into the base chakra located at the root of your spine. With your eyes closed continue this visualisation for 10 slow breathes.

Next, light the white candle, representing the energy of the new Moon and the purity of new beginnings. As you light the candle, set the intention for the ritual: to set clear and positive intentions for the upcoming lunar cycle.

Take the Moonstone or Clear Quartz crystal in your hands. Close your eyes and connect with its energy. Feel its vibrations and the potential for new beginnings.

As you hold the crystal in your hand, think about what you would like to invite in for this Moon phase. What would you like to manifest? Think big picture, relationships, career , health, spirituality , home life, abundance and the list goes on. Do NOT second guess yourself or play small as you are just creating a blockage to getting what you really want.

Write down 3 "magical future moments" these are three manifestations that you want to happen. Write them so they are in the present moment , example "I have just landed my dream job in..."

Then fold your paper into a tiny square, and with your finger make a hole in the soil within the pot. Add the folding paper to the pot, then sprinkle in a few seeds. Cover the paper and seeds with soil, and water.

When we send stuff to the earth , its a sign that we are ready to grow and that we are planting new seeds of change.

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# FULL MOON MANIFESTING RITUAL

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Materials Needed:

- White candle (symbolizing purity and the new Moon).
- Pen and paper.
- A jar or box

Start by lighting a candle, focus on getting present and letting go of anything bothering you.

Spend a moment thinking about what you want to release and what you want to attract.

Really focus internally to find out what you need.

Take the paper and jot down the things you'd like to manifest and attract into your life over the next month.

Place the wish list someplace special (a box or a jar) and then set it outside to soak up the Moonlight.

Bring in your list before the sun hits it the next morning to preserve the Moon vibes.

Place the list somewhere where you can see it each day.

Take a moment each day to look at your list and reflect.

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# CLEANSING & CHARGING CRYSTALS WITH THE FULL MOON

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Cleansing and charging crystals with the energy of the full Moon is a simple and effective way to reset their energy and amplify their vibrations. Here's a step-by-step guide on how to cleanse and charge your crystals using the energy of the full Moon:

Clean your crystals by gently rinsing them under cool, running water. This helps remove physical impurities. Pat them dry with a soft cloth.

If possible, place your crystals in an outdoor space where they can receive direct Moonlight. If you can't place them outdoors, find a windowsill or balcony that receives the Moon's light.

Allow the crystals to bask in the Moonlight overnight. The full Moon's energy will cleanse and purify the crystals, resetting their vibrations.

Retrieve your crystals in the morning. Be sure to collect them before the direct sunlight hits them if you're using sensitive crystals.

# FULL MOON WATER

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Using a clean glass jar, fill with distilled or spring water.

Set outside under a full Moon.

Feel free to write down an intention for the coming Moon cycle and place it under your jar.

Let the Moon charge your water overnight!

Be sure to bring your Moon water inside before the sun rises.

Use your Moon water to water your plants, take a bath, make tea, and many other things, all the while reflecting on your set intention.

You can also make Moon water for each phase if you wish!



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# WAXING MOON INTENTION SPELL

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Materials Needed:

- A Bay leaf
- A fireproof container or fire pit
- Matches or lighter

Go outside or near a window on the first day of the waxing Moon.

Write an intention (or a word that represents your intention) on a bay leaf and hold it between your palms.

Thank the waxing Moon for being present for your ritual. Do this by holding your hands up towards the Moon (with the bay leaf still pressed between your palms).

When you start to feel the current of energy from the waxing Moon, bring your hands to your heart (still holding the bay leaf).

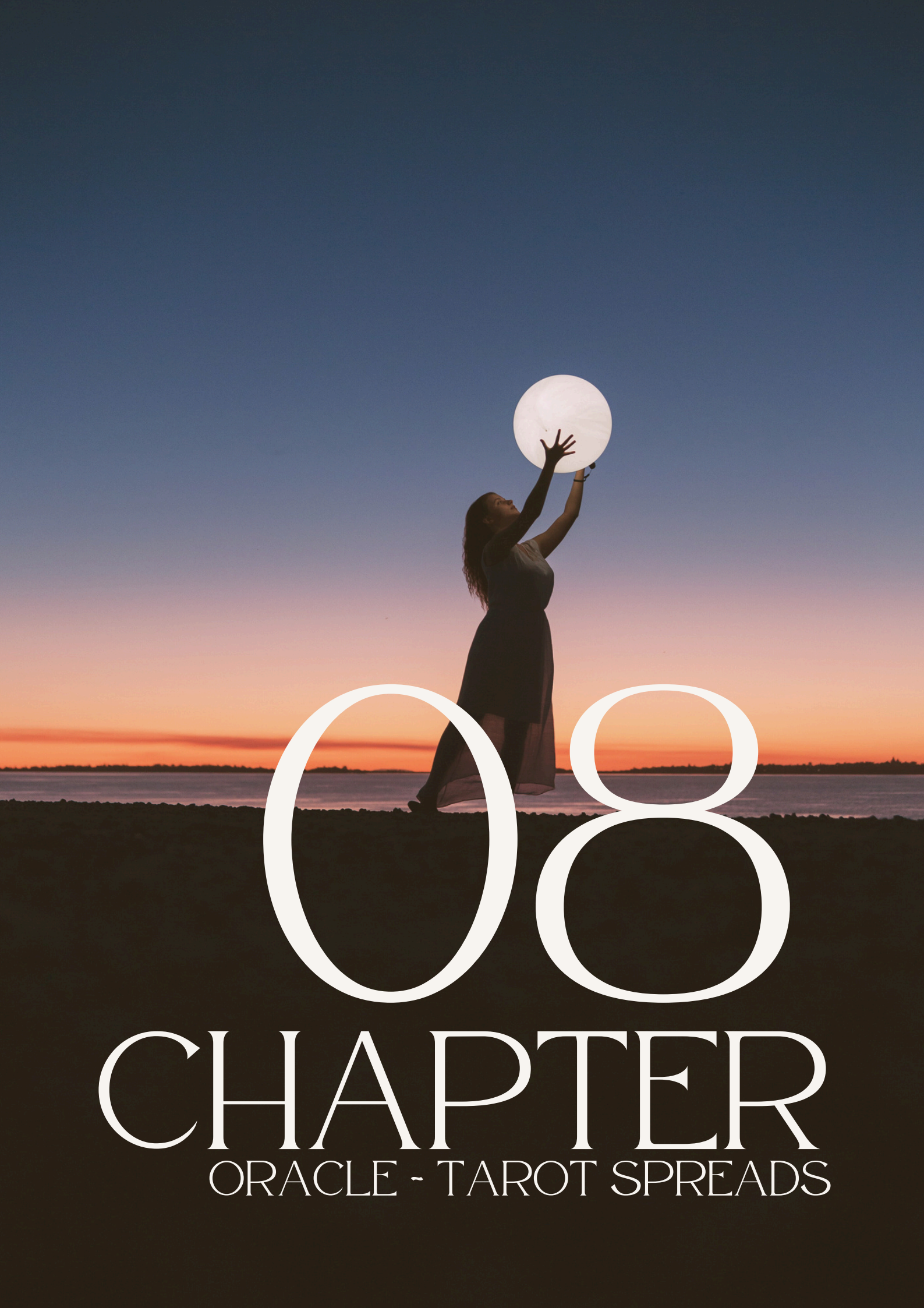
Spend a few minutes thinking about something that will bring up the feelings you associate with your intention. For example, if you want to call in romantic love, you can visualize yourself getting asked out while you're sipping a brew at your favourite coffee shop.

Next, open your eyes and light the bay leaf on fire. Do this in a fireproof container so you stay safe. Wait for the bay leaf to burn completely.

Watch that intention float up to the Moon carried by the smoke.

Trust that the Moon has received your intention and that it's already helping you manifest it.

Thank the Moon, and your spell is complete.



# 008

# CHAPTER

ORACLE - TAROT SPREADS

# FULL MOON ORACLE CARD SPREAD

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Here's a full Moon 5-card spread you can include as part of your full Moon practice each month, using an oracle or tarot deck, or mix it up if you like. Shuffle the cards, as usual, and ask these questions as you draw the cards:

## CARD ONE - What has manifested since the new Moon?

The current Moon cycle has already begun to bring about situations or changes in your mindset to allow for further growth and opportunity during the remainder of the cycle and beyond. Understand how your desires are already in motion.

## CARD TWO - What truth needs to be illuminated and no longer hidden?

It can be hard to see or face what is truly going on within or around us, but shining a light on the shadow is the most powerful way of understanding yourself and elevating your energy and healing. Be brave and look at what is trying to come out from the dark.

CARD THREE - How can I release what is no longer serving me in order to move forward? Understanding what is blocking us, or how our perspective needs to change, is such an important step in being able to move forward into our true potential. By consciously choosing to release those old stories that get in our way, we can create a healthy new mindset.



#### CARD FOUR - What opportunity is getting ready to emerge?

The opportunities that are truly meant for us often come in unexpected ways. We become so distracted in our daily quest towards our desires and goals, that we forget that the ultimate magic and power behind our true potential is working for us in divine ways.

#### CARD FIVE - Message from the Universe for this full Moon.

Bring this message into your month by finding ways to include it in your daily practices. You could add it on your altar, set yourself some reminders to repeat your affirmation, create a piece of art including the words, or light a candle while reflecting on your affirmation.

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MOON MAGIC

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# NEW MOON ORACLE CARD SPREAD

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## New Beginnings:

- Card Position: Place the first card in the centre.
- Question: What energies or aspects of my life are calling for a fresh start during this new Moon phase?
- Card Interpretation: This card will provide insights into areas where new beginnings and opportunities are emerging.

## Seeds to Plant:

- Card Position: Place the second card to the right of the first.
- Question: What intentions or goals should I focus on planting during this new Moon for future growth?
- Card Interpretation: This card will guide you on setting intentions and sowing the seeds for positive manifestations.

## Inner Wisdom and Guidance:

- Card Position: Place the third card to the left of the first.
- Question: What wisdom or guidance does my inner self or higher power offer for navigating this new Moon energy?
- Card Interpretation: This card provides insights into the deeper wisdom within you, offering guidance for the new lunar cycle.





# CLOSING CHAPTER

Incorporating Moon magic, understanding Moon phases, engaging in journaling, and participating in rituals can be transformative elements in one's personal and spiritual journey. The Moon, with its cyclical dance through phases, offers a natural rhythm that mirrors the cycles of life. By aligning ourselves with these lunar energies, we tap into a wellspring of potential for growth, manifestation, and self-discovery.

Moon phases serve as guides, each carrying unique energies that influence our intentions, manifestations, and the release of what no longer serves us. Journaling becomes a powerful companion, capturing our thoughts, reflections, and the evolution of our desires across these lunar cycles. It serves as a roadmap to our inner landscape, offering insights into patterns, progress, and areas for further exploration.

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MOON MAGIC

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Rituals, whether simple or elaborate, provide a tangible and ceremonial connection to our intentions. They anchor us in the present moment, creating a sacred space for manifestation, release, and the embodiment of our aspirations. Through these practices, we not only witness the external dance of the Moon but also engage in an internal dance of transformation and self-awareness.

As we weave these elements together, we invite a sense of mindfulness, intentionality, and magic into our lives. Whether it's the quiet moments of journaling under a new Moon or the celebratory rituals during a full Moon, each act becomes a thread in the tapestry of our personal growth. Working with Moon magic and its associated practices is not only about embracing ancient wisdom but also about creating a harmonious dance between the celestial and the earthly, allowing us to navigate our own ever-changing cycles with grace and purpose.

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MOON MAGIC

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