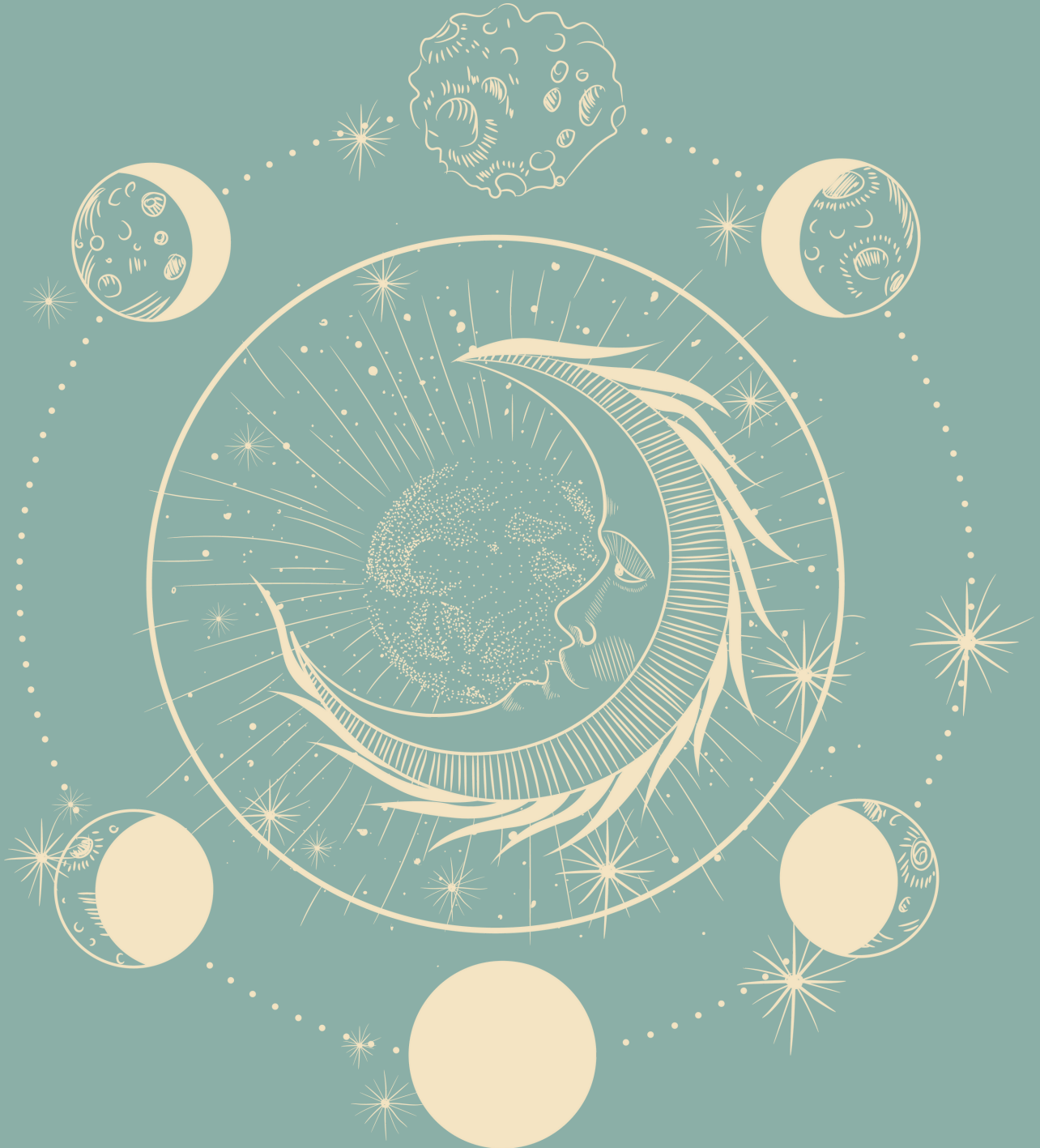


# MOON MAGICK: A BEGINNER'S GUIDE



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# WELCOME MOON SISTER!

The moon is ancient, wise and beautiful and is around 4.5 billion years old! She controls the tides, gives us seasons and gives us our 24 hour days. If she can do all of that for the Earth, then just imagine the effect she has on us.

We, as women, are inextricably linked to the moon. She has a 29 day cycle which mirrors our menstrual cycle. She has four main phases and so do we within our menstrual cycle. So each moon phase and menstrual phase has a different effect on our emotions, hormones and energy. Whereas men have a 24 hour cycle and live by the sun. When I learnt this it blew my mind - I had often wondered if my cycles were connected to the moon as I noticed patterns in my moods and energy levels. This knowledge led me down a rabbit hole and I wanted to know everything - and there is a lot to know! This guide outlines the basics and we will delve deeper in the [moon circles](#) I lead. I also welcome you to do your own research!

During each lunar cycle the moon moves through the 12 zodiac signs. The new moon will always be in the current star sign we are in whereas the full moon will be in the opposite star sign. The sign the moon falls in gives us a different flavour which we will explore further in each [moon circle](#).



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New Moon



Waxing  
Crescent



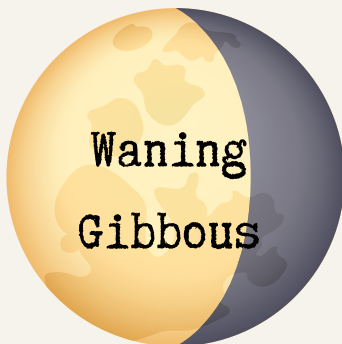
First Quarter



Waxing  
Gibbous



Full Moon



Waning  
Gibbous



Last Quarter



Waning  
Crescent/  
Dark Moon



# Phases of the moon



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The moon has 8 phases in her cycle with each one lasting 3 and a half days (or so). It can be overwhelming to start working with all of the phases at once so I would recommend starting with the dark, new and full moon and then adding in the other phases as you desire. I have outlined each of the 8 phases below for you alongside some journaling prompts.



The waning crescent moon or the dark moon occurs around 3 days before the new moon and is the lowest energy and lowest emotional point of the lunar cycle. This is when we feel most emotional or vulnerable or exposed. Our emotions are indicators of what is going on inside us so this is the time to step away from the world, focus on yourself and sit with your emotions.

*What are you feeling? Why?*

*Where is your life out of alignment?*



This is the point that the sun, moon and the earth all line up in the sky. It's a time for new beginnings and to take what we know we don't want (from our dark moon realisations) and translate it into what we do want. It is the time to start planting seeds and set intentions for this next cycle or few cycles.

*How do you want to feel? Think about the energy and feelings you want to experience as you write your intentions*

*Where is your life out of alignment?*



Our energy starts to build with the light of the moon. This is the time to look for synchronicities and signs - if someone tells you to read a book/listen to a podcast then do it, if someone invites you somewhere, say yes etc. It is the outward phase of the lunar cycle so put yourself out there. The universe will meet you halfway - we have to do the work too - so put your energy towards what feels right.



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The first quarter moon or half moon is when everything seems to start coming together. Keep looking for the signs and it's also a good time to have a mini check in.

*What am I doing that is moving me in the right direction?*

You may notice your inner critic starts to show up or you get imposter syndrome - make a note of these thoughts but do not agree with them or do anything about them just yet.



This is a high energy point and people often struggle to sleep around this time! Keep putting yourself out there and use the energy to give a big push towards your intentions.



The full moon is a time for completion, celebration and release. It is the highest energy point in the cycle and pulls emotions up to the surface. It is an opportunity to reflect on the last 2 weeks (since the new moon) and celebrate your successes - the moon is shining in all her beauty and glory and is inviting you to do the same!

Take some time to consider what got in the way of you achieving your goals - this is often ourselves. *What limiting beliefs do you need to let go of?* Go back to that list you made from the first quarter and look at what came up for you.

1. *Celebrate your successes and practice gratitude*
2. *Ask yourself what got in the way and let those limiting beliefs go*





The moon starts to lose her light so you may feel a dip in energy. It's a time to reflect and learn from the cycle so far.

*What has worked? What hasn't worked? What has stood in the way?*

This is also a good time to have difficult conversations.



The waning last quarter is a time to surrender and release.

*What do you want to let go of?*

*Where are things not in alignment?*

*What are you holding onto that no longer serves you?*

Make a list of what you want to let go of (self-sabotage, procrastination, imposter syndrome etc) and set boundaries.

As I said, it's a lot to start working with all of these phases at once so begin with:

#### DARK MOON

- notice how you're feeling and where things feel out of balance

#### NEW MOON

- look at the list you made in the dark moon and use the things you don't want to get clear on what you do want
- write down 3-5 intentions

#### FULL MOON

- look back on the last 2 weeks, celebrate your success and write a gratitude list
- release and let go of the things that are holding you back by writing a list (*and perhaps burn it - safely!*)



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After 2 or 3 lunar cycles, you will get to know yourself so much better!

You will be checking in with yourself 2-3 times a month and carving out time for yourself.

You'll begin to notice when your inner critic pops up and stop accepting what it has to say.

You'll start to celebrate yourself more.

You'll be more in tune with your emotions and your body.

Please do keep me updated with how your lunar cycle living is going by tagging me on social media, DM-ing me or emailing me! If you have any questions just drop me a message.

Sending you so much love and gratitude,  
Jyoti x



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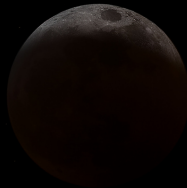
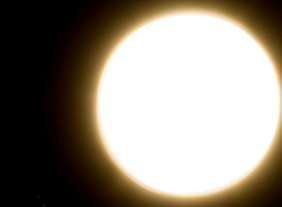


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the moon  
is a  
reminder  
that no  
matter  
what  
phase I'm  
in, I'm  
still whole



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