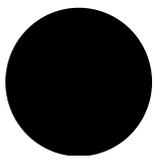


## The Phases of the Moon

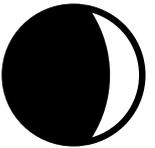


*"we are all like the bright moon; we still have our darker side."*

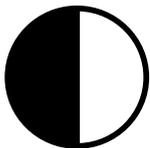
- KHALIL GIBRAN



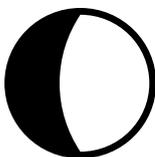
**New Moon (Fresh Start):** A time for new beginnings, the new moon represents a fresh start. A time we can gather our strength and begin again. Use this time as a chance to reboot. Picture yourself recharging under the light of the new moon; write down the things that do not serve you, and burn the paper. This is a time to honour your alone time, turning inward and away from the energy of others.



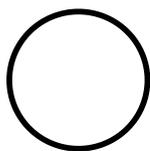
**Waxing Crescent (Set Intentions):** This phase represents intention, hopes, and wishes. You are ready to plant your seeds of desire during this phase. Write out your intentions and meditate on them. Doing a visualization exercise is helpful as this time.



**First Quarter Moon (Action):** Resistance and being tested may happen at this time. Think of it as being challenged on the intentions you set during the New Moon. There will be decisions to make and actions to take in order to stay aligned with your new intentions. Be cool, calm, and collected about it. The universe wants to see how true to your word you are. How bad do you really want it?



**Waxing Gibbous (Refine):** Things don't always go the way we planned. This is the time we will need to reevaluate the things we need to change or give up in order to head toward our intention. Don't resist the feelings of change during this time.



**Full Moon (Reap Rewards):** Emotions usually run high during the Full Moon, so be aware of this. It's important to not get overly emotional or attached to anything during this phase. You will start to reap the benefits of your intentions during this time. This'll look like new opportunities, or as results from the hard work you did previously. Be open to receiving them.

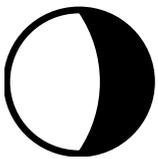


## The Phases of the Moon

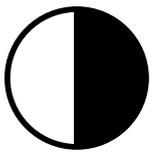


*"we are all like the bright moon; we still have our darker side."*

- KHALIL GIBRAN



**Waning Gibbous (Grateful):** This is a time for gratitude, enthusiasm, and sharing. Your hard work is paying off and abundance is around. You may be feeling full of love and wanting to give back to those around you.



**Last Quarter (Release):** This phase is all about letting go and forgiveness. Perhaps there were things that hurt you over the past month, things that angered you. You have to be ready to let go and purge, this will help prepare you for the next new moon and your next set of intentions. Pay attention to the unnecessary emotional and physical clutter you've accumulated lately and get rid of it.



**Waning Crescent (Surrender):** Relax and surrender to the universe. It's totally normal to feel drained during this time as we recuperate our energy and get ready to set new intentions when the next New Moon comes.

**To see when the next New Moon starts, visit:**  
<https://www.almanac.com/astronomy/moon/calendar>

