



Lunar Logic:

How to Use Moon Phases for
the Time of Your Life

A conscious way to restore your natural bio-logic, is to create a New Moon practice. Keep in mind that your practice is not a performance; there is no script, and there is no right or wrong way. As you continue to mark the New Moon, as it swells to Full and diminishes to Dark, you get the rhythm. You can develop your own system to flow with this cycle.

If you choose to create a ritual and repeat it lunar month after lunar month, it becomes automatic, like a dance. View your New Moon acknowledgment as a *practice*. The word *practice* changes the dynamic of the ritual, because it recognizes that this connection continually evolves; it only requires that you be present, listen and savor. You do not simply follow steps. You create.

First, it is not necessary for you to have a focus point for your intention meditation. It is absolutely lovely when you have an ideal quiet designated space and can devote the time required to allow a spiritual “spa” moment. However, you can still have a mini-retreat for your psyche, even if the only space you have for your practice is several minutes in your car or privacy in a rest room. Lucky you, if there is a park, garden or yard for a quick refresh.

When you make a decision to develop a New Moon practice, you’ll find the window you need. Remember, this is to give you spiritual re-boot for new beginnings. To have the intention opens the way for possibilities, one of the first lessons. Make the commitment to acknowledge when the New Moon occurs and mark it in some way; this initial step realizes goals.

It is very powerful to light a candle or be in meditation at the exact moment when the New Moon lines up with the Sun. However, Luna has her own orbit and schedule. It does not always cooperate with human-imposed time. Sometimes you may be in the middle of negotiation, driving a vehicle, meeting a deadline or fast asleep when the moon becomes “new”. This is the point in time when the moon is directly in front of the sun from Earth’s perspective. If it is night, the sky is black; if it is day the moon is invisible except during a solar eclipse.

When you find a groove in the natural phenomena of the New Moon, it lends itself to ritual. This pattern repeats every 29 days. Prayer can augment your experience with the lunar cycle, *but only if prayer is meaningful to you*. If no invocation feels natural, create your own ritual to open you up to the sense of being part of the whole.

Your body is the vessel you inhabit in this lifetime; your body is your temple. When your time here is over, this temporary temple will return to Earth, while your great, big beautiful Soul goes on to its next plane of existence. For now, the time you have here is top priority.

Recognizing the Moon's phases is a tool to pull you into the present moment. Too often our heads are in the past or the future, yet it is the present that holds the most power.

In astrology, the Moon speaks to your Soul's purpose. When you feel in step with this, Life flows. When you feel out of touch with your Soul, you may feel overwhelmed by longing. To get in step with the lunar calendar helps open greater connection with the world. When you encourage your bio-logic reaction to nature's rhythms, you promote an inherent feeling of connection beyond yourself.

The New Moon can be a symbol to remind you that the best part of you is always in a state of becoming. No matter how much you have learned or grown or tested yourself, there is always an opportunity for a new beginning and a fresh face toward the dawn.

If you find you cannot set aside time for a New Moon Intention one month, remember that there is a 72 hour span when the energy is at its most intense.

Instead of obsessing about exact timing, you can use the lunar cycles with conscious awareness (if not minute details) to initiate desires, aim for goals and projects. Even when your only opportunity to focus on your intention is a 5 minute mental image while you're in a waiting room or checkout line, you can make that a meditation, especially with practice. The trick is to learn to rely on your breath to calm and center you.

In time you can learn how to soften the background noise of voices, traffic and other distractions. You can train yourself to hear this as ambient sound that does not distract your attention. The only way to find out if this is true is to allow time to try it. If you find this impossible to believe, you're absolutely right because your mind will never let you accomplish the impossible. If you suspect this might be a possibility, if only you could learn to do so, then I encourage you to allow this as an opportunity for your practice.

The Astrological Meaning of the Phases of the Moon

To use manifestation energy of the **New Moon**, focus on **3 things** that **you intend to do**. It is even more powerful when the goals are related to the sign of the moon.

When possible, write down your list of 3 intentions within 24 hours before or at the New Moon. The act of writing them makes them tangible.

Intention #1

Something easy to accomplish and as a result, perhaps overlooked (like to catch up with a friend, repot a plant or sew on a button). Do this first.

Intention #2

Something you want to make strides on (a health routine or project already underway)

Intention #3

Stretch! (a reach or unknown, such as a travel destination, new relationship or a new job) You may not be able to do more than dream, but it *matters to write it down and breathe into potential*.

This is not a **“to do”** list... *choose only 3 intentions for your New Moon goals*. Winnowing down to 3, allows possibilities and the ability to touch on them all. When goals are accomplished, it builds confidence. After the **New Moon** occurs, jot down your *wishes*. Convention states 10 wishes, more is too much and less may limit potential. 10 is the number of completion, which makes it energetically strong. If you can't quite think of 10 that are personal wishes, you can always expand it to be *“peace in my life”, “love everyday”, “laughter everyday”*.

These wishes can accent your goals or a world you imagine. The **3 goals** and the **10 wishes** comprise the **sacred 13 number**, which distills down to the number 4 of concrete manifestation.

At the Full Moon, you are offered perspective and the ability to integrate what you've learned. When the Moon is waxing from New to Full, the energetic thrust works to realize or launch an intention. After the Full Moon and to the next New Moon, the moon is waning; follow-through, completion and/or dissolution are supported. You can start something in a waning moon cycle, but it is best to choose a good day to do it.

[The Lunar Cycle](http://www.InsightNow.podbean.com) (keep abreast of the lunar cycle: www.InsightNow.podbean.com)

The day of the **New Moon** is ideal for reflection, connection to nature and to reset intentions. As of the New Moon, the Sun's light increases its reflection on the Moon; this is the **Waxing Moon Cycle** when everything benefits from expansion and growth. Use the waxing moon to begin a project or business.

The First Quarter Moon occurs about 6 days after the New Moon when half of the moon is lit and the other half is dark. The Quarter Moon projects stark symbolism about our struggle with dualism: light and dark, yang and yin, good and evil, love and fear, positive and negative. These polarities command equal footing. The First Quarter Moon is highly energized and wants to be unleashed. Think of a gushing stream, fast with rain that drives towards destination. Take on a short-term task, because the energy goes down in a few days. Stress levels increase; so seek relaxation, no matter how brief. If you are jazzed about a big idea, let it simmer for a few days. That way if it still appeals, effort is not wasted. The First Quarter Moon is also useful to jumpstart ideas or a business already in motion.

The Full Moon's energy fills potential, whether realized or squandered. We've hit a saturation point, which is why care must be taken if you plan an activity at that time. This can be highly creative and fulfill those with artistic endeavors, but requires leeway because of the intrinsic quality of integration. Intuition, flow and response are highlighted as opposed to rigid schedules. So much can come at once, it can overwhelm. That's why Full Moons can be over the top for those in extreme emotional states. Remember Hurricane Sandy and the coastlines at the full moon. Tempers can be high and sleep disrupted. It's best to schedule elective surgery for another time.

After the Moon hits fullness, it enters the **Waning Moon Cycle**. Now the momentum is on completion, organization and restructuring.

The Last Quarter Moon is similar to the First Quarter, but the difference is that we are in the waning moon cycle. This emphasizes the push to complete tasks rather than start new ones.

Dark of Moon occurs before the spark of the New Moon. When possible, finish old business on the last few days *before* the **New Moon**. This *dark of moon* period is also good to purge, recycle and to fast.

Moon Signs

At the New Moon, if your goals relate to the sign of the moon, it increases their charge. This is not necessary for success. These are a few themes for each sign. Keep current with the Moon through my weekly podcast www.InsightNow.podbean.com

ARIES exercise, self-promotion, sports, automobile, sales, performance, travel, weight-training

TAURUS cooking, shopping, finances, crafts, family, real estate, budgeting, relaxation, home improvement, garden, arts

GEMINI marketing, communications, friendship, neighbors, negotiation, performance, sales, study, travel, children, writing

CANCER bargaining, budget, water activity, cooking, family, relaxation, gardening, nesting

LEO advertising, friendship, play, children, creativity, family, hairstyling, party, event, performance, pleasure, romance, arts

VIRGO budgeting, diet, exercise, organizing, planning, crafts, study, writing, editing, therapeutic arts, nature trip

LIBRA relationship, clothing purchase, communication, legal matters, mediation, dancing, friendship, family, hairstyling, romance, arts, parties

SCORPIO bargaining, meditation, research, selling, planning, negotiation, meditation, therapeutic arts

SAGITTARIUS hiking, nature trip, selling, exercise, legal matters, sports, travel, education

CAPRICORN advertising, budgeting, bargaining, gardening, clothing or home goods purchase, negotiation, planning, crafts

AQUARIUS creativity, networking, friendship, parties, travel, communication

PISCES water activity, creativity, dancing, meditation, music, relaxation, nature trip