

# MOON PHASES

## NEW MOON



New Beginnings.

It's time for a clean slate, start to gather your thoughts and plans

## WAXING CRESCENT MOON



Set Intentions. Send your hopes and desires out into the world

## FIRST QUARTER MOON



Take Action. When you face obstacles do not waver. It's a time for pushing forward

## WAXING GIBBOUS MOON



Refine and Hone. Observe and align your hopes with the universe. Momentum is building

## FULL MOON



Harvest Endeavours. A time to harvest the intentions and wishes of past moons

## WANING GIBBOUS MOON



Introspect. Turn inwards, think about your goals and be grateful

## THIRD QUARTER MOON



Release and Let Go. Let go of habits that bind you and do you harm

## WANING CRESCENT MOON



Surrender. Recuperate and rest. It's okay to feel empty sometimes

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