

Living the Moon Cycles

Moon Weeks

New Moon Week

This week you are REALIZING your inspired next step as an idea.

1st Quarter Moon Week

This week you are EXPERIENCING your inspired next step within your relationships.

Full Moon Week

This week you are ACTUALIZING your inspired next step as new experiences.

3rd Quarter Moon Week

This week you are BEING your inspired next step as a potential seed.

Season and Moon Cycles

Winter is the season for inspired direction and embracing a new perspective.

Wisdom is the theme of the 1st moon cycle. In this moon cycle, you realize your inspired next step which unfolds incrementally in each moon cycle throughout the year. You are taking the first step in making changes within your Self that ultimately contributes to the larger positive change within the world. Let your Self go and freely imagine and dream. Embrace the tendencies to feel loose and unproductive. Be aware of your experiences of inspiration.

Cause-Effect is the theme of the 2nd moon cycle. Subconscious desires awaken as inspired activity which promotes personal growth and transformation. Surrendering your small self to your Higher Self is an aspect of this moon cycle which you may experience as inner tension. Your inspired next step is bringing forth those deeper hidden aspects of your Self that need to be seen.

Vibration is the theme of the 3rd moon cycle. This may be an emotional moon cycle and may involve more intense feelings of awe and gratitude which are associated with the realization of your inspired next step. Open your heart to what you are feeling and use those feelings to experience deeper inner wisdom; see the Divine in all things. Turn inward and allow the subconscious aspect of your Self to step forward. Creativity abounds.

Spring is the season for Intuitive feelings and emotional growth.

Love is the theme of the 4th moon cycle. Connecting with and authentically sharing your thoughts and beliefs with others brings new insights and awareness of the deeper spiritual aspect of your Self. Within your relationships, you will experience your inspired next step as reflections which confirm those realizations within your mind, and spiritually, on a deeper level of the Self.

Freewill is the theme of the 5th moon cycle. Trusting your Self rather than basing decisions on the influences of others, your family, or cultural parameters allows you to show up in the world authentically. You may be presented with situations and opportunities during this moon cycle where you may choose differently according to your inspired next step which may change or interrupt your previous behavioral patterns. Exercising the truth of your free will deepens your inner strength and power.

Rythm is the theme of the 6th moon cycle. Trusting in the ebb and flow of your emotions brings you in sync with the inner truth of what you are feeling. Your inspired next step may be challenging; transcend your resistance and avoidance of being uncomfortable and vulnerable. Accepting what you are feeling and experiencing will allow you to smoothly integrate change and adapt to new challenges. Music may be more prominent during this moon cycle; nurturing and comforting your inner well-being.

Summer is the season for instinctual activity and new experiences.

Action is the theme for the 7th moon cycle. Understanding your Self as part of a greater whole that is interconnected and interdependent, allows you to mentally actualize and communicate your inspired next step to the world in creative ways. The more open and receptive you are to the “bigger picture” of you and the world on a universal level, the more you will know your Self as a creative being. Take time to explore the nature around you; get to know your favorite tree and walk barefoot in the grass.

Surrender is the theme of the 8th moon cycle. You are actualizing your inspired next step through your feelings within your relationships with others as compassion. Open your heart and expand your understanding and acceptance of others. Your awareness of your feelings and emotions is your truth, guidance and direction. You may be more emotionally vulnerable and experience deeper feelings with others than usual.

Grace is the theme of the 9th moon cycle. Self-compassion. Be open, conscious and aware of the feelings you have for your Self; you are discovering a new inner relationship. You are consciously actualizing your inspired next step within your sense of Self on an intimate level. This may bring about a deeper awareness of your feelings and where new inner growth may be required. Self-love in all forms supports you in authentically being fully present in the moment with your Self.

Fall is the season for Knowing the potential of your consciousness.

Purpose is the theme of the 10th moon cycle. You are stabilizing your inspired next step within your conscious mind as a seed of potential; a new expanded way of serving Higher Consciousness within the world. Balancing and harmonizing the inner aspects of the Self is necessary and a challenge, that ultimately results in greater inner peace and harmony. Present moment awareness opens you to new depths and experiences of knowing.

Polarity is the theme of the 11th moon cycle. The new expanded way you serve Higher Consciousness as your inspired next step is creatively activated by shattering outworn beliefs and refining them into a new productive form; a new way of being. This is the way you come to know the amazing joy of the creative powers inherent within all things. You may feel pulled in different directions and experience upheavals in your consciousness that gently return to balance. This requires patience and determination in allowing an inner integration to come into being and accept the inner changes being presented to you.

Evolution is the theme of the 12th moon cycle. Your inspired next step which you realized in the first moon cycle, has become a new seed of potential and a new way of being within the world. This involves a deep inner honesty and acceptance of the natural flow and experience of Higher Consciousness. Allowing and surrendering to this new way of being in the world is balanced with exhilaration and effortlessness. A new awareness of how your life is fully orchestrated and naturally unfolding before you, and a new level of autonomy is experienced. Just Be.