

MOON PHASES

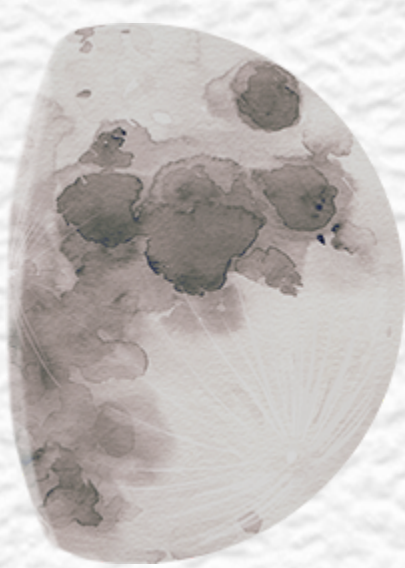
Meaning



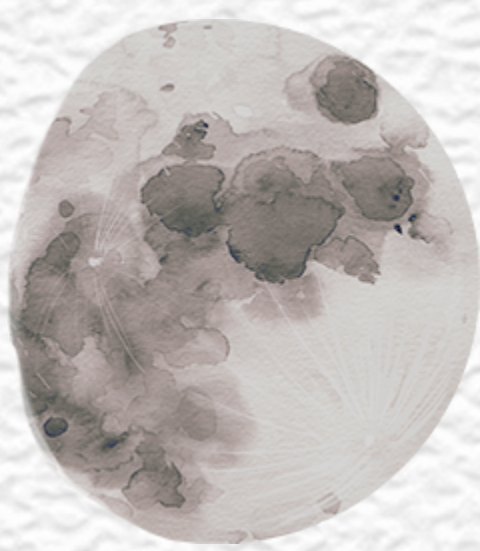
New Moon: Plant the seeds of your soul dreams, goals or aspirations. Start new projects and phases within your life. It is a great time to gather your thoughts together and plan for the month ahead.



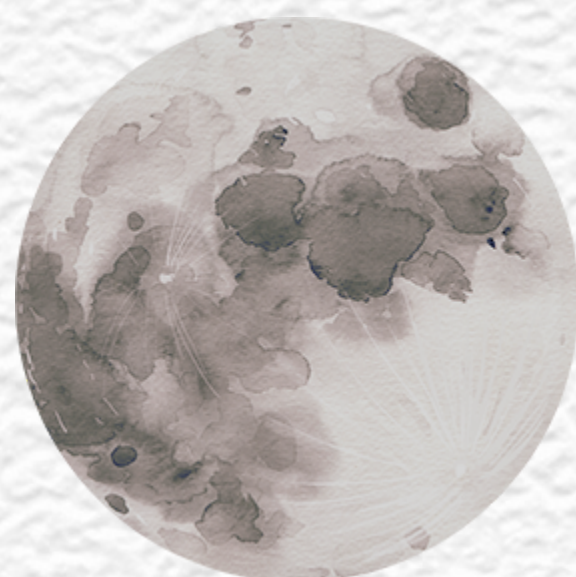
Waxing Crescent: Write a list of your intentions and keep them in mind and heart.



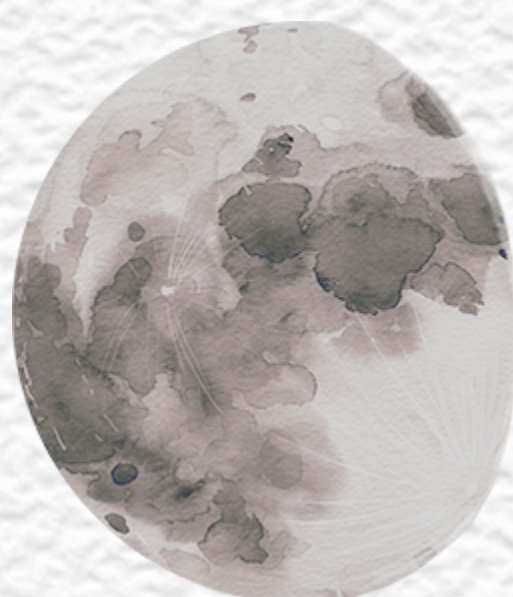
First Quarter: Spend extra time making decisions, spend the time to sit back and reflect on any decisions you have made in life. Use your previous decision making to help you overcome any obstacles in future decision making.



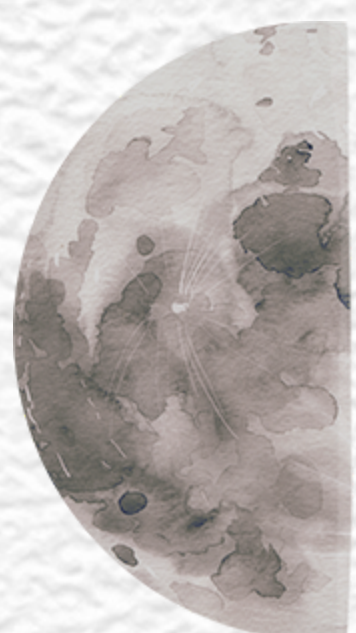
Waxing Gibbous: Assess your goals and figure out what is working for you right now and what may need to change.



Full Moon: Celebrate your success. This is a great time to set goals and make any promises to yourself on a soul level. This is the time for your journey to face inwards.



Waning Gibbous or Disseminating: Make a list of all the things you are grateful for.



Third Quarter: forgive your mistakes, bad habits and any unfortunate mishaps. Forgiveness allows us to move on and approach every situation from a place of love. Use this time to forgive others and forgive yourself.



Waning Crescent: Spend time being mindful, going with the flow and surrendering to the world around you.