



Moon Cycle Guide 4 is intended to provide you with information and • suggestions to help you

Attune, Align and Synchronize with Moon Rhythms &
Step more deeply into the Sacred Rhythms of Nature and You.

Covers Waning Period between Last Quarter Moon (appears half lit) and New Moon

Orientation: The Last Quarter Moon was the focus of our fourth and final call of the cycle:

Last Quarter Moon
Moon of Harvest
I weed, I trim, I shed
Completion
Reorientation

Now, the Moon continues hir waning.* The three or so days following the LastQ are good for finishing up. In the process, reflect on what is completing, what needs to continued, revived or released. Time now to release what is stale; trim out old growth; and engage in restorative, self care activities. Rest, contemplate.

- What has been finished or needs to be? What odds & ends need to be wrapped up?
- What can be organized, prioritized, streamlined, or weeded out?
- What must be put aside for bliss?
- What is most meaningful to you now?

Then, as the Last Quarter moon wanes, Moon becomes

Balsamic/ Last crescent Moon
Moon of Wisdom
I accept, trust, I release, I attune
Rest
Rejuvenation

25% illumined ~Feb 23/24th PST

The Balsamic Moon is essentially a time of releasing the old cycle, and gently preparing for the new cycle soon to begin. This a time for minimizing external demand, creating space(s) for calm, quiet time, and going within. It maybe one of the richest phases of the moon. Moving into stillness in the dark; gathering strength for the new cycle. This time relates to the energy of a plant becoming concentrated in the seed, condensing experience, and holding the vision of the new plant to come.

I have always considered the Balsamic Moon time as a healing balm. (As it happens, “Balsam” comes for the Latin, *balsamum*, meaning balm. “Balasamico” means ‘balsam-like’ in the sense of restorative or

Natural Rhythms A Walk with the Moon

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curative. Nice my sensing matches language-making ;)). Synchronize by slowing down. Trust in the natural cyclic flow.

This is a time for rest, recuperation and restoration. A time to find oneself in quiet details; to notice the subtle, and to see the sacred in all things. Take pleasure in the present moment. Notice new things that catch your senses. And take time to go within. Gather light and love-filled nutrients from inner wisdom and Spirit to fuel new ways of being. Deepen intuitive resources. Dream, imagine, and otherwise escape everyday routines. These are natural tendencies and require attention as much as any wellness practice.

- What are the subtle things that draw your attention?
- What sacredness aligned with, discovered, or re-discovered?
- How do you get closer to Spirit and your Inner Wise?
- What sparkles of the future do you see?
- * Share your explorations in our private Moon Circle page. Inspire. Be inspired. Be witnessed. Be supported and celebrated!

Yes! *Nurture your Nature*
WisdomWild
With Love & Moonlight
Fiona

♥ It has been a pleasure Walking the Moon with You! Thank You! ♥

Next Cycle Begins March 1st
Register at
<http://www.wisdomwild.com/moon-rhythms1>

* **About Waning energy in general**

While the first half of the cycle (waxing) called for actively building new structures, the waning half of the cycle is about developing understanding and finding/embedding meaning. While the waxing moon is about instinctual growth, the waning moon is about deliberate expression and creative release. It is time to slow down, move wisely, and pare down effort to essentials. The small rituals are as important as our dreaming.

Activities include: letting go, clearing away, cleansing, releasing, shedding old patterns, making space, sharing, learning, teaching.

Chop Wood, Carry Water. When Moon wanes, life force draws underground into the roots, into Earth, and sap descends. Wood in trees is drier; fruits are less juicy (they won't spoil as quickly and are also good for canning). Body is dry so it's a very good time for detoxing.

From a divine perspective, enlightenment is gained through making values conscious.