

Natural Rhythms A Walk with the Moon

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Moon Cycle Guide 2 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 the Waxing Period between 1st Quarter Moon and Full Moon

Orientation: The 1st Quarter Moon (appears half lit) was the focus of our second call:

First Quarter Waxing Moon
Moon of Foundations
I intend, I empower
Commitment
Anchoring

Now, the moon continues hir waxing.* The three or so days after the first quarter is a good time to reflect on what foundations you want to anchor and how these support your VIA (vision, intention, aim).

- What is the essence of your vision/VIA that you want to anchor?
- What (if anything) needs to be weeded out or shaken loose?
- What action could you take (or not take ;)) to draw in more energy for positive change?
Consider something that expresses your courage and confidence. Then celebrate taking that action!

Then, as the quarter moon waxes, Moon becomes

Gibbous Moon
Moon of Perseverance & Flexibility
I align, I hone
Fine-tuning
Balancing

75% illumined ~Feb 9, ~0455h PST

Gibbous Moon days are times of activity and movement. As Moon waxes further and becomes almost full, the “almost” can test us. Distractions and small challenges may be felt more strongly and be more irritating; something trivial can trigger an out-of-proportion response. If this occurs, take special note and pinch yourself awake ;). Patience is a watch-word for the Gibbous days.

This time relates to new shoots first emerging above ground and seeking light and space. Just like a plant, there is a need to strike a balance between persistence and flexibility. This is a time that favours analysis and an evaluation/re-evaluation of all the factors with which you may be dealing. Attend to the details of your VIA. It is a time to revise, refine and adjust.

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In the Tibetan view, Gibbous Moon day is the Day of Wisdom. Gibbous Moon teaches not to push, but to persevere. Time to integrate and ‘up-level’ all you have learned, gathered, and experienced into your VIA. This is the time to stay the course.

- Take some time to honor your accomplishments and then review priorities or rethink a particular VIA element. What would you like to revise, refine or adjust?
- What actions can you take to balance perseverance and flexibility? Remember, deciding not to do something is an ‘action’ as well ;)
- How will you nourish yourself during this waxing Moon?
Choose one self-caring, self-loving action to commit to or deepen. Choose something new, or something you would like to do more, or perhaps re-commit to a self-caring action at times falls off the plate. Give thought to the season and what it may call forth.
- * Share your explorations in our Private Facebook Group. Inspire others, Be inspired, Get ideas & support. Enjoy your Walk with the Moon! And, as always,

Nurture your Nature

WisdomWild

With Love & Moonlight,

Fiona

*** About Waxing energy in general.**

This is a time when efforts become visible. Transitions and change seems to be accepted more calmly than can be the case in other phases. These are the days for actively moving a project or dream into reality.

Activities include: gathering, planning, creativity, growth and learning, positive change, being open to attracting and receiving from others.

Anything you do to strengthen your body or otherwise nourish yourself is much more effective when the moon is waxing. The body absorbs more easily (both good and bad so notice your intake and exposures) so any nourishing, healing treatments are particular effective at this time. Also a good time time for donating blood as it is replaced more quickly.

From a divine perspective, new action is especially blessed during the time from New Moon to Full.

Special Note on Moon Work. The Moon waxes and wanes, appears to come and go, is sometimes bright and at other times shadowed. Your Moon Work may wax and wane as well. The moment you realize you’ve drifted or lost your connection to the moon, see it as a signal calling you to return – rather than an opportunity to be hard on yourself.

As you proceed with Moon work, I encourage you to make note of times when you’ve lost connection or are deciding to fall away from the Moon, and why. This can be useful information especially over time. If you find yourself moving away during the same phase each cycle, it is likely something of the work of that phase is presenting a challenge. Moon work reveals both opportunities, and where you may be missing opportunities, for growth. Awareness is always good. Go with the flow.

Love & Moonlight, F