

Natural Rhythms A Walk with the Moon

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Moon Guide 3

Moon Cycle Guide 3 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 Full Moon and Last Quarter Moon (appears half lit)

Orientation: The Full Moon was the focus of our third call:

Full Moon
Moon of Celebration
I celebrate, I give thanks
Illumination
Gratitude

Now, the Moon begins hir waning.* The focus shifts from action to understanding. Under the brilliant moonlight is the time to take a closer look at the first half of this cycle. It is a good time to have a contemplative sit at moon rise, heart and mind open to illumination.

- What have you learned?
- What has been made more real or solid?
- Where have you stretched yourself and/or where have things been too ‘thin’?
- What new opportunities can be found or where is there hidden potential?
- What is important to you now?

Then, as the full moon wanes, Moon becomes

Waning Gibbous/Disseminating Moon
Moon of Reckoning
I clarify, I challenge
Harvest
Sharing

75% illumined ~Feb 19, ~2230h PST

After the illuminations of the Full Moon, it is time to process your experience, learning, and memories of this cycle, into knowledge, wisdom and understanding. The Disseminating phase has a strong focus on information. It is a good time to study, learn, and absorb ideas and information. It is also (as a waning moon period) a good time to change routines, release what no longer serves, and weed out thoughts or ideas that are not useful. Now is when the full moon fruit and the first half cycle lessons become tangible.

Whether the fruit of actions of this cycle are in the form of inner growth or outward ‘product’, the fruit is nourishment for ourselves and others. Like a flower releasing pollen, this is the time to spread and share

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knowledge or realizations gathered at the Full Moon. Imparting such gifts anchors the foundations of empowerment gained in this Cycle.

- What wisdom have you gained?
- What do you need to know or better understand?
- What do you need to transform?
- What will you share your learning with others, both giving and receiving?
- *Share your explorations in our private Moon Circle page. Inspire. Be inspired. Be witnessed. Be supported and celebrated!

Engage and Embrace your Walk with the Moon! And, as always,

*Nurture your Nature
WisdomWild
With Love & Moonlight,
Fiona*

* 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.

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*