

Natural Rhythms A Walk with the Moon

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This Moon Cycle Guide 1 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: Waxing Period between Dark/New Moon and 1st Quarter (Moon appears half lit)

Orientation: The Dark/New Moon was the focus of our first call:

Dark/New Moon
Moon of Rest, Peace, Deep Wisdom, and Releasing
I surrender, I receive
Stillness
Opening to new possibilities.

Now, the moon is waxing*.

Three to four days after the Dark/New Moon is a great time to set intentions or aims, for both long and short term, that are aligned with your vision and desires. This time relates to the planting of seeds.

- What intentions or aims serve your vision and desires? What do you want to ‘plant’ this cycle? Write down intentions/aim that serve your vision and desires. Put them somewhere you will see them and be reminded.
- Consider meditating on a specific intention/aim for each of 3, 5 or 7 days to nourish your intention and anchor your commitment. (Best done beginning when first crescent appears)

Then, as the first sliver moon waxes, there comes

Waxing Crescent Moon
Moon of Regeneration
I amplify and inform
Gathering and planning
Preparation, get ready

The urge to move forward grows stronger. It is the start of change and a time of regeneration. Cultivate your enthusiasms for they will be fuel for the entire cycle. This is a time for gathering information/resources; outlining initial plans and actions; and beginning to lay a foundation. It is possible that you may feel some resistance during these days, like a seed pushing against its shell. The challenge of this crescent phase is to recognize opportunities and, despite resistance, ‘grow’ and emerge.

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- What do you want to amplify, deepen and grow?
- What information/resources do you need to gather to support your intention/aim?
Consider starting a list and beginning the gathering.
- What are some small actions you could take?
Sketch out an initial plan of steps. (Don't worry, you can – and probably will – change and adjust the plan in the coming phases of the cycle.)
- 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.

* 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 a good 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.

Enjoy your Walk with the Moon!

Nurture your Nature

WisdomWild

With Love & Moonlight,

Fiona

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*