


Grace of Light

MOON PHASE MAGIC



House of light

HEALING HUB

Energy on Offer in each Moon Phase

Consider each moon phase being reflective of the flow and grace in which we experience life itself. Sometimes our cup of soul perspective is deeply full (full moon), and other days our cup feels peaceful and content, whilst some days we feel devoid of any connection (the silence before new moon). Life, our experiences, the manner in which we respond to experiences and our spiritual journey in its entirety, will ebb and flow, just as the moon waxes and wanes. As at any stage in the moon cycle our life cycle is reciprocated in the plethora of highs and lows of energy. And in whatever phase, whatever cycle in time, there is always a gift of insight on offer.....

New Moon – clean slate, potential, dreams

Waxing Crescent Moon – courage, moving forwards, faith

1st quarter Moon – challenges, confidence, commitment

(Waxing) Gibbous Moon – tweak, hone, and adjust

Full Moon – results, forgiveness, gratitude

Disseminating (Waning Gibbous) Moon – relax, accept, and regroup

Third Quarter (Last Quarter) Moon – re-evaluate, balance, trust

Balsamic (Waning Crescent) Moon – healing, soothing, surrender

Moon Phase Journal & Intention Prompts

New Moon

~ Paint, Create, Write and envision what you wish to embody.

~ Is there a room, cupboard, space you have been meaning to de-clutter. Now is the time to freshen up your energy and the environment in which you wish to nurture yourself within.

Journal Prompt: As I lay down all shields & perceived boundaries, what am I truly accepting and welcoming into my life & daily pathway?

Waxing Crescent Moon

~ Invoke a ceremony of either a remembrance for when you have felt most courageous in your life path, or a ceremony in an act of love towards you, your faith & source of divine and unconditional love present in your life.

Journal Prompt:

What did you call upon at that time to anchor to the courage, that offered you the light of grace to walk forward in your journey?

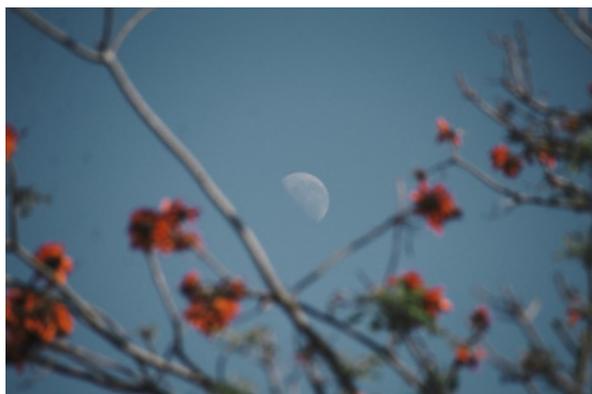
What thanks do wish to give, for the Source of faith that wraps you in love day in and day out?

First Quarter Moon

~ What act of self-love can you do today, to boost your confidence and commitment to yourself?

Waxing Gibbous Moon

~ Take a breath, the pause before Full Moon. And if at any stage you feel called to re-look at your intentions from New Moon, observe them with a loving eye of unconditional compassion for the beauty of all of you. No criticism, just profound loving consideration of gentle adjustments to magnify your empowered forward footsteps.



Moon Phase Journal & Intention Prompts

Full Moon

~ Sway into the magic on offer. A time for deep ceremony, cacao, burning and releasing, calling in the elements, the four directions, embodying all that you are, all that you let go off and all you will continue to be. Soak up the magnificence of you.

Journal Prompt: What do I lay to rest & what do I powerfully invoke?

Disseminating Waning Gibbous Moon

~ Permission to rest, relax, retreat, recharge. Permission to welcome in delicious acts of self-love to nurture you in all forms.

Third Quarter / Last Quarter Moon

Journal Prompt: What have I learnt throughout the last moon cycle? What could I have done differently? What has aligned beautifully?

Balsamic Waning Crescent Moon

~ Aah the sweet surrender of being you. A timely moment to guide a self-healing or intuitively trust where you are feeling drawn to receive healing thru the hands & intentions of another. A soothing close to what was, a pause, a moment of stillness before the new. Deep love, profound love, for the magic of the moon and all she embodies to lovingly guide you in your journey.

