

Connecting to our Natural Rhythms: Lunar Phases

If we can plan our lives to correspond to the unique features of each phase of the moon, life will flow with far greater ease. Mark the new moon in your diary (it's often depicted as a dark circle) and follow the instructions below while watching your emotions, thoughts, and energy change with each of the moon's phases. (The day count given below is approximate: please follow a lunar phase calendar).

Dark/New Moon Phase: ~ 3½ days around the new moon (day 2 is the new moon)

Action: Now we enter three days of darkness—the dark moon days—when the moon is conjunct the Sun and the illuminated face of the moon is hidden from the earth.

Day 1: Impulse: release old energies & our hold on the outer world, to merge with unity consciousness

Day 2: Impulse: connect to soul & through this to the Great Mother's serpentine flow of creativity

Day 3½: Impulse: draw into ourselves specific new dreams/ ideas from the golden grid of creativity and plant these new seeds to begin a new project. Even though the final manifestation of these seeds may be unclear, there is an instinctual urge to commit to these dreams or ideas so they will eventually see the light of day.

Crescent Moon Phase: ~ 1½–5 days after the new moon

Impulse: to move forward through focused attention

Archetype: puer to hero

Action: As the desire to propel our dreams into the light of consciousness continues there is often an opposing force that seeks the security and comfort in what is already known. We can find ourselves making excuses why we need to stay small, why our projects won't work, or why we need more information before moving forward. Through focused attention we come to recognize that any struggles, whether internal or external, are merely the means of strengthening our spiritual muscle or resolve.

First Quarter Phase: ~ 5-8½ days after the new moon

Impulse: to build and decide

Archetype: hero

Action: At this point there is a strong determination to redefine our goals so we can experience personal success. This causes us to examine and release old beliefs and patterns of limited thinking that could prevent our dreams becoming reality.

Waxing Gibbous Moon Phase: ~ 8½–13 days after the new moon

Impulse: to improve and perfect

Archetype: hero to king

Action: Now, as we approach the spotlight of the full moon, we are both excited and perhaps nervous. Are we ready for the world to see who we are? And how will they judge our manifested dreams? In the end perfection is not a future goal but a state of contentment which exists in the present moment.

Full Moon Phase: ~ 13–16½ days after the new moon

Impulse: to achieve success and full expression of the ego

Archetype: king

Action: This is a moment to celebrate, allowing everybody to see the full bloom of our success. Yet the festivities may be delayed if we keep looking outside ourselves for approval. The full moon allows us to shine in the spotlight of our true light.

Waning Gibbous or Disseminating Moon Phase: ~ 16½–19 days after the new moon

Impulse: to disseminate information

Archetype: lover

Action: Here we are given the opportunity to fertilize our manifested dreams as we share our experiences with others through social networking, talking, and teaching. It's important to walk our talk and then realize there is a fundamental difference between personal or ego success and soul fulfillment.

Last or Third Quarter Moon Phase: ~ 19–23½ days after the new moon

Impulse: to revise and reevaluate

Archetype: sage

Action: After all the excitement it's time for an honest review: Did the end product match our initial dream or idea? What gems of wisdom can we take from the experience? What did we learn about ourselves and what may we need to change next month? As a time of reevaluation, it's not a good time to start something new.

Balsamic Moon Phase: ~ 23½ -27½ days after the new moon and until the dark moon

Impulse: to distill and transform

Archetype: magician

Action: As this particular cycle comes to its close, we'll often seek periods of solitude as we distill the seeds of wisdom from the rest of the story offering them back to the Great Mother to enrich her consciousness. As we release our hold on the emotions and expectations from this recent project, we can gracefully surrender to the love of the Great Mother, becoming one, once again, with her ocean of possibilities. We've reached the stage of soul fulfillment.