

## The Moon phases and their uses in everyday magicks

To understand the correlations of the moon phases and magicks, one must first know, and understand, the moon phases and how they affect us.

The Moon is a symbol of femininity, affecting our emotions, fertility and even the monthly cycles...it correlates to our introspection as well as our introversion. Scientifically, the Moon pulls at the tides of the waters of the Earth, just as it pulls on the waters within our bodies, which can affect our moods and emotions as well.

Much has been studied about the Moon, from the Greek philosopher Aristotle to the and Roman historian Pliny the Elder, to Ujjwal Chakraborty, who stated in his paper that, "a large number of investigations have shown the association of different lunar phases with the mental health or physical health and diseases, physical activity pattern, and reproduction of humans."

The lunation cycle of the Moon takes 29.5 days to travel across the Earth, it's during that full rotation that we will see each moon phase. Each phase occurs roughly 7.4 days apart and there are most definitely unique energies and spiritual meanings behind each phase — some of these phases' science can explain and others is where belief, experience, and faith must take over.

Because women seem more attuned to the energies of the Moon, they can directly affect us more; however, if we take the time to understand and flow easier with the Moon phases, we can 'flow' just as the Moon does, by receding, withdrawing, and renewing each month – traveling across different emotional states the same way the moon travels around the Earth.

The more attuned we are to these phases and how they affect us, the better we can harness the different energies, rather than wasting more energy fighting against them.

## New Moon (Beginning Again)

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### Magicks to do

Fresh start – time of retreat – a perfect time to regain your strength to begin again. The themes surrounding the new moon are new beginnings, fresh starts, and clean slates.

You should be using this time for an intense reboot. Try to envision yourself filling up — recharging under the energy of this new moon. Mentally throw all unwanted thoughts and excess junk into the trash.

- Cleansing and purifying of the body and mind
- Rituals that designate sacred space
- Any magic related to inner harmony and peace

## Waxing Crescent (Setting Intentions)

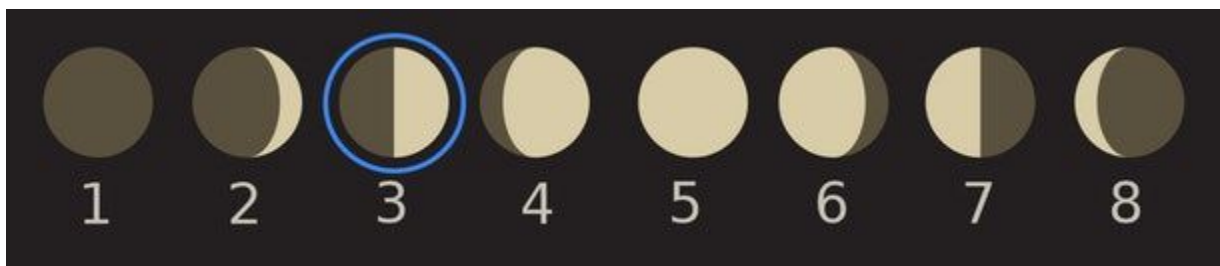


### Magicks to do

Your intention, hopes, and wishes – now is the time your intentions and desires are ready to be planted. This is when you should be developing your intentions, burying crystals, writing checks to the universe, and laying the mental groundwork for your next project.

- A money spell
- A working to get a new job or home
- Bringing love into one's life
- Any magic related to increasing material items

## First Quarter Moon (Action)



### Magicks to do

Take action – strive to achieve your goals – this is a time of challenges, decisions, and action.

Now is the time you must work harder than before. Be prepared to make decisions on the spot, and do not lose your cool when things come at you out of nowhere and remember to be flexible. Keep to our intention and make decisions that will ultimately bring about the outcome of your previously set intentions.

## Waxing Gibbous (Refine)

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### Magicks to do

Adjustment, refining, and editing are the theme! Things don't always work out the way we planned them to, and this phase of the moon will help you realize what you need to reevaluate, give up, or change direction on.

## Full Moon (Harvest)

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### Magicks to do

Lots of tensions arise because this phase brings heightened tension as we fight to find balance between two extremes. Emotions can definitely run high during this period, and it's important not to get overly emotional or attached to anything during this phase.

- Spells related to increasing your intuitive awareness
- Healing magic
- Rituals that connect you closely with deity
- Any magic related to developing your magical skills

## Waning Gibbous (Grateful)

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### Magicks to do

This is the time of gratitude, sharing, and enthusiasm for everything, and towards everyone, in your life. Be careful though because you can go overboard if you're not careful! Its best to show gratitude and enthusiasm for yourself first.

- Magic to eliminate negative people or toxic relationships from your life
- Workings to smoothly end a relationship or job
- Rituals that banish bad habits
- Any magic related to reducing things, such as debt, illness, etc.

## Last Quarter (Release)

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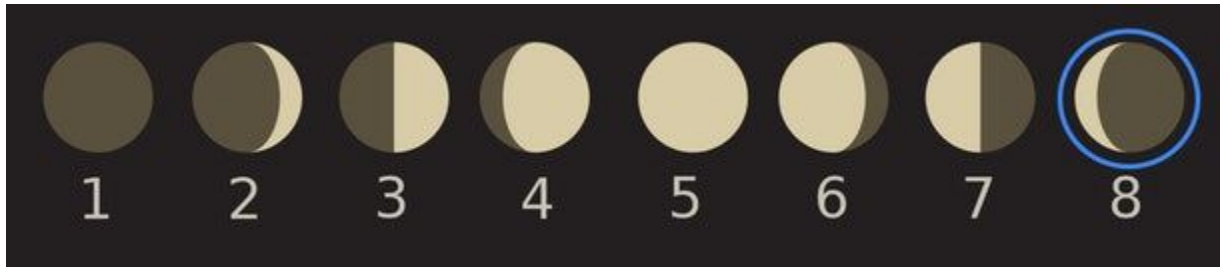
### Magicks to do

Release is the ultimate theme in this phase – release, letting go, cleanse and forgiveness.

This is the time to let go of anything that is no longer serving you, inside yourself and outwardly in your life – purge and cleanse! You must purge yourself to be able to receive the new intentions you will set again during the next new moon.

## Waning Crescent (Surrender)

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### Magicks to do

Relax, surrender, rest and recuperate is the deeper meaning of this phase.

It's now time to prepare for a new cycle and think about resetting your intentions — however, not during this moon.

But, for the moment, just relax and surrender to the universe. Some things will always be out of your control and fate must take its course.

# Moon Phase Correspondences

## NEW MOON

- Moon is exact from the new moon until 3 1/2 days after.
- Workings: beauty, health, self-improvement, farms/gardens, job hunting, love/romance, networking, and creative ventures
- Purpose: Beginnings
- Goddess Energy: Goddesses of growth
- Offering: Milk and Honey
- Theme: Abundance
- Tarot Trump: The Fool

## CRESCENT

- Moon is 3 1/2 to 7 days after new moon.
- Purpose: the movement of the thing
- Goddess Energy: water goddesses
- Offering: Candles
- Theme: Manifestation
- Tarot Trump: The Magician

## FIRST QUARTER

- Moon is 7- 10 1/2 days after new moon
- Workings: courage, elemental magick, friends, luck, and motivation.
- Purpose: The shape of the thing
- Goddess Energy: air goddesses
- Offering: Feathers
- Theme: Luck
- Tarot card: Strength or the Star

## GIBBOUS

- Moon is 10 1/2 -14 days after new moon
- Workings: courage, patience, peace, and harmony
- Purpose: details
- Goddess Energy: star goddesses
- Offering: Ribbons
- Theme: Perfection

## **FULL MOON**

- Moon is 14-17 1/2 days after the new moon
- Workings: artistic endeavors, beauty, health, fitness, change, decisions, children, competition, dreams, families, knowledge, legal undertakings, love, romance, money, motivation, protection, psychic power, self-improvement.
- Purpose: completion of a project
- Goddess Energy: fire goddesses
- Offering: flowers
- Theme: Power
- Tarot Card: the Sun

## **DISSEMINATING**

- Moon is 3 1/2-7 days after the full moon.
- Workings: addictions, decisions, divorce, emotions, stress, protection
- Purpose: initial destruction
- Goddess Energy: earth goddesses
- Offering: grain or rice
- Theme: reassessment
- Tarot Trump: The Tower for destruction

## **LAST QUARTER**

- Moon is 7-10 1/2 days after the full moon.
- Workings: Addictions, divorce, endings, health and healing (banishing), stress, protection, and ancestors.
- Purpose: Absolute destruction
- Goddess Energy: harvest goddesses
- Offering: Incense
- Theme: Banishing
- Tarot Trump: Judgement

## **BALSAMIC (DARK MOON)**

- Moon is 10 1/2-14 days after the full moon
- Workings: addictions, change, divorce, enemies, justice, obstacles, quarrels, removal, separation, stopping stalkers and theft.
- Purpose: Rest
- Goddess Energy: Dark goddesses
- Offering: honesty
- Theme: Justice
- Tarot Trump: Justice