

MOON CLASS

SYLLABUS

Week 1

May 25

The cycles of the Moon

Understanding the Moon Phases

How we react to the Moon Phases

Introduction to and how to work with the 'In-Between' Moon Phases

Week 2

June 1

Introduction to the Moon Journal

Introduction to the First Quarter Moon

FIRST QUARTER June 1 8:42 pm WAXING GIBBOUS June 3-7

Week 3

June 8

Reviewing the First Quarter Moon Journal

Introduction to the Full Moon

FULL MOON June 9 9:10 am WANING GIBBOUS June 11- 16

Week 4

June 15

Reviewing the Full Moon Journal

Introduction to Last Quarter Moon

LAST QUARTER June 17 3:26 pm WANING CRESCENT June 18 - 22

Week 5

June 22

Reviewing the Last Quarter Moon Journal

NEW MOON Jun 23 10:54 am WAXING CRESCENT June 18 - 22

Week 6

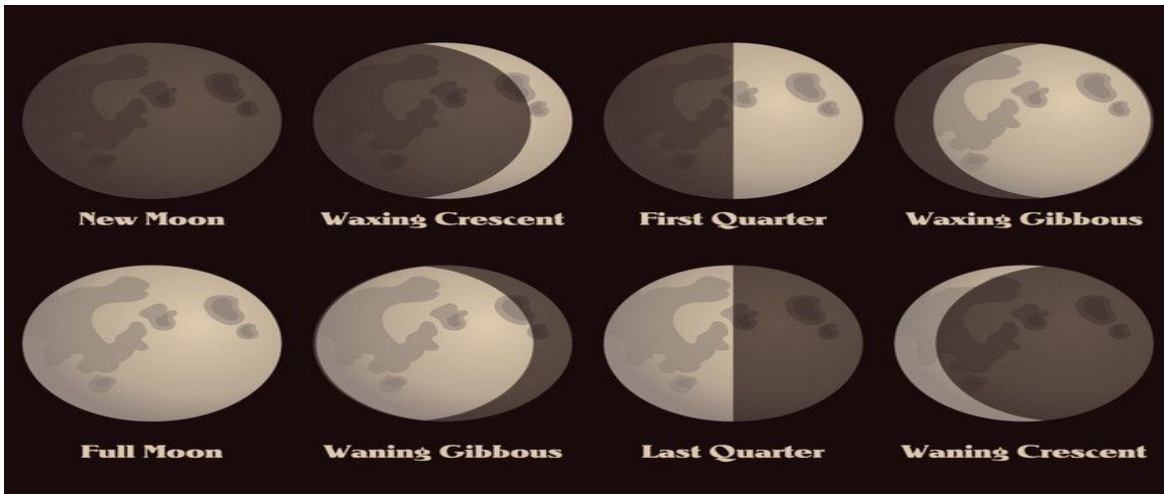
June 29

Review of Moon Journals

Understanding what our perceptions of the Moon Phases are now

WEEK 1

Understanding the Moon Phases



First Quarter

Jan 5	2:47 pm
Feb 3	11:19 am
Mar 5	6:32 pm
Apr 3	2:49 pm
May 2	10:47 am
June 1	8:42 pm
June 30	8:51 pm
July 30	11:23 pm
Aug 29	4:13 pm
Sept 27	10:54 am
Oct 27	6:42 pm
Nov 26	12:03 pm
Dec 26	4:20 am

Last Quarter

Jan 19	5:14 pm
Feb 18	2:33 pm
Mar 20	11:58 am
Apr 19	5:57 pm
May 18	8:33 pm
Jun 17	7:33 am
July 16	3:26 pm
Aug 14	9:15 pm
Sept 13	2:25 am
Oct 12	8:25 am
Nov 10	3:37 pm
Dec 10	2:51 pm

Full Moon

Jan 12	6:34 am
Feb 10	7:33 pm
Mar 12	10:54 am
April 11	2:08 pm
May 10	5:43 pm
Jun 9	9:10 am
July 9	12:07 am
Aug 7	2:11 pm
Sept 6	3:03 am
Oct 5	2:40 pm
Nov 4	12:23 am
Dec 3	10:47 am

New Moon

Jan 27	7:07 pm
Feb 26	9:58 am
Mar 27	10:57 am
Apr 26	8:16 am
May 25	3:44 pm
Jun 23	10:54 am
Jul 23	5:46 am
Aug 21	2:30 pm
Sept 20	1:30 pm
Oct 19	3:12 pm
Nov 18	6:42 am
Dec 18	1:31 am

The moon cycle runs in this order:

- New (also called the Dark Moon) - not visible
- Waxing Crescent
- First Quarter- commonly called a "half moon"
- Waxing Gibbous
- Full - we can see the entire illuminated portion of the moon
- Waning Gibbous
- Last Quarter - another "half moon"
- Waning Crescent
- New- back to the beginning

The new moon occurs when the moon is positioned *between* the earth and sun. The entire illuminated portion of the moon is on the back side of the moon, the half that we cannot see.

At a full moon, the earth, moon, and sun are in approximate alignment, just as the new moon, but the moon is on the opposite side of the earth, so the entire sunlit part of the moon is facing us. The shadowed portion is entirely hidden from view.

The first quarter and third quarter moons (both often called a "half moon"), happen when the moon is at a 90 degree angle with respect to the earth and sun. So we are seeing exactly half of the moon illuminated and half in shadow.

The "between" lunar phase names are

- Crescent
- Gibbous
- Waxing
- Waning

The word *crescent* refers to the phases where the moon is less than half illuminated.

The word *gibbous* refers to phases where the moon is *more* than half illuminated.

Waxing essentially means "growing" or expanding in illumination, and *waning* means "shrinking" or decreasing in illumination. but now it is *more* than half, so it is waxing gibbous.

After the full moon (maximum illumination), the light continually decreases. So the waning gibbous phase occurs next. Following the third quarter is the waning crescent, which wanes until the light is completely gone -- a new moon.

The Moon's Orbit

You may have personally observed that the moon goes through a complete moon phases cycle in about one month. That's true, but it's not exactly one month. The synodic period or lunation is exactly 29.5305882 days. It's the time required for the moon to move to the same position (same phase) *as seen by an observer on earth*.

If you were to view the moon cycling the earth from outside our solar system (the viewpoint of the stars), the time required is 27.3217 days, roughly two days less. This figure is called the sidereal period or orbital period. Why is the synodic period different from the sidereal period? The short answer is because on earth, we are viewing the moon from a moving platform: during the moon cycle, the earth has moved approximately one month along its year-long orbit around the sun, altering our angle of view with respect to the moon, and thus altering the phase. The earth's orbital direction is such that it lengthens the period for earthbound observers.

Although the synodic and sidereal periods are exact numbers, the moon phase can't be precisely calculated by simple division of days because the moon's motion (orbital speed and position) is affected and perturbed by various forces of different strengths. Hence, complex equations are used to determine the exact position and phase of the moon at any given point in time.

Why then, at a new moon, the moon doesn't block the sun, and at a full moon, why the earth doesn't block sunlight from reaching the moon. The reason is because the moon's orbit about the earth is about 5 degrees off from the earth-sun orbital plane.

However, at special times during the year, the earth, moon, and sun do in fact "line up". When the moon blocks the sun or a part of it, a solar eclipse happens, and it can only happen during the new moon phase. When the earth casts a shadow on the moon, we get a lunar eclipse, and that can only happen during the full moon phase. Roughly 4 to 7 eclipses happen in any given year, but most of them minor or "partial" eclipses. Major lunar or solar eclipses are relatively uncommon.

How we react to the Moon Phases

Human and animal physiology are subject to seasonal, lunar, and circadian rhythms. Although the seasonal and circadian rhythms have been fairly well described, little is known about the effects of the lunar cycle on the behavior and physiology of humans and animals.

The lunar cycle has an impact on human reproduction, in particular fertility, menstruation, and birth rate.

Melatonin levels appear to correlate with the menstrual cycle. Admittance to hospitals and emergency units because of various causes (cardiovascular and acute coronary events, variceal hemorrhage, diarrhea, urinary retention) correlated with moon phases. In addition, other events associated with human behavior, such as traffic accidents, crimes, and suicides, appeared to be influenced by the lunar cycle. However, a number of reports find no correlation between the lunar cycle and human reproduction and admittance to clinics and emergency units.

Animal studies revealed that the lunar cycle may affect hormonal changes early in phylogenesis (insects). In fish the lunar clock influences reproduction and involves the hypothalamus-pituitary-gonadal axis. In birds, the daily variations in melatonin and corticosterone disappear during full-moon days.

The lunar cycle also exerts effects on laboratory rats with regard to taste sensitivity and the ultrastructure of pineal gland cells. Cyclic variations related to the moon's phases in the magnitude of the humoral immune response of mice to polivinylpyrrolidone and sheep erythrocytes were also described. It is suggested that melatonin and endogenous steroids may mediate the described cyclic alterations of physiological processes. The release of neurohormones may be triggered by the electromagnetic radiation and/or the gravitational pull of the moon.

Although the exact mechanism of the moon's influence on humans and animals awaits further exploration, knowledge of this kind of biorhythm may be helpful in police surveillance, medical practice, and investigations involving laboratory animals.

The Spiritual Science Research Foundation (SSRF) examined the effect of the moon on human behaviour using spiritual research methodologies. In the spiritual research that we conducted using the sixth sense to ascertain the effect of moon on human behaviour the short answer was yes, it does have an effect.

The SSRF found various aspects on how the moon affects our life as based on their extensive studies.

The generic subtle (intangible) effect of the moon

All objects including stars, planets and satellite bodies along with their gross (tangible) attributes emanate subtle (intangible) frequencies. These physical attributes and subtle-frequencies affect us in varying degrees at a physical and subtle-level.

The frequencies emanating from the Moon affect the frequencies of the mental body, i.e. mind of human beings. By 'mind' we mean our feelings, emotions and desires. The mind consists of the conscious mind and the sub-conscious mind. Within the sub-conscious mind we have a number of impressions that are embedded that decide our basic nature and personality.

We are however not aware of the thoughts or impressions in our sub-conscious mind. These impressions get collected over a number of lifetimes. And these impressions in our mind are the catalysts for all our thoughts and subsequent actions. Both the impressions and our thoughts have their own subtle-frequencies.

Week 2

Introduction to the Moon Journal

The utilization of tracking our emotions, the reactions that we have to outside influences and all of the smaller things that go unnoticed in our daily lives, will be helpful in understanding how the moon affects us every single moment of every single day.

The Moon Journal set up is very easy to do; and each week we will review it and then add to it. So, at the end of this six weeks, you will have a visual understanding of how you can better overcome any weaknesses you may have and make strengthen your stronger aspects as well.

I will give you the hand-out for the week and all you have to do is write down what happens on lined paper, or on the printed areas I have provided, throughout the week.

One time a day, 10 minutes a day is all that it takes.

Introduction to the First Quarter Moon
FIRST QUARTER June 1 8:42 pm

The moon is seen within the sky as showing one-half and it is increasing in its illumination.

What you have decided to plant (the changes in your life) is considered the 'seed' and it is now presenting a root and plant structure, thus on its way to growing and moving forward.

This time during the phases symbolizes a period of strength, determination, concentration, decision-making or re-evaluation, and commitment to action. So, keep in mind that during this time, keep working and moving forward, despite any fears, emotions or doubts that might get in your way.

Turn around any emotional energy into creative passion so that you can get things done and finish goals.

The First Quarter Moon is the midpoint of the Moon's waxing hemi-cycle, a building time. Its crisis brings both the excitement and threat of taking new action. To succeed, we need to prod ourselves forward, yet remember to be nurturing to ourselves as well.

Our project is yet young, so it is not yet the time for completing; rather, we now lay a foundation, establishing a base of operations that can support our future efforts.

Without this work, our revelation at the Full Moon will be disappointing; many Full Moon misfires can be traced to inaction back here.

The First Quarter can inspire in us the vitality of a child. And it can ignite a child's immaturity. Our insecurities might flare, as can our defenses. Bil Tierney describes a common First Quarter blunder: "Our typical manner of confronting stress patterns here is through the building of protective blockages, barriers, shells, and shields (all involving introspective focus) which in themselves, only further jeopardize our attempts to establish lasting inner security."

We can talk ourselves out of taking action, thus we can have a tendency to blame someone or something out there. All that truly does is barricade ourselves against the future, preferring the illusory safety of our familiar habits.

Worksheet for the First Quarter

Think of no more than four (4) things that you can do at this time. Something that you have control over to change in your life.

Now, since we are adding something, think of something to remove from your life at this time to balance what you are bringing in.

**Make sure to work on these items daily

Ideas to bring in to your life at this time -

- + Love
- + Health
- + Constructive workings
- + Courage
- + Friendships
- + Luck
- + Wealth

Ideas to rid yourself of at this time -

- Fear
- Destructive habits

BRING IN +

RID OF -

** Answer each question on the next page

1. How will you work on bringing in each + ?

A. + _____

B. + _____

C. + _____

D. + _____

2. How will you work on ridding yourself of each - ?

A. + _____

B. + _____

C. + _____

D. + _____

Week 3

June 8

Reviewing the First Quarter Moon Journal

Introduction to the Full Moon

FULL MOON June 9 9:10 am WANING GIBBOUS June 11- 16

As was stated prior, the Moon plays a large role in our lives, hitting us especially hard one time a month when the Moon is in its Full lunation.

All objects including stars, planets and satellite bodies along with their gross (tangible) attributes emanate subtle (intangible) frequencies. These physical attributes and subtle-frequencies affect us in varying degrees at a physical and subtle-level.

The frequencies emanating from the Moon affect the frequencies of the mental body, i.e. mind of human beings. By 'mind' we mean our feelings, emotions and desires. The mind consists of the conscious mind and the sub-conscious mind. Within the sub-conscious mind we have a number of impressions that are embedded that decide our basic nature and personality.

We are however not aware of the thoughts or impressions in our sub-conscious mind as much of these impressions get collected over a number of lifetimes.

These impressions in our mind are the catalysts for all our thoughts and subsequent actions. Both the impressions and our thoughts have their own subtle-frequencies

The moon frequencies are slightly more subtle (intangible) than the subtle-frequencies of our thoughts but are less subtle than the frequencies of the impressions in our mind. The moon frequencies have the capacity to make the thought frequencies from the impressions in our sub-conscious mind to surface to the conscious mind. Once in the conscious mind we become aware of them. Thus one will be influenced as per the predominant impressions in one's mind. We have explained this in more detail in the next section.

Similarly the moon also affects the mind of animals. However as the sub-conscious mind of animals consists of impressions related only to basic desires such as hunger, sex, sleep etc., the heightened thoughts are related to these basic instincts only.

Lunar energy is at its most powerful during the time of the full moon. Is a time for focusing on our gratitude's and blessing's. It is a time to be mindful of all that we have, and all that we have created. A time to express and receive, to open our hearts and feel the connection we have all around us and fill our cups

One must also take in effect that the human consciousness too is made up of electrical activity – which can be measured with an electro encephalograph – and a magnetic aura, or field of energy. A lot of people can feel this field of energy; for example, when you smile you can feel the field of buoyant, glowing energy extending into your aura like the energy field of a magnet.

There are example of documented influences of the Full Moon on living beings such as -

- Triggers many natural rhythms and breeding cycles.
- Herbivores and humans ovulate around the Full Moon.
- The height of the deer rutting season occurs around two full moons.
- Coral mates at the full moon.
- Migratory Birds appear to follow the patterns of the moon for timing and finding their path of migration.
- Game birds tend to return to certain locations at the time of the Hunter's Moon.
- Bears, caribou, and salmon move at the Full Moon.
- Vets & dog trainers note that animals are more restless and unruly during a Full Moon.
- Oysters are sensitive to the cycle of the Moon and not simply the movement of the tide.
- Auto accidents rise 14 per cent.
- Women who have already had children are likely to give birth on the day of the Full Moon.
- Menstruation peaks most often on the evening before New Moon, even with the interference of modern lighting.
- The full moon amplifies the electrical charge in living cells.

There is an ancient awareness of the Full Moon's effects on mental and emotional balance.

This awareness gives us the words *lunatic*, *lunacy*, and *loony* which are all derived from the Latin word Luna, associated with the Goddess of the Moon.

In Britain, the problem was apparently so widespread that they created the 1824 Lunacy Act, which stated that people were liable to go mad when the Moon was full.

This "lunacy" strikes in different ways, which have been documented. Some effects of the Full Moon effects on us humans are -

- Hospital accident and emergency units see about 10% more patients
- Significant increase in visits to medical practices for consultations after the full moon
- Increase in epileptic seizures, bleeding ulcers, and hemorrhaging
- Dramatic rise in admissions to psychiatric hospitals
- Higher number of mental patients become highly disturbed
- The Full Moon adversely affects patient behavior.
- Airline passengers create more incidents
- Crimes of violence increase at the full moon
- Murders - many apparently motiveless - triple
- Arson attacks increase by 100%
- Suicide rates increase
- Alcohol consumption rises at the start and end of the lunar cycle.
- More drunk drivers, more crashes and more hangovers.
- Ovulation — and sexual desire — peak with the Full Moon.
- Emotional bio-rhythms cycle ties in with the 28 day lunar cycle

Worksheet for the Full Moon

Think of no more than four (4) things that you can do at this time. Something that you have control over to change in your life.

Now, since we are adding something, think of something to remove from your life at this time to balance what you are bringing in.

**Make sure to work on these items daily

Ideas to bring in to your life at this time -

- + Accomplishment of details in your life
- + Employment
- + Health
- + Intellectual matters
- + Money
- + Dreams
- + Recreational planning and pursuits

Ideas to rid yourself of at this time -

- Power issues (look at if you are holding power over others / others over you)
- Destructive habits
- Drama

BRING IN +

RID OF -

** Answer each question on the next page

1. How will you work on bringing in each + ?

A. + _____

B. + _____

C. + _____

D. + _____

2. How will you work on ridding yourself of each - ?

A. + _____

B. + _____

C. + _____

D. + _____

Week 4

June 15

Reviewing the Full Moon Journal

Introduction to Last Quarter Moon

LAST QUARTER June 17 3:26 pm WANING CRESCENT June 18 – 22

The moon is one-half and decreasing in its illumination as it is now entering the Waning phase.

This is considered the half-way point in lunation and now we begin to feel a sense of calm from the high energies of the Full Moon

During this time, we feel more sensitivity and are more fully aware of our endings. This is because our energy is moving inwards as we cocoon ourselves, preparing to embrace our changes.

The moon at this time is all about release, introspection, reflection, re-evaluation for the future, shedding the old in order to make way to bring in the new.

Now this is the time to be ridding one's self of any kind of negative thoughts or energy for good so that you can focus positively on a higher universal perspective, take full responsibility, and allow for the creativity and growth that will manifest in the next stage of goals and new intentions.

Remember that the seed has now planted fully and all harvests have been reaped.

During this time, our energies can be a little lopsided as we feel upside down, or maybe just as having a sense of being neither here nor there. We aren't in the potency of a full moon or the fresh start of a new moon, we are hidden, in a 'limbo' stage.

There is a feeling of transition and perhaps fading. Remember that all parts of the cycle are essential and natural parts of the whole.

The Moon reminds us every month that there is always a time for beginnings, a time for release, and a time for reflection; and the third quarter moon is more reflecting and releasing in nature, so honor the natural rhythms and go with the flow.

Worksheet for the Last (Third) Quarter Moon

Think of no more than four (4) things that you can do at this time. Something that you have control over to change in your life.

Now, since we are adding something, think of something to remove from your life at this time to balance what you are bringing in.

**Make sure to work on these items daily

Ideas to bring in to your life at this time -

- + Releasing old (negative) habits, thoughts and actions
- + Begin planning for the next stage in the phase / life
- + Finish up any projects left undone
- + Organize, prioritize and streamline your life and goals

Ideas to rid yourself of at this time -

- Eliminate those things that no longer serve you

BRING IN +

RID OF -

** Answer each question on the next page

1. How will you work on bringing in each + ?

A. + _____

B. + _____

C. + _____

D. + _____

2. How will you work on ridding yourself of each - ?

A. + _____

B. + _____

C. + _____

D. + _____

Week 5

June 22

Reviewing the Last Quarter Moon Journal

NEW MOON Jun 23 10:54 am WAXING CRESCENT June 18 - 22

The New Moon is now waxing (increasing in light) and 0% to 25% illuminated. This entire phase lasts about 3.5 days following New Moon; it will be about 14.75 days until Full Moon (from the beginning of this phase).

The new moon has no illumination. It appears dark and not visible (except during a solar eclipse). As it is dark, it denotes the beginning, with a primal instinct for birthing

The New Moon phase begins with the day of New Moon itself, when the Sun/Moon angle is zero degrees. It continues until the Sun/Moon angle reaches 45 degrees (when the Crescent Moon Phase will begin). This is the first half of the New Moon Quarter. During this phase the Moon goes from not visible at all, to a thin sliver of a crescent shape in the early evening western sky. The New Moon rises and sets with the Sun. The name New Moon is used in both astrology/magick and astronomy.

This is the beginning phase of the lunar cycle, when seeds are planted and intentions set; and yet you may not be aware you are beginning anything at all, in fact this is often a time with little conscious awareness of direction It carries with it a fresh energy and potency, one that may spark a clarity of purpose and being within us.

The sky is darker at this time, turning us inward to our own creative light; thus it is a time to tune into your inner messages and the frequencies that want to connect with you.

The seed, as a symbol, is beneath the ground. So this represents the germination stage, where you can initiate the emergence of something new by setting your intentions for what you wish to grow.

Energies from this time towards the Full Moon gradually builds in strength and intensity, so the New Moon is the ideal time to set clear intentions and goals, start new projects and give rise to new ideas and ventures.

This is the very beginning of the brand new lunar cycle, and that is the feeling it brings. Now, we open our cocoons and in doing so, our attention to what is fresh and new is felt.

This is the time for vision, passion, and action. New ideas abound, inner desires surface, emotion, desire, and spontaneity abound and the vision is vivid, yet not quite defined.

WAXING CRESCENT MOON PHASE

Worksheet for the New Moon

Think of no more than four (4) things that you can do at this time. Something that you have control over to change in your life.

Now, since we are adding something, think of something to remove from your life at this time to balance what you are bringing in.

**Make sure to work on these items daily

Ideas to bring in to your life at this time -

- + Think of, plan and begin any new projects (internally and externally)
- + Form new routines
- + Explore your personal expressiveness
- + Build new friendships
- + Plan for any personal growths at this time

Ideas to rid yourself of at this time -

- Eliminate negative action and thoughts
- Eliminate anything barriers that you feel are / will / may be holding you back

BRING IN +

RID OF -

** Answer each question on the next page

1. How will you work on bringing in each + ?

A. + _____

B. + _____

C. + _____

D. + _____

2. How will you work on ridding yourself of each - ?

A. + _____

B. + _____

C. + _____

D. + _____

Week 6

June 29

Review of Moon Journals

Understanding what our perceptions of the Moon Phases are now

By now you have gone through and finished your Moon Journals; and by now you should have been able to see where new growth has happened and where negative growth has been tossed from your life.

REVIEWING the MOON JOURNALS

So, we have come to the time of reviewing the journals. I also wish to give you a review again on each phase of the Moon – as listed below – so that as we share a bit of our Journals, we can then see where we may be excelling, or possibly lacking, in the energies that are needed for growth through the phases.

We began our actual journals on JUNE 1 with the FIRST QUARTER Moon.

The energies that were focused upon were –

- + Love
- + Health
- + Constructive workings
- + Courage
- + Friendships
- + Luck
- + Wealth

And the negatives were –

- Fear
- Destructive habits

JUNE 3 – JUNE 7 were all about WAXING GIBBOUS MOON

The energies that were focused upon were about increasing and positive thoughts, actions and gaining a better understanding of what it is that we wish to accomplish in the coming weeks.

We then came to JUNE 9 and the FULL MOON

The energies that were focused upon were -

- + Accomplishment of details in your life
- + Employment
- + Health
- + Intellectual matters
- + Money
- + Dreams
- + Recreational planning and pursuits

And the negatives were -

- Power issues (look at if your are holding power over others / others over you)
- Destructive habits
- Drama

JUNE 11 – JUNE 16 were all about WANING GIBBOUS MOON

The energies that were focused upon were about the developmental stage where ideas and plans can be cultivated and fine-tuned before the next stage of manifestation.

Next came JUNE 17 and the LAST (THIRD) QUARTER MOON

The energies that were focused upon were -

- + Releasing old (negative) habits, thoughts and actions
- + Begin planning for the next stage in the phase / life
- + Finish up any projects left undone
- + Organize, prioritize and streamline your life and goals

And the negatives were -

- Eliminate those things that no longer serve you

JUNE 18 – JUNE 23 was all about the WANING CRESCENT MOON

The energies that were focused upon were -

Taking the time to withdraw from everything going on in your life, resting and renewing your energies so that you can take the needed time to understand, accept and release anything that you have left to do.

Now to the NEW MOON phase that, although this class will be finished by then, you should already have an idea as to what you can and will accomplish when it does come on JUNE 23.

The focus of the NEW MOON energies are -

- + Think of, plan and begin any new projects (internally and externally)
- + Form new routines
- + Explore your personal expressiveness
- + Build new friendships
- + Plan for any personal growths at this time

The negatives are -

- Eliminate negative action and thoughts
- Eliminate anything barriers that you feel are / will / may be holding you back

And finally, we come to JUNE 23 – JUNE 25 brought the WAXING CRESCENT MOON and with that the energies that were focused upon were all about the things in our lives moving forward and us having a hope within us of more to come. We now have bursts of energy and are forward moving in our strength and power.

During this phase all of our plans, dreams and ideas are growing and this is a great period to focus on anything which you would like to deepen, grow and commit to.

Understanding what our perceptions of the Moon Phases are now

The Moon, in its silent beauty and all of its hidden abilities, shines down upon us every single night. Sometimes we can see it, other times we cannot. However, that lunar orb that keeps us, on our little planet, in constant physical motion also keeps us in a constant state of growth and flux.

How we perceive the energies, as well as use them in our daily lives, can either help us or hinder us. But, that's based on us and not that orb.

We are in a constant state of flux in our lives and this is due in part to how we react through each of the Moon's phases. After all, we are 80% water, and just as the Moon moves the tides of the world's bodies of water, it too moves us. So, if we can become aware of these tides as well as the Moon's energies, we will have the ability to better understand where we are going in life as well as have a better understanding of how the population acts, and our reactions to the populace.

On a side note, I wished to add a bit more information to the Moon course that includes astrological signs and their significance's on both the New and Full Moons. It is completely your choice to use this information within your Journals or not.

Full Moon	June 9
Astrological Sign	Sagittarius
Significance	Fresh information and new ideas, a greater chance to listen and understand
New Moon	July 23
Astrological Sign	Leo
Significance	Creativity, Playfulness, a greater awareness of Self as well as Self – Assurance

****Below, I have given an example of a completed Moon Worksheet as well as a Blank Worksheet for you to utilize as you wish.

EXAMPLE WORKSHEET

+ Bring In - Rid	1 st Quarter	Waxing Crescent	Full Moon Sagittarius	Waning Gibbous	Last Quarter	Waning Crescent	New Moon Leo	Waxing Gibbous
+ IN	Save money	Continue to save \$	Plan summer activities	Develop friendship	Organize Life events	Rest	Plan new ventures	Add new ventures
+ IN	Work on healthy lifestyle	Plan meals						
+ IN	Make new friends	Go to more events						
+ IN								
- OUT	smoking	Continue to quit	Rid self of personal negativity	Do events	Clean house and donate items	Plan for next cycle	Rid self of old clothes and actions	Continue to banish all negativity in my life
- OUT	Neg. thinking	Work Out and Journal						
- OUT								
- OUT								

BLANK WORKSHEET

+ Bring In - Rid	1 st Quarter	Waxing Crescent	Full Moon Sagittarius	Waning Gibbous	Last Quarter	Waning Crescent	New Moon Leo	Waxing Gibbous
+ IN								
+ IN								
+ IN								
+ IN								
- OUT								
- OUT								
- OUT								
- OUT								