

WORKING WITH

Moon Cycles

Sue Ellis-Saller



NEW AND FULL MOONS IN 2022 (TIME EST)

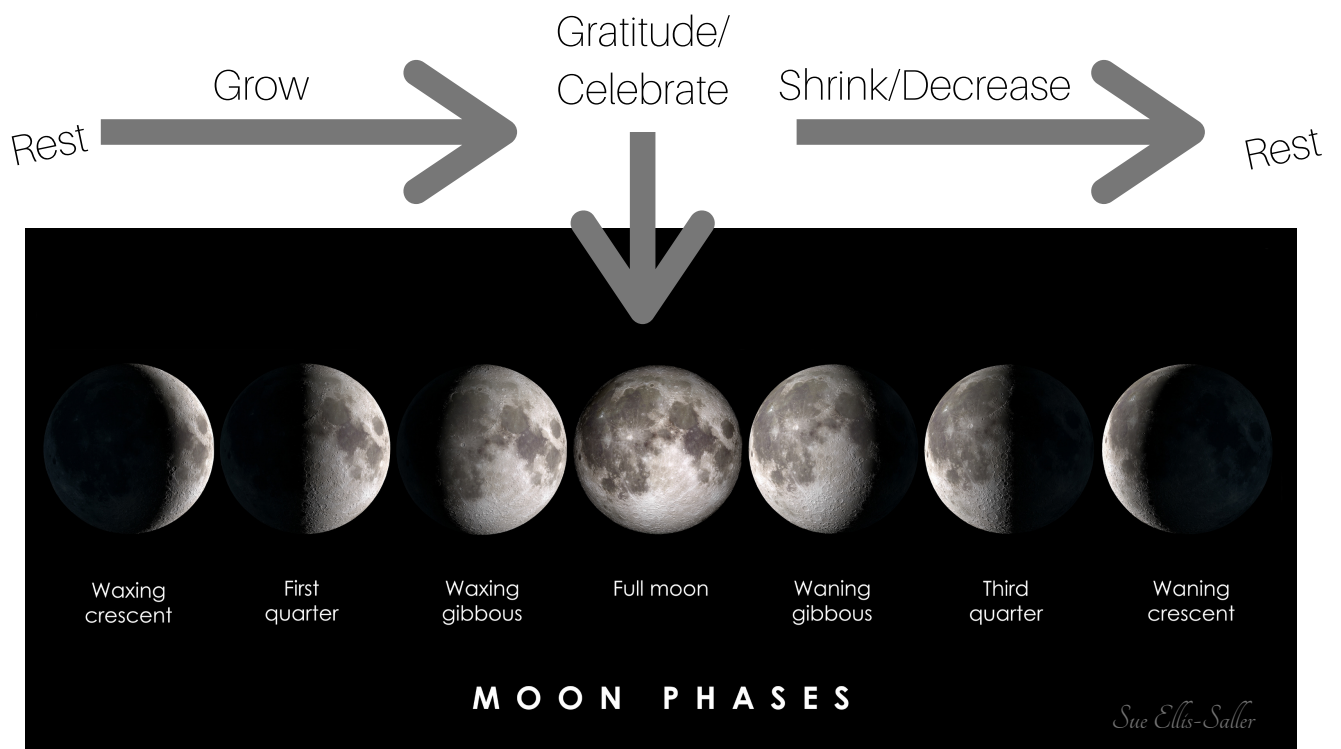
December 4, 2021/2:42.....	New Moon in Sagittarius
December 18, 2021 / 23:35.....	Full Moon in Gemini
January 2, 2022/ 13:33.....	New Moon in Capricorn
January 17, 2022 / 18:48.....	Full Moon in Cancer
February 1, 2022 / 00:45.....	New Moon in Aquarius
February 16, 2022 /11:56.....	Full Moon in Leo
March 2, 2022/12:34.....	New Moon in Pisces
March 18, 2022/3:17.....	Full Moon in Libra
April 1, 2022 / 2:24.....	New Moon in Aries
April 16, 2022 14:54.....	Full Moon in Libra
April 30, 2022/16:27.....	*New Moon in Taurus
May 16, 2022/ 00:13.....	*Full Moon in Sagittarius
May 30, 2022/ 7:30.....	New Moon in Gemini
June 14, 2022 /7:51.....	Full Moon in Sagittarius
June 28, 2022/ 22:52.....	New Moon in Cancer
July 13, 2022/ 14:37.....	Full Moon in Capricorn
July 28, 2022 / 13:54.....	New Moon in Leo
August 11, 2022/ 21:35.....	Full Moon in Aquarius
August 27, 2022/4:16.....	New Moon in Virgo
September 10, 2022/ 5:58.....	Full Moon in Pisces
September 25, 2022/17:54.....	New Moon in Virgo
October 9,, 2022 / 16:54.....	Full Moon in Aries
October 25, 2022 /6:48.....	*New Moon in Scorpio
November 8, 2022 / 6:01.....	*Full Moon in Taurus
November 23, 2022/17:57.....	New Moon in Scorpio
December 7, 2022/23:07.....	Full Moon in Gemini
December 23, 2022/5:16.....	New Moon in Capricorn

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**Eclipse (Lunar 5/16 Sag, Lunar 11/8 Taurus, SOLAR 4/30 Taurus, 10/25 Scorpio)*



- ✂ When the moon is growing (waxing), you work on building, increasing, and growing things.
- ✂ When the moon is shrinking (waning), you work on cutting, minimizing, losing, decreasing things.
- ✂ It's best to only work on one main desire/goal/wish for an entire moon cycle.
- ✂ You can charge your crystals and tarot decks under the full moon.
- ✂ The last quarter of the Waxing Moon is the best time for cutting cords and getting rid of anything that doesn't serve you any longer.
- ✂ The first quarter of the Waning Moon is the best time for making plans for creative projects, growth, and taking action on new, exciting adventures.
- ✂ Generally speaking, the energy of a New or Full Moon will last for the day before, the day of, and the day after. But it's still good to check exact timing.
- ✂ Take the Astrological influence/season into consideration when working with the moon. There are bigger cycles working in the background that deal with different parts of life.





New Moon

New Moon energy is great for planting seeds for new things(post), connecting with your Higher Self and Intuition, meditating, and exploring your true desires. Anything is possible with enough faith and nurturing.

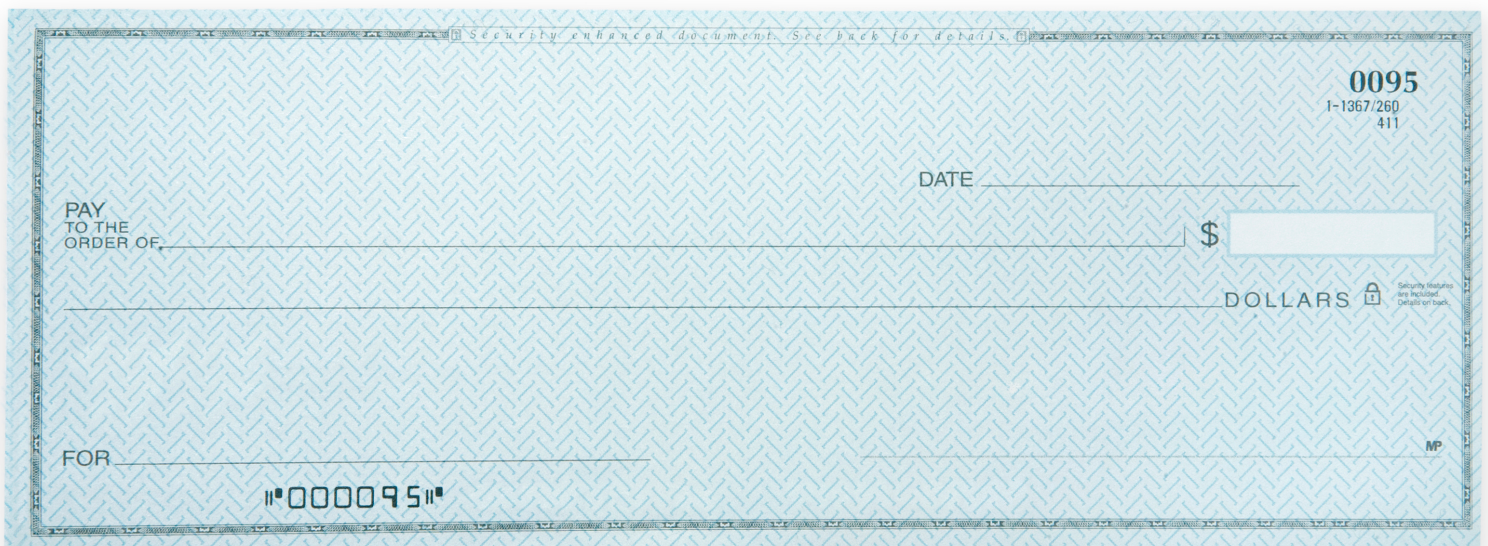
Set your intentions for the coming month and really try to envision them happening. Feel your new reality—the reality that you are creating. Poke around in the shadows and make sure that there isn't anything hiding that needs to come to light. If there is, use this time to feel into that darkness.

The dark Moon can also be a great time to clean your slate and start with an energy that is open to all potentials and opportunities. Consciously set the intention to receive what it is you truly want in your life.

You'll have time for expansion, growth, and taking things to the next level as the moon grows. For now, work on trusting that the seeds you plant will flourish.

Sometimes a day or two of rest and visualization will help you be more in the creative flow and also stave off any overwhelm or burnout you might be experiencing.

You can set the intention to connect more fully with the Moon and your internal cycles, create wealth and attract abundance, GROW friendships and relationships, attract more into your life.





Crescent Moon

Are you ready to start growing? The Crescent moon is all about nurturing, supporting, and gaining clarity about what it is you are working on manifesting.

Do you need to call on any one for support, gather resources, or work to create something that will be foundational for your overall desire/wish for the month?

Is there any sort of organizational requirement or structure that you need to build or achieve what you set out to achieve? Brainstorm now so that you have your to-do list for the next phase.

Again, it's important for you to spend time focused on or meditating about what you want in life. Can you see the end vision? How can you work backward from there?

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First Quarter Moon

This is the phase that takes you from dreaming to doing. Last month was tightening up your vision and making plans, the First Quarter Moon phase is about solidifying, taking action, and doing the work.

What practical and tactical steps do you need to take in order to achieve your goals?

This might be doing some mental work along with putting plans into motion. Mindset is oftentimes what will make or break a person's ability to work toward their goals. Make sure that yours is solid and geared toward success.

Also, you might need to be courageous and show yourself more during this moon phase. Even the Moon is showing herself more.

Gibbous Moon

This is the phase that requires you to push and expend energy! Focus on finishing tasks and renew your focus on your end goal.

Cut the rubbish now. If you have too many projects going on, make sure to set aside those that are serving to drain your energy right now. Is what you are spending your time doing serving your goals?

This is the time to bring your warrior energy to the table. Apply your passion to your projects and the Moon will support your efforts.

What are you working on? What do you need to cut away for now?



Full Moon

Fulfillment. Everything you've been working on creating this month should reach its peak or summit. Celebrate your success/progress.

This is a time for full reflection, of everything being out in the open, light shining on everything that was once in the shadows.

You can charge your crystals and lay your tarot/oracle cards in the windowsills under the full moon to recharge them. You can also charge a pitcher of water to make Full Moon water so that you can capture the energy to use later. *Using natural water out of a spring or river is best.

Pat yourself on the back and remember to express extra gratitude for whatever you have manifested this month.

What did you achieve?

Disseminating Moon

Have you created enough to share with others? How can you best invest what you've created so that it can work for you in the future. Now is the time to evaluate what you've created and give back to the community.

The Disseminating Moon is also about breaking things apart. This is a great moon phase to start work on minimizing things or ridding your life of energies, relationships, blocks, and cords you no longer need.



Last Quarter Moon

Bring projects and anything you want to let go of to an end. Release what doesn't serve you. Forgive yourself and others. Cut cords and move on.

Right now is the best time to find closure and accept the situations you are in as is. Connect with yourself again and get honest about what you don't need or want any more in your life.

Bring radical shifts or changes into your life in the Last Quarter Moon.

Balsamic Moon

Clear your energy. Commit to closure. Cut cords, detox, clean house. Sit in a vacuum of stillness.

This would be a great time to get a Reiki session or go to a sauna and get a lymph draining massage (or both). Take a nice salt bath and wash away any negative energies from your aura.

Look back over the past month and take inventory of what you have accomplished, but in growing and letting go. Find peace in your current situation. Prepare the ground for new projects, ideas, and energies to come into your life.
