

Journeying With the Moon

The moon is often revered as a symbol of feminine intuition, a deep inner knowing that informs your experiences in a profound way. When you journey by moonlight, you dig a little deeper to get to the juicy essence of what your Spirit wants to create in your life. The gravitational pull of the moon not only affects the water flow on the planet, but also the flow of water in our bodies, our menses and our watery emotions.



New Moon

The New Moon is when you set intentions for the month. What are your intentions? What do you want to manifest? What new seeds will you plant?



Waxing Moon

During the Waxing Moon, the power of the moon is building. How can you keep energising your intentions? How can you stimulate the energy that you invest in projects?



Full Moon

The moon has reached her fullness. Emotions are heightened. What will you reflect on, celebrate or release?



Waning Moon

As the moon wanes, it is time to release, rest and retreat inward. How can you nurture yourself? How can you connect with your inner world and intuition?

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<<< Passion, Presence, Power...and the healing wisdom of Gaia >>>



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