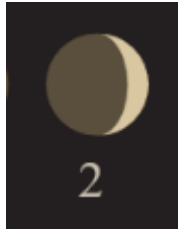


New Moon
(beginnings)



The sun and moon are on the same side of the earth, so we see the dark side of the moon.

Waxing Crescent
(intentions)



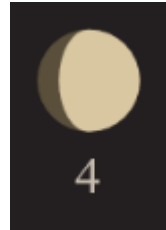
The sun starts to move closer to the moon and begins to shine on one side of it, creating a crescent shape.

First Quarter Moon
(action)



The crescent has 'waxed' or grown into the quarter moon as the sun moves across it.

Waxing Gibbous
(refine)



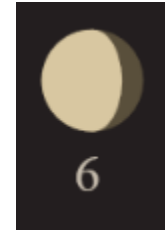
One week away from the full moon and the waxing gibbous is more easily seen in the sky as it is more illuminated by the sun.

Full Moon
(harvest)



The sun is on the other side of the earth, directly opposite the moon and can light up one side completely.

Waning Gibbous
(grateful)



The illumination of the moon begins to wane as the sun moves out of its direct line.

Last Quarter
(release)



The reverse of the first quarter as the sun moves further and the moon darkens back towards the new moon.

Waning Crescent
(surrender)



The sun is getting closer to the moon with limited illumination from this angle.

<p>A time to retreat, rest, rebuild and reboot. Get rid of the old to prepare for the new. Unplug, spend time alone, reflect and set new intentions. A time of natural purification and menstruation.</p>	<p>Building on the intentions and desires set during the new moon, this is the time for mental preparation for your next steps. Writing journals or meditation are good practices here.</p>	<p>A week after the new moon and we may hit some obstacles so be prepared to work harder to make progress. Challenge yourself and act, making decisions in line with the intentions you set earlier. To-do lists or bullet-journaling could help with this.</p>	<p>Don't give up on your intentions!! Adjust, refine and edit them instead. This is a period of change so allow it to happen if it needs to. Recognise this, re-evaluate and compromise instead of letting go.</p>	<p>The opposing forces of sun and moon can cause tensions and emotions to run high as we struggle to find balance. The September Harvest moon is when crops were harvested for winter using the bright moonlight to guide them. This is a time for ceremony and celebration so you should also be reaping the rewards of the intentions set on the new moon. Be open to accepting these. Don't get overly emotional!</p>	<p>Feel grateful for the rewards of the full moon, whether in physical crops or spiritual fulfilment. You may feel the need to share your rewards with others and treat them to something meaningful. The theme is 'giving back'.</p>	<p>This will begin a feeling of letting go and preparing for the new moon. You need to clear out the old to make room for the new. A good time for cleansing of the body, home and friendships! Clearing out unwanted clutter, exercising or sauna and address book purge are good activities here.</p>	<p>After the 'purge' of the last quarter moon you may feel empty, tired and despondent. But don't worry about this and don't fight it. You can't control everything, and you will get your chance to set new intentions in the new moon. Well done – you made it through a full cycle. Let's go again!</p>
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