


# Moon Magic



## GUIDEBOOK





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"Sometimes in the  
winds of change  
we find our  
true direction."



**Hello beautiful soul!** As an ambitious entrepreneur, I love what I do, but when I discovered that I could experience more ease & flow just by looking up at the moon, that is when I was able to give myself permission to slow down more, take my time, and align my actions with the natural flow of the universe instead of hustling against the cosmic order and therefore depleting my energy.

I started out by tracking *the phases* of the moon and began noticing how it waxes and wanes along with my energy and emotions. Eventually I also began to track the *zodiac signs* the moon moved through to become more aware of how I felt during each one. I began to notice a distinct difference in my mood and even my thought patterns depending on where the moon was located at any given time.

**What started out as a mild curiosity turned into a major confirmation of how the cosmos affect us here on Earth, and the beginning of my love affair with astrology.**

I've learned that when you know more about what is going on in the sky, you can also become more aware of what is going on in *your inner world* and you can use this information to work towards manifesting magic in your life & career at exactly the right times.

I created this guidebook so you can begin to become more aware of the effects our magnificent, magical moon has on you, and maybe you will even fall in love with using it to experience more ease, flow, and expansion in your work, too?

xo *Natalie*



# Phases of the Moon

\*Australia & New Zealand: Although the moon phases in the actual sky will appear in the opposite direction from the images shown in this guidebook, the meanings are the same.



## 1. NEW MOON - New Beginnings

Using your intuition as a guide, this is the time for setting new intentions for what you would like to blossom into being next, but you don't need to know exactly how you're going to make it happen yet.

## 2. WAXING CRESCENT - Planning

Over the next week, it's time to start forming your master plan for how you will manifest your next round of goals & intentions. Do your research & be willing to experiment before you nail down the best possible approach to take.

## 3. FIRST QUARTER - Commitment

During this 24 hour moon phase, we are called to go beyond planning and finally get going on your goal! Take solid action & start doing the work to execute your magical plans to up-level your life.

## 4. WAXING GIBBOUS - Heart & Hustle

This is one of the busiest weeks of the moon cycle when we are meant to be putting our energy toward making solid progress on our goals. Just be sure to pace yourself so you don't burn out!

## 5. FULL MOON - Culmination

Everything is illuminated when the moon's power is at full strength. Deeper emotions come up to the surface as we see our efforts come full circle. Did you succeed in achieving what you set out to? Then it's time to celebrate! If not, you will have at least learned something valuable that will help you decide what you need to do to get closer to embodying your intention in the future by letting go of whatever is standing in your way.

## 6. WANING GIBBOUS - Integration

After the Full Moon, we are able to begin taking a step back to do an overview of what we have been learning so we can look at how we need to make adjustments to feel more aligned. It's a good time to share your thoughts or feelings in order to process them with the help of your friends, family, or mentor. You may even want to invite them to share in your success if the Full Moon brought wonderful blessings your way!

## 7. LAST QUARTER - Release

This short moon phase invites us to become aware of what is no longer serving you so we can begin the process of letting it go. This is a day to identify what you need to remove, release, or step back from in order to make space for more of what you want to come forth.

## 8. WANING CRESCENT - Reflect

For the next week, it's an ideal time to tie up loose ends, complete your projects, and surrender into stillness more and more as the week goes on so you can begin to listen to the whispers of your heart more closely.

## 9. DARK MOON - Rest & Rumination

The last few days before the next New Moon bring us to the lowest energy point of our moon cycle. Take time to pause & retreat before setting your next intention.

# Moon in the Signs

In addition to moving through different phases, the Moon moves into a new zodiac sign (a.k.a. zone of the sky) every 2.5 days, shifting the qualities of our moods & emotions as we channel that energy through our thoughts & behavior for that window of time.



## MOON IN ARIES - *Motivated & Dynamic*

When the moon is in Aries, we're ready to get going on our passion projects! It's a good time for being productive and proactive as you work towards your goals, but beware of being overly impulsive.



## MOON IN TAURUS - *Slow & Sensual*

When the moon is in Taurus, there's a desire to work at a slower, calmer pace with a greater focus on quality over speed or quantity. Look for opportunities to find serenity & groundedness so you can relax more.



## MOON IN GEMINI - *Busy & Sociable*

When the moon is in Gemini, you may want to reach out & catch up with friends, collaborate, or post to social media. A good time for writing projects, meetings, and multitasking, but beware of restlessness!



## MOON IN CANCER - *Empathetic & Cozy*

When the moon is in Cancer, you may be more inclined towards familiar people, places, and activities. Aim to spend more time at home and look at ways to increase your future sense of security.



## MOON IN LEO - *Bold & Courageous*

When the moon is in Leo, we all get a little extra boost of confidence that can help us innovate in our creative projects and truly own what we're the best at. Don't be afraid to toot your own horn!



## MOON IN VIRGO - *Thoughtful & Efficient*

When the moon is in Virgo, be prepared to deal with the logistics of your plans. This Earth sign helps us plan, edit, streamline, and delegate, so we can achieve our goals while feeling good in our bodies.





### MOON IN LIBRA - *Beauty & Balance Seeking*

When the moon is in Libra, there is a desire to connect with others and you may even find that you are more creative with your words. It's a wonderful time to make someone's day or seek to brighten up your own.



### MOON IN SCORPIO - *Intense & Strategic*

When the moon is in Scorpio, you may become more focused on what needs to change or evolve so that you can grow beyond your comfort zone and transform your reality to new levels of satisfaction & success.



### MOON IN SAGITTARIUS - *Free & Adventurous*

When the moon is in Sagittarius, there's a greater spirit for adventure and a desire to learn new things or try out new experiences, but you may be compelled to procrastinate on work that is difficult or boring.



### MOON IN CAPRICORN - *Determined & Ambitious*

When the moon is in Capricorn, you may be in the mood to concentrate on your goals and discipline yourself to do the work that is going to move you forward in your life & work the most. Don't forget self-care!



### MOON IN AQUARIUS - *Forward-thinking & Innovative*

When the moon is in Aquarius, you may want to shake things up and try out a totally new approach to the way you live your life. Try to be open-minded to creative downloads even if at first they may seem crazy.



### MOON IN PISCES - *Sensitive & Dreamy*

When the moon is in Pisces, you may be more in tune with your emotions and could feel the need to escape into your own creative bubble to process how you're feeling. Do something that nourishes your soul!

## Power Moons

When the Moon is in **your Sun, Moon or Rising Sign**, those are considered Power Moon days. These are days when you are more likely to feel like you're in your element since the energy in the sky matches up with the energy you possess inside.

[>> Find out your signs!](#)

## Void Moons

Void Moons are not good times for starting anything new or for promoting yourself on social media, through a newsletter, or in person. They are also not good times for holding meetings, making appointments, or planning for the future. Take time to rest, take care of yourself & go within instead!

