

## 002 | Working in Tune with the Moon

**Welcome to The Cosmic Calling, a podcast for spiritual entrepreneurs and creative souls on a mission to align their life & career with the cosmos.**

**I'm Natalie Walstein, Career Astrologer at Soulshine Astrology, and I hope you're ready to unlock your cosmic calling.**

Hello everyone! Here we are, back again for another episode. Thank you so much for all of the wonderful feedback I've been receiving from the first episode and thank you for joining me today as we talk about one of my favorite subjects besides finding your calling and one that I think you are going to love learning more about too. And that subject is working in tune with the moon.

The moon may be located approximately 238,900 miles away from Earth, and yet, it seems to affect us all so much. Its gravitational force affects the rise and fall of the ocean through the tides, just as it also affects our moods and emotions.

My love affair with the moon began when I was living in Hawaii, just one neighborhood over from where you may have seen on the news that a lava flow is currently turning the beautiful lush jungle paradise into a field of black lava that is sadly covering so many people's homes. Hawaii is a wild place, and specifically the Big Island, where I lived, is where NASA actually keeps the world's largest space observatory over 13,000 feet up on top of Mauna Kea. At night, the streets of the island have this special kind of street light that are quite dim in order to keep the visibility high for the telescope, so it gets really dark at night, and most people go to bed early because of it. Even without a telescope though, what you can see with the naked eye when you look up at the night sky is absolutely magnificent.

Every night when I would take my dog for his last walk of the day, I would gaze up at the incredibly vast sky in complete awe. I was amazed to see gazillions of stars of every color... blue ones and red ones... and I could actually see with my eyes where the planets and constellations were even though I didn't know too much about them at the time.

But the moon was the most amazing of all. Night after night, I noticed how the moon would change before my eyes... moving through the

phases and slowly changing its location in the sky. It was then and there that I really became entranced by it.

At the time, I was still a graphic designer, and somehow my client base had shifted to nearly all spiritual woo woo entrepreneurs within a matter of months. And at least 3 of those clients hired me to design different kinds of moon trackers all in the same month which goes to show that I'm clearly not the only one who has a thing for the moon!

So, through all of these design projects, I got my moon education and I finally started to understand what I was looking at each night and could actually track the phases of the moon and what they meant for my life. And eventually my focus in my work began to shift away from design and more into astrology, and I started tracking the zodiac signs the moon moved through, too.

So, over time, I gained this special relationship with the moon and its energies and I came to know what to expect when the moon was in a particular phase and sign. Like how when the moon was full, it was a good idea to watch out for crazy drivers on the road and to brace myself for deeper emotions coming up to the surface, not just in me, but in the other people around me, and I'm sure you know what I'm talking about. Or how, when the moon moved into Pisces, my moon sign, I felt especially at home in my own natural element... but when it was in my opposite sign of Virgo I would feel kind of weird and anxious.

All of this knowledge coupled with the observations of my own personal experiences have helped me understand and learn how to flow through the waves of emotions that naturally come and go with life while also designing my work to flow in alignment with it, too, and that's what I want to talk to you about today.

The really cool thing about the moon is that it's such a great introduction to how the rest of astrology works. While we may not always feel very connected to Mercury or Venus or Mars or Jupiter, we can simply look up at the sky and see the moon right there. We can physically see what it's doing with our own eyes, and we can feel its influence strongly since the moon's energy specifically affects our emotional guidance system, also known as our mood, and the way we feel as well as the way we manifest the things we want.

So let's talk about what exactly the phases and signs can tell us about how we might feel, how we can track the moon as part of our creative process, and what you can do to align your life & career with the natural flow of the moon, especially when you're going after a big goal that's important to you.

I'm sure most of us are already familiar with the concept of a New Moon and Full Moon. The New Moon happens when the moon seems to have gone missing from the sky because the Sun's light is actually coming from behind it so we don't see any light on it at all. Keep in mind that the moon has no light of its own so it really depends on the Sun and other planets to light it up.

Astrologically, the New Moon happens when the Moon reaches the same sign and degree that the Sun is in, which means they're perfectly aligned in the sky. As opposed to a Full Moon which happens when the Sun and Moon fall in opposite signs so the Sun can light up the moon fully which has this affect that can help us see where we're out of balance because they're both on opposite signs of the wheel.

Going back to the New Moon, without the light of the moon at night, we are forced to turn inward and look more closely at what we want to create in our lives and careers next. It is a time of new beginnings and we're able to get back in touch with our dreams, hopes, goals, and intentions, and we plant a new seed for the future we want to experience next. It's kind of like making a wish for what you want to create, whatever that might be, whether it's a work project, or a feeling you want to feel, or a problem you want to overcome, it's completely up to you what you want to bring into your life or career next and the New Moon is the perfect time to check back in with yourself and decide on what that is.

As the moon's light grows, so does our intention. After the New Moon, we spend a week in the Waxing Crescent phase as a little sliver of light begins to turn into a bigger and bigger sliver throughout the week. This is our planning and research phase. So, we have an idea of what we want to do, but we need to figure out how to do it and what the best way will be to go about it. This is a good time to remain open-minded because it's possible that the details of what you want to do aren't completely clear in the beginning of the week, but as we spend more time exploring our options, we can begin to see a clearer path ahead of us as the days go on.

One week after the New Moon, the moon becomes a half moon. This is the First Quarter Moon. Without getting too technical, a First Quarter Moon occurs when the moon is one quarter of the way through the complete moon cycle which actually ends the moment before the next New Moon in case anyone is wondering why the moon looks like its cut in half and yet we call it a First Quarter.

The First Quarter Moon is a time of taking action. We planned, we researched, we figured out how to do what we want to do, and finally we begin to do it. I like to call this “go time” because you’re ready to actually pull the trigger and make your next move forward. So if you’ve been planning out a project you want to do for work, you might finally hire a graphic designer, or announce it on social media, or do something that shows you are stepping up and actually doing the thing. It can be kind of like the point of no return because once you take this first step, you’re officially in it, which can be scary but also really exciting because this is you bringing your intention into being.

The First Quarter Moon phase only lasts a day, and then we move into a week of the Waxing Gibbous phase. This is one of the busiest weeks of the whole moon cycle because we are totally ingrained in the process of working towards our goal. At the same time, the emotional energy begins rising to the surface as the moon lights up more and more throughout the week. We start feeling our emotions more strongly and feel especially passionate about reaching our goals. In other words, we’re in hustle mode and we’re doing whatever it takes to see our vision through even if it’s hard.

Then we have the Full Moon, two weeks after the New Moon. As the moon becomes fully illuminated, it’s like we’re suddenly wearing our hearts on our sleeves. We cannot hide from our feelings and it can be an intense time of facing the truth about ourselves, about other people, about our projects, about how we’ve gotten out of balance, and about the lessons we’ve been needing to learn, but it can also be a time of celebration as you complete a big project or have a major realization about how far you’ve come. A lot of great parties happen around a Full Moon, and you may find that you really are ready to invite in a wonderful feeling of success into your life for all of the hard work you’ve been putting in. It can even be a bittersweet combination of both lessons and blessings.

Sometimes people also talk about the Full Moon being a time of releasing something. This is true, too. We may feel the need to release because otherwise we can sort of drown in the tension of all the high emotional energy that is rising within us, just like the rising of the tides.

There's a Full Moon ritual you can do where you write on a piece of paper a list of what you want to let go of, or who you need to forgive in order to move on, and then you basically just burn it under the Full Moon. This can be helpful if you're going through an especially tense time and the lessons you're learning feel really big, but you also have the next 2 weeks to continue releasing.

Because after the Full Moon, from that point forward, the moon begins waning. The week after the Full Moon can be another busy week. We're moving forward from the lessons we have learned and sharing our blessings with others. We're also enjoying the fruits of our labor even if what we've gained is just this deeper understanding of what needs to shift for us in the future which can be super valuable too.

Before we enter the last week of the cycle, we reach the Last Quarter Moon. Now the moon is 3 quarters of the way through the whole cycle which is why it's also referred to as a third quarter moon. Again, this one only lasts a day, and it marks the halfway point from the Full Moon to the next New Moon. It's also an action phase but this time the action is not about opening up to receive, it's about letting go of what you no longer want or physically releasing something that is no longer working for you. Maybe you're simply ready to close out a project you've been working on or you've discovered that something didn't work out as well as you thought and you're ready to start the process of detaching from it and moving on. Maybe you didn't hit your goal, or something has happened that has upset you, or you're feeling anxious about something. The Last Quarter moon is a time of deciding what feels heavy that you are going to let go of and committing to that even if it will take some more time to follow through.

Then, we have our Waning Crescent Moon phase for the last week. This is a period of reflection, release, and fully letting go. Although we are tying up loose ends, we're not quite as busy. We're taking more time to ourselves to slow down and evaluate our lives as we begin to make space for what's next and we may not have a lot of get up and go to charge ahead because we're coming up to the end of the cycle now and as the moon's light fades, so does our energy.

The day before the New Moon, we have a Dark Moon. Also known as the Balsamic Moon, which occurs when the moon is completely dark, and it hasn't begun bringing the light back yet. And this one is the absolute best for introspection, journaling, meditating, taking a nice hot aromatherapy bath, doing a Tarot card pull. Really diving in beneath the surface of your psyche, allowing your mind to wander, and beginning to brainstorm what your next round of intentions will be that you will plant as a promising new seed for the next New Moon.

And around and around we go, month after month... or moonth if you will... since the moon's cycle is nearly the same length as a month.

What I love about the moon cycle is that it so clearly shows us that there's a time to work hard and a time to receive and a time to slow down and let go, and all of these phases are equally important when it comes to the creative process whether in life or work.

We need those quiet times to think and pay attention to how we feel and what we want... to download the creative insights we need to guide our actions going forward. And we need those busy times, too, so we can be productive and actually work to get ourselves closer to where we really want to be instead of just dreaming about it. It's kind of this dance between the Sun and the moon helps us balance our feminine and masculine sides so we can live in harmony with both.

This is the creative process that we naturally follow for everything in our lives whether they are life lessons or actual projects we're working on and all you need to do is look up at the moon to see which phase it's in and it can give you a reminder of how to align your energy the most efficiently to flow in tune.

So when the moon is Waxing, or growing bigger, you may be planning a new project or getting prepared behind the scenes to launch a new service or offering. Maybe you decide to launch that project on the Full Moon. And from there, you can see how successful it was and celebrate that and you can see what you still need to learn or change in the future, so you can begin the process of making those changes or adjustments or just integrating this new thing into your life as the moon begins waning.

And like I said, the energy of the moon symbolizes our own energy. So, when there isn't a lot of light coming from the moon, we can feel low energy. The night is darker and we may be feeling more inner focused. But when the moon is bright and it kind of lights up the world at night, we are more awake and alert and may even have trouble quieting our thoughts or getting to sleep at night because we have so much extra energy.

So, it's just nice to know why you might feel the way you feel and what the moon has to do with it... so you don't beat up on yourself when you don't feel like working so hard during those times when you're actually meant to be slowing down and preserving your energy so you can start something truly amazing later.

I like to think of the moon as a big hourglass... as the hourglass is filling up, we're working hard towards the things we want, and as it fades away, we're stepping back and letting go.

Take some time tonight to look up at the moon and observe which phase it's in and reflect on where you're at in terms of going after your current set of goals and see how it aligns for you.

Even though we repeat the same phases each and every month, these phases always fall in different zodiac signs, so no moon cycle is exactly the same.

For instance, every month, our New Moon is in a different zodiac sign, so we get a chance to get a new beginning in a different area of our lives. Just like how the Full Moon happens in a different sign every month, giving us the opportunity to learn a lesson or to invite a blessing in a different life area.

Basically what happens when the moon moves through each of the zodiac signs is that we're given a slightly different lens to feel our emotions through. So, we have the moon phase which measures the strength of the energy - whether it's low energy or high energy, moving towards something or away from something - and then we have the moon sign that describes the quality of that energy... or maybe even the flavor, if you will.

For example, we wouldn't just have a Waning Crescent Moon, but a Waning Crescent Moon in... say... Virgo. Which means that the moon is

aligned with the constellation of Virgo and the constellations basically are just markers for different sectors of the sky.

Every month, the moon will also spend a few days in your sign, and this is called your Power Moon Day. When the moon is your sign, you feel like you're allowed to be more like yourself. You may even feel more sure of yourself because you're more comfortable and secure... like you're in your natural element, so this would be a good day to plan something where you're going to need to speak in front of a group or have a tough conversation with someone or do something that requires you to have courage because the moon will naturally be allowing you to play to your strengths and makes you feel more emotionally secure.

Although your Power Moon Day is best tracked for your moon sign, you can also track the Power Moon Days for your Sun Sign and Rising Sign, if you know it, and these are all significant for you in different ways. Unfortunately, unlike the moon phases, you can't see which sign the moon is in simply by looking up at the sky, but I do have a monthly moon calendar that I design and send out every month for free which lists out all of the phases and signs for you. If you don't already get it, I'll put the link in the show notes so you can download it to start to track the moon for yourself and basically observe its effects on you in your own life which is a really good way for getting to know astrology better just by coming to understand how each sign and phase makes you feel.

And regardless of where the moon might be in the sky, we all have our own Moon Sign and Phase, based on where the moon was when we were born, that we always take with us and this can explain what makes us feel the most comfortable. For me, I will always feel most comfortable when the moon is in Pisces as well as when the moon is in the Dark Moon phase because that's the sign and phase that I was born under. So I feel at home in the world of emotions and spirituality and sensitivity and having time alone to process my thoughts, dreams, hopes, and fears and to contemplate the deeper questions of the universe.

Wherever the moon falls on your birth chart in terms of its sign and phase symbolizes what makes you feel the most comfortable, safe, secure, and happy, and this is another thing that comes in handy to know about yourself when it comes to choosing a line of work you will enjoy, so you can also set up your life to allow yourself to play to your strengths and move in tune with your own natural energy flow which we'll definitely talk more about in future episodes.



Every zodiac sign has its own personality and way of dealing with emotions, and when the moon is in each sign, we also take on that lens by which we sense, feel or react to the world, even if it's not the one we were born with. So when the moon is in Aries it feels different from Taurus which feels different from Gemini which feels different from Cancer and so on and so forth, and your comfort level with each of these signs will depend on its compatibility with your own Moon Sign or even the rest of your birth chart which is another topic for another episode.

The main difference between the vibes that we can feel from each of the signs comes from the element they fall in.

For example, when the moon is in a Fire sign, like Aries, Leo and Sagittarius, we may be especially passionate and driven and bold and motivated to push forward and pursue the things that light us up.

When the moon is in an Earth sign, like Taurus, Virgo, and Capricorn, we feel a little more level-headed and practical. We may be more focused on working hard and being disciplined and staying on track with our daily tasks as well as concentrating on our long-term goals.

When the moon is in an Air sign, like Gemini, Libra, or Aquarius, we may be more up in our heads thinking about our ideas or even socializing with other people. We can be slightly detached from our emotions because our attention is higher up in the intellectual realm so we're thinking about things more conceptually if that makes any sense.

However, when the moon is in a Water sign, which actually symbolizes emotions, we are really in touch with how we feel. This would be Cancer, Scorpio, and Pisces. We may be feeling especially reflective, emotional, or sensitive when the moon is in these signs.

You can use the moon calendar I mentioned earlier to plan the days that will be the best for you to charge ahead with the projects that require you to have courage by keeping in mind when your Power Moon Days will be. And if you feel like you're ready and willing to add another layer, you can also use the moon calendar to pay attention to how you feel when the moon is in every sign and notice what you seem to be focusing on to see if any patterns emerge for you over time.

Another great way you can use the moon to align your life and career with the cosmos is to use it to implement an intention setting or manifestation practice. On every New Moon, I have a special ritual I do where I get really clear on what I want to bring into my life next.

I have the full rundown of my New Moon Ritual on the blog if you're interested, but the general idea is that it's all about making space in your life for the new to come in. Every New Moon, I like to clean my home and workspace and start fresh with a new bouquet of flowers, take out the garbage, wash my sheets, vacuum, and basically do what I can to make my surroundings ready for the new to come in to signal to my brain that this is a new, clean slate.

Then I might light a candle, make a cup of tea, burn some sage or get my aromatherapy diffuser going with a nice blend of essential oils, and put on some soft music. It's kind of like having a date with myself to spend some quality time checking in and getting back in touch with how I'm feeling and what I want to call in. I'll also reflect back on what I've been experiencing lately, what I've been learning, and acknowledge and celebrate the exciting things that have happened over the last month, too. I also pay attention, of course, to where things may have felt off or hard or heavy, and things I want to fix or shift or change in the future.

I may do a bit of meditating as well, but my most favorite thing is to journal on the New Moon just to lay out all of my thoughts, fears, worries, hopes and dreams... all of it... and officially set my intention for what I want to bring in next.

I find it's really good to be loose with your intentions on the New Moon. An intention is different from a goal in that an intention is usually based on how you want to feel. For example, maybe I had a really busy month where I got a lot done and accomplished a lot, but I was feeling really burnt out from it all and I realized I spent too much time working and not enough time enjoying my life or taking care of myself along the way. So, in this hypothetical situation which of course never happens to me, my intention might be that I want to feel more peaceful or balanced or I want to have more time off or keep more white space in my schedule.

Keep in mind that after the New Moon, we have a whole week for planning and researching how to make your intention happen – to turn it into an actual goal with a plan and measured milestones and all that good stuff – and I might end up deciding later that the way for me to feel

more balanced is to hire an assistant or to place a limit on how many things I'm allowed to put on my schedule each day or to schedule my meetings further apart. But whatever your intention is, the New Moon is really just the very beginning of the ideation stage. You're planting a seed of an idea, but you might not know exactly what it will grow into yet or what the best fertilizer will be to help it grow.

Something else to keep in mind is that the intention you set on a New Moon may not manifest within the same moon cycle. For the whole process to take shape, an intention set on a New Moon doesn't come full circle until 6 months later... until we have a Full Moon that falls in that same sign. So, an intention you set on the New Moon in Gemini probably wouldn't come full circle until the Full Moon in Gemini 6 months later. If you think about it, six months is really the perfect amount of time to transform your life and to begin to see major results from something you're working on and investing your time and energy into, so if you don't see solid results right away, try to be patient or better yet, keep taking action. We all know the best things in life take time!

As you may already know, I talk about the moon constantly on Instagram and in my weekly newsletters, so there is a pretty good chance if you have already been following along you've already known about a lot of these things I've been talking about, but hopefully this episode has given you a more solid background story to help deepen your knowledge and pique your interest and maybe help you start your own mindful moon practice. And I hope that knowing more about all of this will have you looking up at the moon a little more often and with a different perspective on how it really affects you and how you can use it in a practical way to consciously place yourself in alignment with the magical forces of nature that surround us of which we can so easily become separated from in this age of screens, and the internet, and our busy schedules.

If you are interested in tracking the moon on a deeper level and working with it as part of your own personal development practice, you can support the podcast as a patron to get a digital download of my 2018 Moon Journal to add as a part of your own special monthly moon ritual and have a place to journal on every New Moon and Full Moon using specific journal prompts based on the themes that are coming up for each one. You'll also receive access to videos I make for every New Moon and Full Moon highlighting the themes of each one and telling you how you can specifically work with their energy based on your zodiac sign by

heading over to [www.patreon.com/thecosmiccalling](https://www.patreon.com/thecosmiccalling) and signing up as a Lunar Lover.

Thank you so much for tuning in for another episode of The Cosmic Calling! I absolutely love hearing from you so if you have any questions about this episode, feel free to get in touch through e-mail or on Instagram @soulshineastrology.

And be sure to check out the complete show notes for all of the links and resources that I have mentioned throughout this episode by going to [www.soulshineastrology.com/episode2](https://www.soulshineastrology.com/episode2)

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In our next episode, I'm chatting with Cassie Uhl, the founder of Zenned Out, about how she found her cosmic calling and her tips for starting and sticking to a daily meditation practice.