NEW

THE MOON & YOU

The complete guide to harnessing lunar rhythms for health and happiness

THE *Lunar* CALENDAR

The best times to plant seeds and set intentions

INSIDE

Sync your cycle with the Moon to enhance fertility and achieve hormonal harmony



LIGHT ON...

- COSMIC CRYSTALS
- MIDNIGHT MAGIC
- SATELLITE SUPERSTITIONS

Heavenly BODY

Release your inner goddess with meditation and yoga

Celestial CYCLES

Moon phases & their meanings

Digital Edition

FUTURE

THIRD EDITION

WELCOME

Humanity has been enchanted by the Earth's ethereal satellite since the dawn of time. We have developed legends and lore inspired by it, worshipped it as a deity in its own right and attributed behaviours and emotions to its mystical magnetism. *The Moon & You* explores our intrinsic relationship with this celestial orb, delving into the stories, science and spirituality that link us – as cosmic beings made of stardust! – to the spectral heavenly body that illuminates the night sky. Let the light of the Moon into your life and embrace its rhythms. Learn how to live in harmony with lunar phases, understand the energies of each aspect and discover how you can harness lunar power to enrich every aspect of your life and achieve health and happiness.



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CELESTIAL CYCLES

The Moon's impact on Earth cannot be understated. From its lunar cycles to its unique relationship with our planet, the Moon continues to fascinate

The Rhythm of the Moon

Just like Earth, the Moon goes through its own cycle of months. These lunar months last approximately 29.5 days, as the orbital positions of the Moon around the Earth and the Earth around the Moon shift. As this happens, the lighting on the visible side of the Moon changes, leading the Moon to go through four primary and four secondary phases:

- New Moon
- Waxing Crescent (secondary)
- First Quarter
- Waxing Gibbous (secondary)
- Full Moon
- Waning Gibbous (secondary)
- Third Quarter
- Waning Crescent (Balsamic Moon) (secondary)

Once the Moon has completed one full cycle, the New Moon once again rises in the heavens and the next lunar month begins.

The way the Moon looks to us on Earth is, of course, dependent on both what percentage of its surface is lit by the Sun, from zero at the start of the New Moon to almost 100 percent during the Full Moon. The apparent shape and the phase of the Sun are also reliant on the angle of the Moon's elliptical longitude in relation to the Sun.

New Moon: 0°
First Quarter: 90°
Full Moon: 180°
Third Quarter: 270°

The Science of the Moon

The Moon has a unique relationship with Earth, even though we may not realise it, from light to weather to tides and even the lengths of the days! It's no exaggeration to say that without the Moon, life as we know it would simply not exist on the planet we call home.

Moonlight might seem romantic, but there's actually no such thing. The Moon casts no light of its own, but reflects the light of the Sun. That's why it appears dark when it begins to wane, meaning that the illuminated portion is turned away from Earth.

Though the Moon's gravitational pull is weaker than the Earth's, it still exerts a strong power over our planet. Here are just a few of the things it's responsible for:

Length of days: Over millions of years, the Moon's gravitational pull on the Earth has slowed the spin

DID YOU KNOW?

Scientists believe that the Moon was formed when the Earth collided with a planet the size of Mars. The debris from that collision became our Moon.



The Moon and the Earth enjoy a complex relationship, both scientific and mythical!

of the planet substantially. While billions of years ago a day on Earth lasted just six hours, the pull of the Moon has slowed that down from 22 hours 400 millions years ago to 24 hours today. Known as tidal braking, this phenomenon sees the Earth's rotation slow by 2.3 milliseconds every century. As it has absorbed this spin energy, the Moon has risen higher in orbit and scientists have calculated that the Moon pulls away from the Earth at a rate of roughly 3.8cm every year.

The tides: The gravitational pull of the Moon that has given us 24-hour days also governs our tides. As the Moon orbits the Earth, its gravitational pull causes the oceans to bulge on the sides closest and furthest from the Moon, creating high and low tides at either side. It may come as a surprise to learn that these bulges can have an impact on the land as well as the oceans, as the Earth itself pulls and bulges just like the sea. Over time, these deformities can cause earthquakes and volcanic eruptions.

The weather and seasons: The Earth spins on a tilt of 23.5 degrees, which gives us our seasons. The Moon's gravitational pull keeps the Earth's tilt stable and its axis consistent as it orbits the Sun, essentially keeping it on track. Without its pull, the Earth's tilt would shift and change, causing catastrophic climate changes and weather events, and the planet we know would be rendered uninhabitable and unrecognisable.

THE (NOT-SO) DARK SIDE OF THE MOON

Contrary to what you may have heard, there really is no dark side of the Moon. In fact, when people refer to the sinister-sounding dark side of the Moon, they're actually referring to the Moon's far side, which is always facing away from Earth. This is due to the phenomenon known as tidal locking, in which the Earth and Moon's gravitational forces have seen their respective spins become synchronised. This means that only one side of the smaller celestial body will ever be visible to its larger neighbour. In reality, the Moon receives an equal amount of sunlight on each side.



The Apollo 8 astronauts were the first humans to see the far side of the Moon, during their 1968 orbit

Words *Catherine Curzon* **Images** © *Getty Images.*

PHASES OF THE MOON

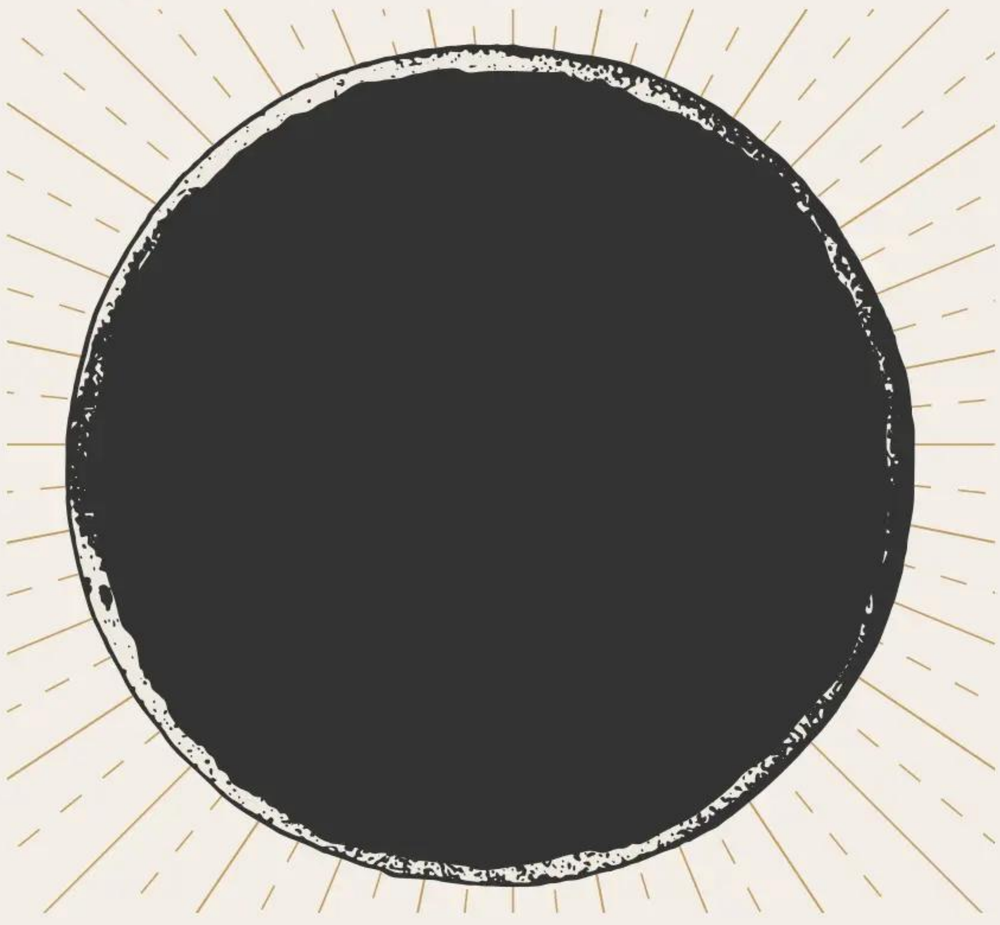
It is possible to see the phases of the Moon, but have you ever wondered what are they and what might they mean for us?

NEW MOON

· MANIFESTATION · NEW BEGINNINGS ·
· RECHARGE · INTENTION · PAUSE ·

We can't see the New Moon from Earth, as it occurs when the Moon is between our planet and the Sun, so its far side is lit up, leaving the side facing the Earth in darkness. This phase of the Moon is the start of the lunar cycle, occurring approximately every 29.5 days.

The New Moon brings with it fresh, bright energy that is just waiting to be unleashed on new plans and projects. Though we can't necessarily see the Moon in the sky during this phase, that doesn't mean the Moon's energy is absent. In fact, some believe that it's at its strongest at this moment of rebirth, as the dark passes and the New Moon cycle begins once more.

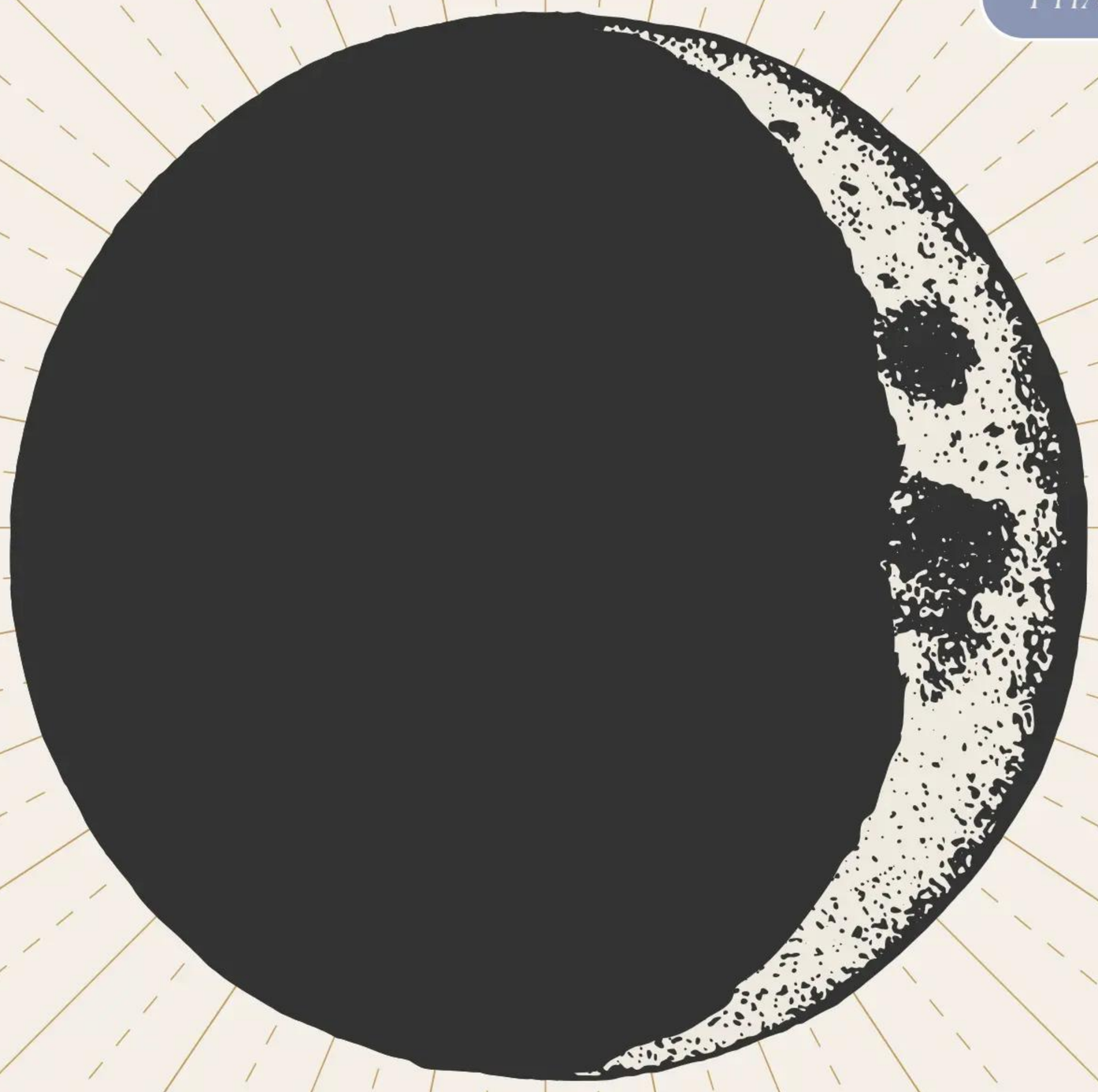


Ancient lore says that the New Moon is the perfect time to share a dream or heartfelt wish, allowing it to blossom. In times past some people believed that a prayer whispered beneath a New Moon would let them glimpse the face of their future husband in a dream. However, take care if you sneeze whilst looking at the New Moon – it'll bring you bad luck for a month!

The New Moon also offers the perfect time to plant seeds and start your garden growing , since energy is drawn upwards and into the new shoots. If you want to get the best out of gardening by the full cycle of the Moon, choose vegetables that grow their crops above the ground, as they'll get the most out of the energy given by a full phase of the Moon.

WHY NOT TRY?

When the New Moon rises, start a journal to record your dreams and wishes. Revisit them at the start of the next cycle to see if they have flourished.



WAXING CRESCENT

· ACTION · MOTION · FOCUS · DESIRE · IMPROVEMENT ·

During the Moon's second phase, one quarter of the Moon is illuminated by the Sun; the rest of the illuminated side of the Moon is mostly facing away from Earth, though it reveals itself a little more every day. It's visible to us as a slim but growing sliver of light, shining shortly after sunset roughly two days after the New Moon appears.

This is the time to focus on rebuilding and improving, whether plans, projects or yourself. Just as the New Moon recharged you, as the moonlight increases with every passing night, it is time to focus on making your dreams a reality. If you're naturally cautious, the Waxing Crescent phase tells you to go out and make things happen.

In some traditions, a Waxing Crescent on Christmas Day meant that the following year's crops would be bountiful, thanks to its reputation for regeneration and rebirth. It has always been a time rich in possibility for new ventures, whether social, romantic or professional, and its vibrant energy is not to be underestimated when it comes to bringing positive change to your life, no matter how small or significant.

Many ancient cultures associated the crescent moon with female deities, and they are often depicted wearing or displaying the crescent. For instance, Artemis wears the crescent as a crown, bringing protection to the animals over which she watches.

Some faiths and practices believe that the Waxing Crescent helps rituals that encourage spiritual growth, rebirth and cleansing. It is also a time for positive rituals, including those focussed on financial matters, manifestation of a new career or domestic beginnings and, of course, romance.

WHY NOT TRY?

Set an intention to really pursue whatever new venture has been occupying your mind, and focus on it during this phase of growth and regeneration.



FIRST QUARTER

· GROWTH · DIRECTION · DETERMINATION · SELF-REFLECTION · STRENGTH ·

As the Moon enters its third phase a week after the Waxing Crescent begins, it is a quarter of the way through its monthly cycle. Now we can look up and see half of its illuminated side, which some call a "half moon". At this time the Moon is bright, rising at noon and setting at midnight.

This moon is still growing in the sky and that's a great symbol of its energy of growth and nurture. It's a time of focus, determination and self-reflection. After all, you want to be sure that all your efforts are taking you in the right direction to turn your dreams into reality.

Of course, there will be obstacles in any path and though it might be tempting to give up, the First Quarter phase has got your back. Just as the Moon keeps moving through its cycle, so too should we keep moving towards our goals, as unstoppable as the Moon's transit.

Farming lore suggests that the First Quarter is a fantastic time to get to work outside, especially if you're ready to lay sod, transplant cuttings or trees or keep planting and tending the crops that you started in the New Moon phase. As the water and energy moves up through the soil, gardeners or farmers should expect to see their endeavours rewarded. Fresh new shoots push up through the earth in search of light, just as we can negotiate whatever obstacles seem to strew our path to realising our dreams.

DID YOU KNOW?

Breastfeeding mothers among the Samogitian people of Lithuania weaned their sons during the First Quarter, hoping to ensure they remained healthy and growing, just like the Moon.

WAXING GIBBOUS

· ADJUSTMENT · FLEXIBILITY · INTUITION · CLARITY · ASSESSMENT · ANALYSIS ·

Two days after the Moon enters the First Quarter, the Waxing Gibbous phase occurs. This phase is between the First Quarter and Full Moon and is the time during which the Moon appears to get bigger. During this phase, the part of the Moon that is visible from Earth will grow from 50.1 percent to 99.9 percent, ready to transition into the Full Moon phase.

This is a time for adjustment, flexibility and, wherever you sense it is necessary, changing direction in order to keep on the right path. Just as you overcame the obstacles that you faced during the First Quarter, use the energy of the Waxing Gibbous phase to alter your course. After all, your destiny still awaits you, even if the road to reach it might need to shift. Trust your intuition and the wisdom that you hold inside you, and follow the course they seem to be drawing you towards.

Ancient people believed that any endeavour started as the Moon was waxing was destined to succeed. It was a time of plenty. In the Northern Isles, it was believed that a marriage that took place during a waxing phase would be a long and happy one. Likewise, just as the Waxing Gibbous phase is associated with growth, there was a belief in Irish folklore that if someone wanted their hair to grow abundantly, then it should only be cut when the Moon was waxing!

WHY NOT TRY?

If you have doubts about the path you're on, consult the tarot cards beneath the Moon in its Waxing Gibbous phase and let them guide you.



FULL MOON

· TRANSFORMATION · POWER · MAGIC · ABUNDANCE · FERTILITY · EMOTION ·

During the Full Moon phase, which occurs approximately six days after the Waxing Gibbous begins, the Moon is at its brightest and most impressive. This is the phase during which the Moon sits directly opposite the Sun in the heavens when viewed from Earth, and we are able to see the day side of the Moon entirely illuminated by the bright light of the Sun.

From werewolves to madness, the Full Moon has had a bad press through the centuries. In fact, the energy of the Full Moon is potent, sharp and filled with power. All the projects you have been working on since the New Moon are at their full potential and the fruits of your labour are utterly boundless.

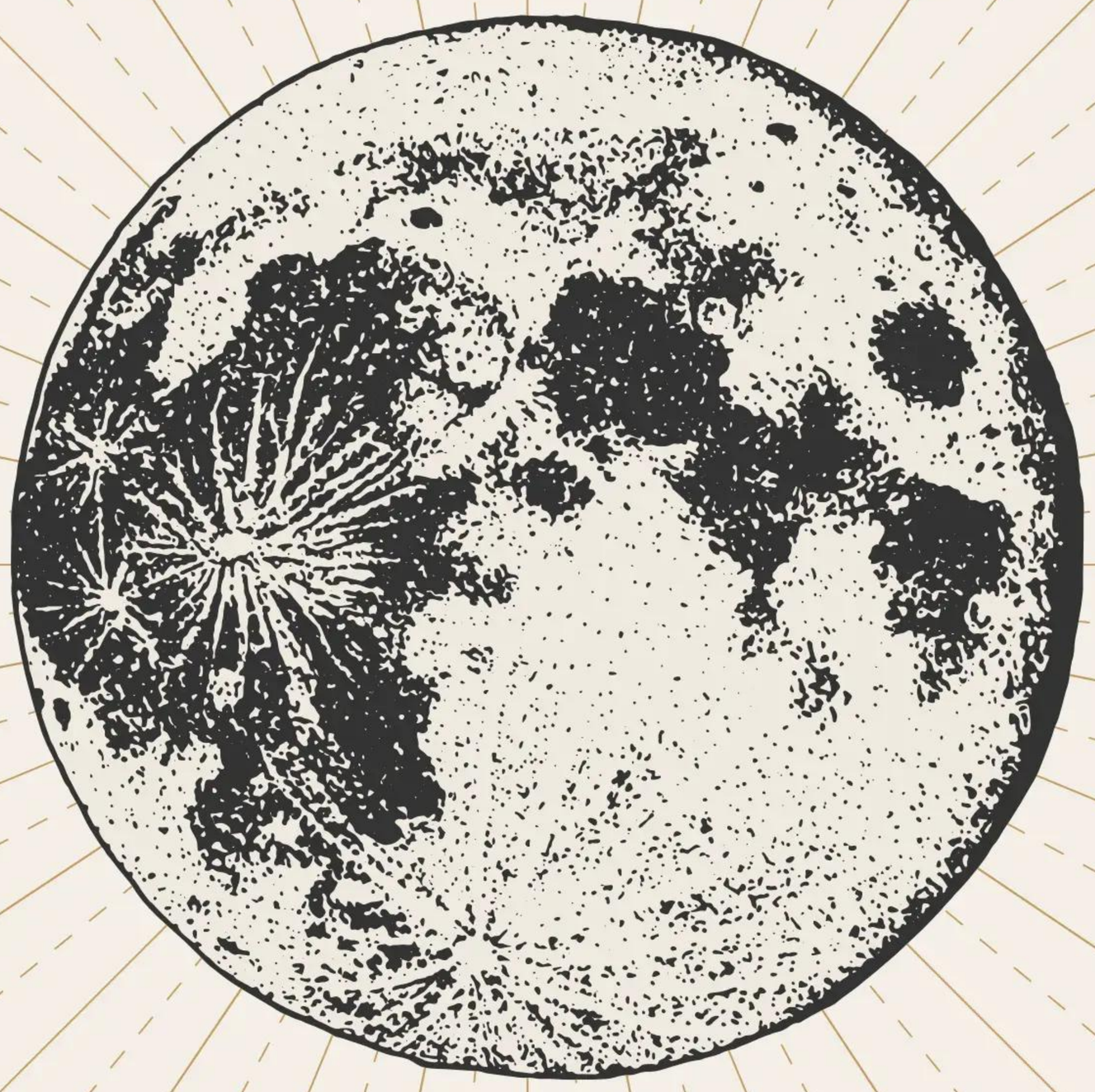
Since ancient times, the Full Moon phase has been a time of ritual, superstition and lore. For some Chinese religions, it remains a time to make offerings to ancestral spirits, whilst Pagan and Wiccan practitioners celebrate each Full Moon with rituals. It is a time of intense connection to our spiritual selves, so the Full Moon offers a particularly strong backdrop for divination endeavours, too.

WHY NOT TRY?

If you work with items such as an altar, crystals, or tarot, try leaving them by a window to absorb some of the Full Moon's cleansing, powerful energy.

For farmers, the Full Moon phase is the time to begin the harvest. Crops gathered during this phase will be healthy, tasty and verdant, so it might not come as a surprise to learn that the Full Moon is also associated with reproduction and fertility. Since ancient times, it has been considered a perfect time for couples to conceive, with babies conceived under a Full Moon believed to be strong and blessed with good fortune.

In fact, good fortune is one of the key elements of the Full Moon phase. Whether you're selling your wares, harvesting your crops, looking for romance or just hoping to rest and recharge, the Full Moon is brimming with positivity, offering the promise of success and good vibes.





WANING GIBBOUS
(DISSEMINATING MOON)

· GRATITUDE · RECOGNITION · DELIBERATION · RESPONSIBILITY ·

A couple of days after the Full Moon appears, it begins to wane as it continues its journey back towards the Sun. During this phase the Moon appears to shrink in the sky, but what we are actually seeing is the transit of the Moon's orbit in the sky. The illuminated part of the Moon now begins to reduce from 99.9 percent back to 50.1 percent.

As the Moon begins to wane, it heralds a period of intuition and taking stock of events – perhaps even moving on. The harvest will be completed and in all endeavours, the fruits of your labours will now be evident. If there are lessons that need to be learned, that process can start in preparation for the next full cycle of the Moon.

This is the beginning of a period of reflection, gratitude and communication. Just as we turn our attention outwards during the waxing phase, as the Moon wanes we should turn that spotlight in, focussing not on the obstacles in our paths, but on ourselves. This is the time to think about where that path will take you from here and how you might grow and flourish as a person from within, rather than from without. However, it's also important to recognise not only what can change, but also what doesn't need to. Be grateful for what you've achieved and for those people and opportunities that have come your way, but recognise that there are some things that you no longer need. The Waning Gibbous phase gives you the strength to make difficult choices.

In every sense, it's time to begin laying fresh earth for the seeds you have yet to sow.

DID YOU KNOW?

Babies born during the Waning Gibbous phase were believed to be highly intelligent and precociously fast learners, with a strong creative instinct.



THIRD QUARTER
(LAST QUARTER)

· PURITY · RELEASE · REFLECTION · INTROSPECTION · CONTENTMENT ·

Approximately six days after the Moon enters the Waning Gibbous phase comes the Third Quarter. This penultimate phase of the Moon, which appears half-illuminated by the Sun, occurs roughly one week after the Full Moon, and marks the halfway point between the Full Moon and the New Moon.

The energy of the Moon in its penultimate phase is reflective and rich in self-awareness. All the plans you initially laid under the New Moon will now be blossoming and, hopefully, you are able to enjoy their rewards. As you survey the fruits of a job well done, acknowledge that this is thanks to your own hard work and focus. Allow yourself a moment or two of self-congratulation and reflection.

If you decided that elements of your life needed to change during the Waning Gibbous phase, the Third Quarter is the time to put those plans into action. Whether it's forgiveness or severing ties on unhealthy situations, put an end to negative elements in your life in this Third Quarter. Prepare to welcome the imminent New Moon with a clean page and an open heart; if this cycle brought with it frustrations, learn to let them go and start afresh.

When our ancestors harvested their crops, they didn't eat all of the bounty they'd grown. Instead, they stored some of their produce to see them through when they had less than they might like. Thus, the Third Quarter phase is a time for you to pull back on growth and expansion and focus instead on nurturing your inner self and making sure that you have all that you need. This cycle is nearly over and this period of reflection will bring rewards once the new cycle begins.

WHY NOT TRY?

Look back at your New Moon journal and reflect on how you have manifested the dreams you wrote there. Remember that the next cycle offers fresh opportunities!

WANING CRESCENT (BALSAMIC MOON)

· LIBERATION · CLEANSING · PEACE · STILLNESS · MEDITATION · COMPLETION ·

When the Moon enters its final phase, the Waning Crescent, it is almost back to the point in orbit in which its day side faces the Sun and all that is visible from Earth is the thinnest sliver of moonlight. In the final nights of this six-day phase, right before the Moon disappears from view and the cycle begins again, what some call the "dark moon" or "balsamic moon" phase occurs, when it is barely visible to us at all.

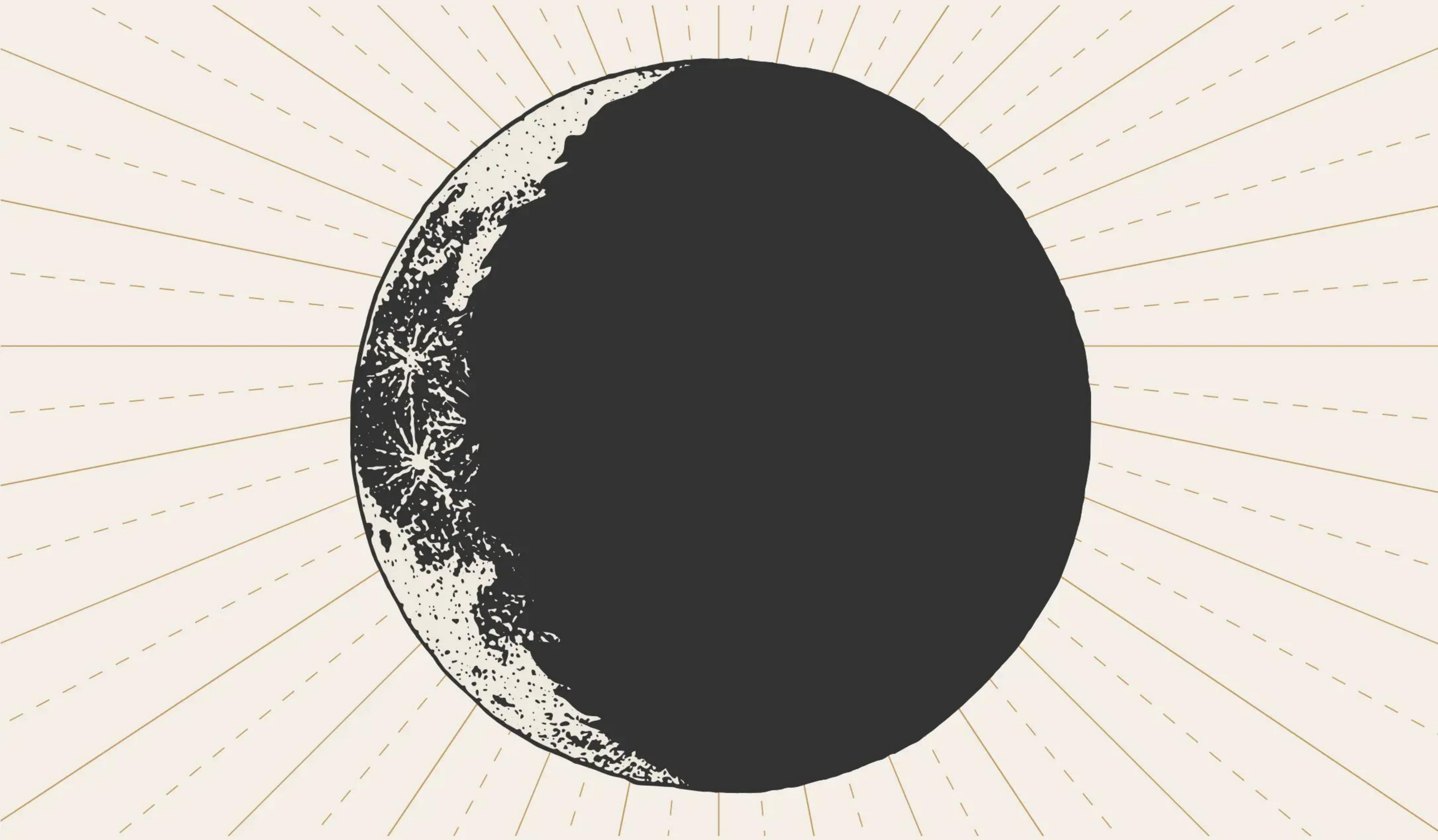
As the cycle enters its final phase, it's an opportunity to congratulate yourself not only on a job well done, but to ask what can be done differently next time. If you're subject to bad habits or destructive behaviours, the reflective energy of the Waning Crescent will surround you as you try to break those patterns or perhaps to settle disputes and correct mistakes.

The Waning Crescent phase brings with it the promise of mystery and hidden spaces, as the heavens grow darker. Followers of ancient practices will use it as a time to carry out banishing rituals to rid themselves of negative energy and influences, while on a more prosaic note, it's a great time to start weeding, turning over the soil and preparing to plant new crops in the next cycle. Though the Waning Crescent phase may mean an end to some things, new beginnings are already on the horizon.

The dark or balsamic moon comes at the end of this phase, when the Moon is barely visible. This time has long been associated with dark energy and can leave you feeling tired and wrung out. If you feel that way, remember that you share the feelings of your ancestors through the ages; take the rest you need and look forward to the bright, recharging energy of the imminent New Moon.

DID YOU KNOW?

This phase of the Moon is known to some as the Crone phase and is representative of Hecate, the goddess who guides souls through the underworld.



Words *Catherine Curzon* **Images** © *Getty Images.*

THE LUNAR YEAR

Every Full Moon throughout the year holds a different energy and power, earning each one a unique name associated with the season in which it occurs

The Moon's gravitational pull is responsible for our annual seasons. While there are 12 Full Moons or lunations in a typical year, each one appears unique and reigns over a different phase of the Earth's seasonal shifts. Many ancient civilizations based their calendars on the monthly cycles of the Moon, with a full lunar year lasting just over 354 days. Some cultures, particularly in Asia, still use a lunisolar calendar, basing their months on the Moon cycles and beginning their year on the date of a New Moon. Many cultures used the Moon to track the seasons, assigning symbolic names to each month's Full Moon based on their observations of nature around the time of each occurrence – we still use many of these traditional names today. Full Moons are associated with heightened energy, emotions and power. By recognising the uniqueness of each month's Moon, you can better harness each one in your manifestations, divinations, energy work and spellcasting.



"Many ancient civilizations based their calendars on the Moon"



Blue Moons are rarely blue-tinged, although with the right conditions the Moon can appear blue to the naked eye

ONCE IN A BLUE MOON

There is nothing blue about a Blue Moon!

You may have heard of the phrase "Once in a Blue Moon", but what exactly is a Blue Moon? Well, it has absolutely nothing to do with colour. It is thought the term Blue Moon derived from the Middle English for Betrayer Moon. A standard year has 12 Full Moons but every two or three years there are 13, owing to the length of a year and the average lunar cycle. This additional Full Moon is referred to as a Blue Moon. Typically, in Europe and Northern America, we observe four seasons, each with three months and therefore three Full Moons. A Blue Moon can occur in any month and therefore any season, resulting in that month and season gaining an extra Full Moon, and does not affect the established named Full Moons. Blue Moons are rare, hence the meaning behind the phrase – an unlikely occurrence. Spiritually, Blue Moons contain especially potent Full Moon energy, often said to pack double the energy of any other Full Moon. This can make them especially emotionally charged but also the perfect time to perform magic, tap into your subconscious, attract luck and prosperity and manifest your dreams.

MANIFEST YOUR DREAMS WITH A BLUE MOON RITUAL

Perform this ritual under the next Blue Moon and you will be setting your ambitions in motion to be completed by the following Blue Moon – that gives you two or three years, give or take, so set your sights on what you want and use the potent energy of the Moon to drive it home.

YOU WILL NEED...



- Blue candle
- Paper, notebook or journal
- Pen

· STEP ONE ·

HARNESS THE MOON

Light a blue candle under the Blue Moon. You can either do this under the light of the Moon at a window or outside. If you cannot directly see the Blue Moon, draw your own with your pen and paper!

· STEP TWO ·

SET YOUR INTENTION

Note down your goal on a piece of paper or in a journal. What do you wish to accomplish by the next Blue Moon? What are the steps you are going to take to achieve this? Try and set just one intention, but this might include a number of steps.

· STEP THREE ·

FOCUS ON YOUR INTENTION

Under the light of the Blue Moon, visualise your end goal. Imagine yourself where you want to be in two years time under the light of the next Blue Moon. After five minutes, close your journal or fold your piece of paper and keep it safe. Blow out your candle.

· JANUARY ·

WOLF MOON

Old Moon, Holiday Moon, Thunder Moon, Quiet Moon, Rainbow Fish Moon

· PROTECTION · RENEWAL ·
· INTUITION · COMMUNICATION ·
· SELF-REFLECTION · SELF-EXPRESSION ·

The January Moon is named for the active, hungry wolves struggling to find food in the scarce winter months – wolves don't actually howl at the Moon! It is also known as the Old Moon – a reference to 'Old Fellow' a common personification of winter – and as Quiet Moon due to the ethereal stillness of the land cloaked in snow this time of year. This Full Moon is the first of the new year and often the Lunar New Year in China, which begins on the previous New Moon (although sometimes their Lunar New Year falls in February). However, in the Southern Hemisphere, by February there are common storms and it's Rainbow fish spawning season, hence nicknames Rainbow Fish Moon and Thunder Moon.

TIME FOR: The perfect time to perform any binding or protection rituals and spells. Charge your crystals under the Wolf Moon to purify and supercharge their protective properties, then place them in the corners of your home.





· FEBRUARY ·

SNOW MOON

Hunger Moon, Death Moon, Ice Moon, Rowan Moon, Bone Moon, Bear Moon

· PURIFICATION · DECLUTTERING ·
· OVERCOMING OBSTACLES ·
· THE OTHERWORLD · CREATIVITY ·
· PSYCHIC ENERGY ·

February's Moon got her name thanks to the weather. In Celtic tradition, she is the Rowan Moon, associated with Brigid and the fire festival of Imbolc, meaning "In The Belly", which occurs early February and marks the time when animals begin to come out of hibernation. In the past, by the time February's Full Moon came around food stores were running low and many were desperately waiting for spring to arrive. Native Americans often referred to this as the Bone Moon, as only animal bones were left as a food source.

TIME FOR: Purify your space by burning incense or ritual herbs like clary sage, rosemary or mugwort. The Snow Moon is the perfect time to communicate with dead ancestors, so dig out the Ouija board!

· MARCH ·

WORM MOON

Sap Moon, Crow Moon, Sugar Moon, Crust Moon, Chaste Moon, Lenten Moon, Death Moon

· LETTING GO · REBIRTH · RESURRECTION · · PERSONAL TRANSFORMATION · · CONFIDENCE · LUCK ·

This Full Moon occurs near the Spring Equinox. It is the time when the Earth begins to activate and the ice and snow melt away, when you notice the worms and creepy crawlies beginning to stir after months trapped beneath the frozen ground. A time of transition – a new cycle has begun. This is the traditional time of Lent – the fasting period up until the lunar festival of Easter (the Pagan Ostara) derived from the Pagan springtime celebrations in honour of the goddess Eostre. In India, this Full Moon usually coincides with Holi, the festival of colours.

TIME FOR: Spring clean your home and clear out anything that isn't serving you. Begin your moon garden during the New Moon that follows if the ice has thawed.





· APRIL ·

PINK MOON

Growing Moon, Wind Moon, Hare Moon, Egg Moon, Sprouting Grass Moon, Planting Moon

· FERTILITY · LOVE · CONCEPTION · · CREATIVITY · INTUITION · · BEAUTY · POSITIVITY ·

Named for the pink-hued blossoms and rosy blooms that emerge this time of year, April's Full Moon isn't pink to look at but simply a marker of when we start seeing the beauty of spring reflected in the colours of the landscape. Warmer temperatures are on the horizon, ushering in positive energy and the promise of new life. In the UK, the cuckoo returns – a harbinger of spring and a bird associated with many folklore superstitions and whose eggs were highly sought after. Easter or Ostara often falls within April, the month the Anglo Saxons devoted to the goddess Eostre and whose name has survived though both Easter and the female hormone, oestrogen. She is associated with female reproduction, birth and the hare – hence Hare Moon.

TIME FOR: Planting seeds, metaphorical and literal! An excellent time to conceive a child or attract a lover, focus on your intention as you perform a moonlit meditation (see page 70).



· MAY ·

FLOWER MOON

Corn-planting Moon, Milk Moon, Dragon Moon

· FERTILITY · GROWTH ·
· LUCK · INSPIRATION ·
· PERSONAL POWER · HEALING ·

During May we see life beginning to really flourish. The start of the month marks the halfway point between spring and summer, celebrated with the Pagan fire festival of Beltane or May Day. Beltane (also known as May Eve or Walpurgis Night) welcomes in the summer months, celebrating the return of the light and casting out evil spirits. Traditionally, May Day festivities include the maypole (a fertility ritual) and the sacred hawthorn, also known as the May Tree, a plant heavily associated with faeries. This is a time to flourish and to heal.

TIME FOR: Manifesting your dreams and desires. Fill your home with flowers and harness the potent energy of the Flower Moon with our Full Moon Beauty Spell (see page 107).

· JUNE ·

STRAWBERRY MOON

Honey Moon, Rose Moon, Mead Moon, Hot Moon, Rose Moon

· ABUNDANCE · AMBITION ·
· PROSPERITY · ROMANCE ·

The Full Moon closest to the longest day of the year, the summer solstice, bringing with it the warmth and joy of the Sun, but also the looming darkness – from now on, days will only get shorter. In many European countries, Midsummer is celebrated on 24 June and includes similar traditions to May Day, including dancing around a pole, singing and adorning yourself with flowers. June is prime strawberry-picking season. This Full Moon is associated with the sweetness of these berries, encouraging us to find the good in anything bad that might be plaguing our lives.

TIME FOR: Powerful ritual work to bring you closer to nature. This is the perfect time to moon bathe in nature (see page 71).





· JULY ·

BUCK MOON

Meadow Moon, Thunder Moon,
Hay Moon, Wort Moon

· STRENGTH · COURAGE ·
· DETERMINATION · EMPOWERMENT ·
· DISCOVERY · MATURITY ·

During this season, male deer begin to grow new antlers, reflecting their strength and maturity. By July, summer is in full swing and the Sun's power is therefore at its peak. Also known as the Thunder Moon, thanks to the numerous storms common at this time of year, and the Wort Moon, because of the herbs and medicinal plants that are gathered and dried at this time of year to be stored winter. Other names for it are Meadow Moon or Hay Moon, which refer to the haymaking activities traditionally performed at this time of year, in addition to the meadow blooms (such as Larkspurs) that spring to life at the beginning of the summer. Native Americans used these flowers as a way to colour fabrics and associate them with love and friendship.

TIME FOR: Break free from negative patterns and focus on positive affirmations. Now is the time to quit smoking, start a healthier diet and begin a new exercise routine – why not try taking up yoga? (See page 72).

· AUGUST ·

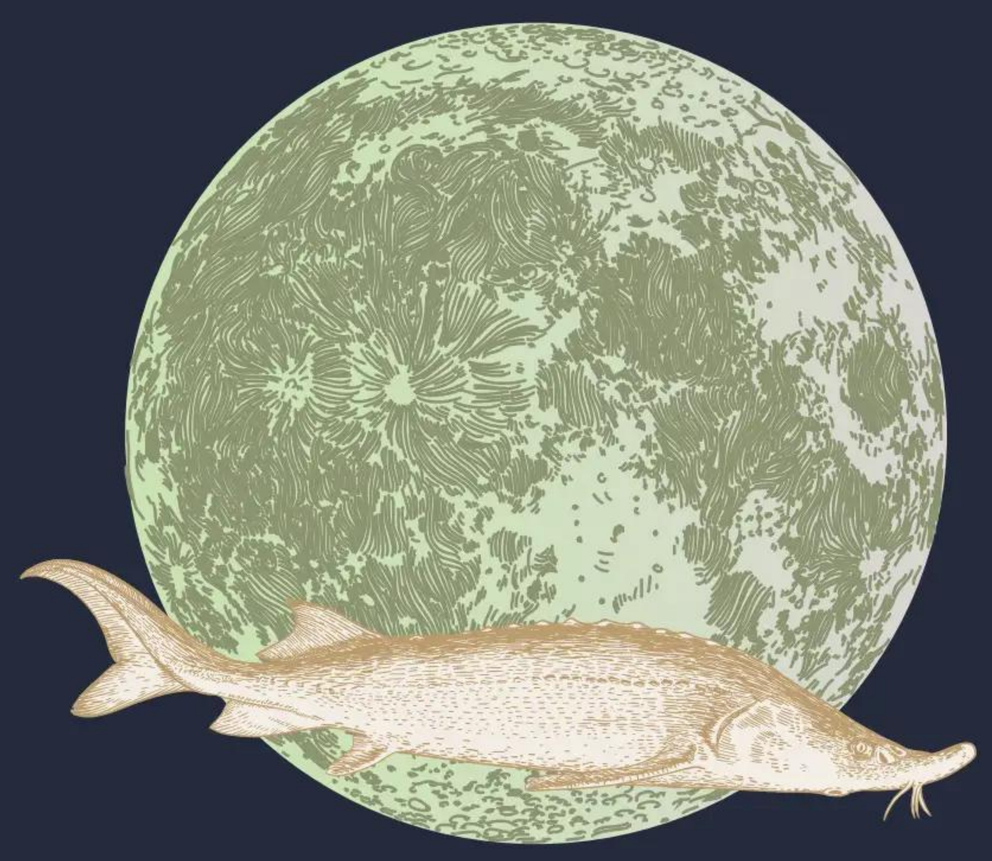
STURGEON MOON

Green Corn Moon,
Grain Moon, Red Moon

· GOOD FORTUNE · ABUNDANCE ·
· OPPORTUNITY · PROBLEM-SOLVING ·
· POSITIVITY ·

Native Americans call August's moon the Sturgeon Moon after the swarming fish of the Great Lakes, providing ample sustenance. At this time, food is readily available. The first of August sees the festival of Lammas, in celebration of the Celtic god of light, Lugh. This festival is in honour of the first harvest, known as the grain harvest – hence the names Grain Moon and Green Corn Moon – and centres around wheat (bread), bonfires and Sun dances. The spirit of grain is sacrificed when the corn is cut and reborn when the seeds are sown again.

TIME FOR: The perfect time to wrap up your Spell for Luck and Fortune (see page 105) and make a crystal-infused moon water (see page 92) – the power of the Sturgeon Moon will amplify your magic and attract prosperity and abundance.



· SEPTEMBER ·

HARVEST MOON

Full Corn Moon, Singing Moon, Wine Moon, Barley Moon

· ABUNDANCE · FERTILITY · GRATITUDE · PROSPERITY · · NEW PERSPECTIVES · RENEWAL ·

September's Full Moon is nearest to the Autumnal (Vernal) Equinox. The Moon appears early and particularly bright in the sky at this time, helping farmers with the gathering of crops well into the night. This is the time of the second harvest, also referred to as Mabon in modern Paganism. Mabon is the Welsh sun god associated with hunting, love and prophecy. At this time the Sun is lingering, nights are drawing in and the season of the hunt is upon the horizon as preparations for winter begin.

TIME FOR: Get ready to reap the rewards of everything you've worked for throughout the year. Reflect and give thanks – write a list of all you feel lucky for and show some gratitude to loved ones.





· OCTOBER ·

HUNTER'S MOON

Blood Moon, The Travel Moon, The Dying Grass Moon, Shedding Moon

· MAGIC · SPIRITUALITY · STRENGTH · · PSYCHIC AWARENESS · HEALING · · VITALITY · PROTECTION · CHALLENGES ·

October sees autumn in full swing in the Northern Hemisphere, and the Hunter's Moon is the first Full Moon following the harvest season. The fields are clear and it's time to cull the animals in preparation for the harsh winter ahead. Also known as the Blood Moon, this Full Moon often appears with an orange hue. The seasons are shifting at this time, hence names like the Shedding Moon and Dying Grass Moon. It is around the time of the Hunter's Moon that the Pagan festival of Samhain is celebrated. At this seasonal shift, the veil between worlds becomes thinner and supernatural entities and ghosts of the dead can move between this realm and the next. It's a time to honour dead ones and tap into psychic abilities.

TIME FOR: Harness the power and determination of the Hunter's Moon with a spell to achieve your goals (see page 108).

· NOVEMBER ·

BEAVER MOON

Mourning Moon, Trading Moon, Tree Moon, Reed Moon

· RESTORATION · INNER WISDOM · · HAPPINESS · EMPOWERMENT · · QUIET REFLECTION · CLEANSING ·

Named for the beavers who build their dams before winter and the traps set for them by the Native Americans before the rivers froze over, the Beaver Moon is the last Full Moon before the time of the winter solstice. This one is connected to death and the afterlife, and the name Reed Moon references the reeds that grow in pools of water, which were often seen as portals to the underworld. In Thailand, on the night of the Full Moon, people launch lotus-shaped rafts containing candles and incense into rivers and canals and make a wish as part of their annual Loy Krathong festivities.

TIME FOR: As the winter draws in, it's the perfect time to rest and reset with a moon bath ritual in the tub (see page 71).





· DECEMBER ·

COLD MOON

Oak Moon, Long Night Moon, Moon Before Yule

· CLARITY · DIVINATION · RENEWAL · · PSYCHIC ENERGY · RESILIENCE · · CONTEMPLATION · GOOD FORTUNE ·

The Full Moon closest to the winter solstice (the shortest day of the year) in the Northern Hemisphere is the one that shines the longest thanks to the extended night. Numerous celebrations occur at this time as from here on out, the nights will become shorter and the Sun will return. It is also known as the Oak Moon in reference to the tree that was sacred to the Druids who held ceremonies in oak groves and would ritualistically take mistletoe from its branches. It was a symbol of strength that could withstand the harsh winters. Historically, during Yuletide and New Year, the veil between this world and the next is at its thinnest and many New Year traditions revolve around divination rituals.

TIME FOR: Letting the bright Full Moon brighten your outlook and give you a fresh scope. Try a spot of Full Moon Divination (see page 110) to illuminate the dark and peer into your future year.

Words *Alice Patrillo* **Images** *& Getty Images, Shutterstock*

ECLIPSES

Since ancient times, the phenomenon of the eclipse has fascinated humanity, who has sought to understand its mysteries

What is an Eclipse?

When the Sun, Earth and Moon come into exact alignment during the New Moon or Full Moon phase of the lunar cycle, a partial, total or annual eclipse occurs. They don't occur in every cycle and can't be seen by everyone on Earth, but only by those directly in the path of the eclipse; some can be very rare and make the news, with people travelling across the world to view them. There are two types of eclipse, and they are very different from both a scientific and spiritual perspective:

· ***Solar Eclipse:*** This occurs during the New Moon phase, when the

DID YOU KNOW?

Choctaw legends tell that a black squirrel nibbled on the Sun, causing the solar eclipse. The people drove off the squirrel by making as much noise as possible!

Moon passes between the Earth and the Sun. From our perspective, it appears as though the Moon is consuming the Sun either partially or, in the case of a total eclipse, fully. In the rare case of the latter, the Earth is plunged into chilly darkness for several minutes until the Sun is once again revealed. When an annual eclipse occurs, a bright halo of sunlight can be seen perfectly encircling the Moon as they align.

· ***Lunar Eclipse:*** Occurring during the Full Moon phase, the Moon passes through the umbra – the shadow of the Earth itself. In a full lunar eclipse, the face of the Moon rapidly transits through its phases into a reddish darkness, caused by the reflected light of the Earth, or earthshine, then reverses through its phases to return to its familiar self.

THE ANGRY GODS

The Ancient Greeks believed that eclipses were a punishment meted out when the gods were angry, so they punished humanity by plucking the Sun from the sky, potentially abandoning Earth to suffer a miserable, dark fate. In actual fact, the word "eclipse" comes from the Greek for "abandonment."



In Ancient Greece, an eclipse was seen as a warning from the gods

"During a lunar eclipse, it's time to let go of the past and embrace your growth and development"

What Does an Eclipse Mean for Me?

Eclipses carry different meanings for different cultures and belief systems, ranging from positive opportunities to portents of doom. However, it's important to note that the meanings and energies of a solar and lunar eclipse are very different on even the most personal level. By tapping into these powers and understanding what these different energies can bring, you can harness that power for your own growth.

· A solar eclipse is a time for healing and renewal. During this time, seek out and forge new relationships, or strengthen old bonds and mend broken bridges. Solar eclipses are a time for new starts and embracing changes as you grow towards your fullest potential.

· During a lunar eclipse, it's time to let go of the past and embrace your growth and development. Enjoy the sense of resetting your unconscious self and cutting off ties that might drain you, or cleansing yourself of all the emotional baggage that has been weighing you down.

Effects of an Eclipse

Our ancestors feared eclipses as signs of disaster, when harvests could be ruined, disease would stalk the land and wars would ravage nations. Sometimes, an eclipse might seem to be followed by the Horsemen of the Apocalypse themselves, with conflict, natural disaster and pestilence appearing in their wake.

Though many now put that down to superstition, some people still believe that eclipses can herald moments of personal or even major significance, including happenings that can have an impact on political matters across the globe. Though we may not be able to influence these events, we can still seek to understand how they might relate to the movements in the heavens.

In the case of a solar eclipse, each hour that the eclipse lasts is believed to translate into an impact that will last one year. For lunar eclipses, that timescale is reduced to one month for each hour of the eclipse. For those who have sought to forecast what the implications might be, astrological charts have provided clues dependent on the sign and house of the zodiac in which the eclipse occurs.

If you want to understand what impact an eclipse may have on you personally, pay close attention to the sign in which the eclipse took place. Should it fall in your Sun sign, you can look forward to an imminent new experience. However, if an eclipse takes place in your Moon sign, then it signals an emotional event heading your way, potentially even a brand new romance!

Words *Catherine Curzon* **Images** *© Getty Images.*

MYTHS OF THE MOON

For ancient civilisations, stories surrounding the Moon were a way of understandng the world around them

In early human societies, the first expressions of religion were always tied up with the big, confusing questions that were posed by the world around them. What is death, and where do people go when they die? What is birth, and where are people before it? Why do we grow and age, and is there a way to track this process? Who can tell us when to plant and gather, fish and hunt? Is there a light to shine a way through the darkness? For many ancient religions, the answer to all of these questions and more was the Moon.

In one of the early religions, the faith of the people of ancient Sumer, the moon god wasn't the first to be born, but his coming nonetheless radically changed the world by bringing a source of light into the sky. The child of the air god and his queen, the moon god Nanna-Suen went on to father the Sun and the evening star, who between them were thought to regulate the lives of their people. The Sun marked the time for work, the Moon for sleep, and the evening star for leisure and pleasure. The Moon, with its waxing



In ancient Sumerian myth, the moon and his children the sun and evening star watch over and guide the people of the land

"The Sun marked the time for work, the Moon for sleep, and the evening star for leisure and pleasure"

In many tales the Sun and Moon are depicted as opposites; one is often male while the other is female, and they stand for and symbolise radically different ideas

and waning, fullness and darkness, provided humanity's first calendars and clocks. Ancient people could note its relationship to everything from the tides to women's menstrual cycles to animal behaviour, and use it to predict the best time to perform certain activities, or to count how long it had been since seeds had been sown. From ancient Babylon to Egypt to Greece, from the Celts of Western Europe to the Indigenous peoples of the Americas, the Moon provided a valuable reference tool. These ancient agrarian beliefs are not confined to the past either – the Native American lunar calendar has become known worldwide, with its evocative names for lunations (lunar months, as opposed to calendar ones) capturing the imaginations of people across the globe. The Christian church still uses the Moon to govern when Easter falls each year: it's on the first Sunday after the first Full Moon on or after the spring equinox. Meanwhile the Asian Lunar New Year is held on the second New Moon after the winter solstice. Some gardeners still use the phases of the Moon and what sign of the zodiac it's in to time their activities for maximum benefit.

It's unsurprising then that given its role in regulating life and even dispensing wisdom, that early civilisations would look to the Moon as a god or goddess. While today in the West we tend to think of the Moon primarily in association with female figures, in other parts of the world and during other eras this was not necessarily the case. Plenty of societies have viewed the Moon as a god, seeing in it the masculine virtues of guarding, protection, guidance, and the boldness to walk through and disappear into the darkness. Sumerian Nanna-Suen, Norse Mani, Proto-Indo-European Meh and Indian Chandra all express these virtues. The English folkloric figure of the Man in the Moon, meanwhile, parties all night and is a jolly companion for any other man out drinking. Moon goddesses by contrast are often seen as icons of purity and chastity, like Greek Artemis and Roman Diana, or mysterious, magical sorceresses like Welsh Arianrhod and South American Auchimalgen. In astrology and alchemy, the Moon is seen as feminine, but in the Arabic languages whose civilisations inspired both of these disciplines, its name is the masculine Qamar, and it's used as the symbol of Islam because it was a guide to follow by night, when travelling the Arabian deserts was easier than by day.

Even when not viewed as a deity itself, the Moon is frequently symbolic of other deities or the principles that they embody, as well as symbolising a vast range of concepts from wisdom and spirituality to change, growth and the cycle of death and rebirth. The predictable rhythms of its waxing and waning are responsible for this, but sometimes something happens that wasn't easy for everyday people to predict – and in a world where the Moon meant steadfast guidance and guardianship, that was terrifying.

A lunar eclipse happens when the Moon moves into the shadow of the Earth. Darkness creeps across the lunar surface, until it slowly floods with a deep brown-red colour like that of old blood. In ancient Sumer, this foretold an attack on the king, while in India, the severed head of the demon Rahu swallows the Moon, with it only reappearing once it falls out of his neck. Some Native American tribes believed

WHY NOT TRY?

What do you see on the lunar surface? A man or a rabbit? Take a look the next time the Moon is full.



The Moon provided guidance for many ancient civilisations, from predicting tides to tracking pregnancy

MOON FESTIVALS

Many societies celebrate the Full Moon, but none more so than those of Asia, from the Mid-Autumn Festival of China to Japan's Tsukimi, Korea's Chuseok, Cambodia's Bon Om Touk, and Vietnam's Tết Trung Thu. These festivals are all held at roughly the same time – the Full Moon of the eighth month by the traditional Asian lunisolar calendar – and have similar themes of harvest, thanksgiving, family and fun.

In China, the Mid-Autumn Festival is a celebration of family reunion, so it's just as important today, when many families are separated across different cities and even countries, as it was when it was first celebrated as a harvest festival during the Shang Dynasty era. It's believed that the Full Moon is at its roundest and brightest on this festival (modern supermoon science notwithstanding), which associates it with motherhood, pregnancy and children. It's an auspicious time to pray for good things, like a happy family life, material comfort, or a spouse or lover. Today, we associate it primarily with its beautiful tradition of lanterns and the delicious mooncakes that are served. Round like the Moon, the cakes are shared out among family members and friends as a symbol of reunion and completion.



Mooncakes are served to symbolise the roundness of the Moon and the unity it brings as families gather together for the Mid-Autumn Festival

that a lunar eclipse meant that the Moon was hurt or ill, and would hold singing rituals to heal it and make it feel better. For the Batammaliba people of Benin and Togo, it means the Sun and Moon are fighting. They diplomatically address and resolve arguments and feuds to set an example to the warring luminaries. Meanwhile, the complex calculation of Easter by the Christian church is designed to ensure that the festival can never fall on a lunar eclipse, as the spooky, bloody look of the Moon could potentially augur the coming of Judgement Day. In ancient Norse belief, the similar apocalypse of Ragnarok is heralded by a ravening wolf swallowing the Moon.

Despite the many differences in lunar lore around the world, there are also many common themes across multiple civilisations. In ancient India, Central Asia and some Greek mystery traditions it was the place where souls went after death to await rebirth. The fact that it appears to be the same size as the Sun has led many societies to assume a relationship between the two, as twins, spouses or parent and child. In many myths the Sun and Moon argue with each other, or are lovers who part, and they are kept, or stay away from each other, across the breadth of the sky. And while the Full Moon represented a practical time to travel by night, it was also thought in many civilisations that its light could cause madness. Some Japanese oracle priests only looked at it via mirrors to protect themselves from possible lunacy.

The myths of the Moon shift and change shape just as much as it does, yet despite its oddities and foibles, all the stories agree that it is a constant, if erratic, companion through the dark.

Words *April Madden* **Images** *© Getty Images, Shutterstock*

DIVINE LIGHT

With its changeable face and ability to illuminate the darkest night, the Moon has inspired worship for centuries. Meet some of its most famous deities

World religion and mythology is full of lunar deities. Even in the monotheistic Abrahamic religions, the Moon has a role to play. Islam is often symbolised by the Moon: it represents the guidance of God in a faith that arose among a people that typically travelled desert trade routes at night. In Judaism the marking of the New Moon is a key ritual of devotion to God, called Rosh Chodesh. In Christianity, the Moon is one of the lights created by God at the beginning of time and can variously symbolise Jesus Christ, or in the Roman Catholic faith, his mother, Mary.

The association of the Moon with female figures goes back to

DID YOU KNOW?

Many lunar deities are also associated with time, as the Moon provided a way for our early ancestors to track days, weeks and months.



In Roman Catholic religious art, the Virgin Mary is often depicted standing on the crescent moon, linking her with centuries of symbolism worldwide

"The association of the Moon with female figures goes back to the very dawn of recorded history"

the very dawn of recorded history, and arguably further. A possible reason for this is the identification of the female menstrual cycle with the waxing and waning cycle of the Moon. While the link is now thought to be more of an idea than reality, the Ishango bone, discovered in the Democratic Republic of Congo in 1960, is thought to possibly record a basic lunar calendar, maybe to help a prehistoric woman track her fertility or pregnancy.

Dark Moon Mother

The earliest recorded moon deity is Sumerian Nanna-Suen, who was male, but his mother is an intriguing figure who has made her way through several religions, changing her shape all the while. Sud was a seed goddess who was made pregnant by Enlil, god of wind. After a devastating journey through the underworld, the newly-named Ninlil bore her moonchild in a cave at its eastern edge. Since that fateful journey, however, she has been associated with the underworld. By the time of the Babylonians she had become the demon Lilitu or Kiskillila. She took up residence in a sacred tree that the goddess Inanna wanted for her own, defying one of the most powerful of the gods. Unlike Inanna, who ruled beauty, love and sex, Lilitu's kiss brought death to would-be lovers.

As the religions of the Canaanite region resolved themselves into the Abrahamic religions, she became the biblical figure of Lilith, Adam's first wife, who defied the orders of God and man and was eventually sent into the wilderness, where she spent her time with bats and owls and fallen angels. Cloaked in ragged dark wings, in the medieval imagination she was believed to prey on men at night, causing impure thoughts and infertility. It's fair to say that she's had a bad rap over the years, but the dark moon goddess of chthonic light, wind pollination and independence from patriarchy is today rightly celebrated as a feminist icon.

Crescent Moon Huntress

Another feminist icon is Artemis, the ancient Greek goddess of the hunt. She is no meek maiden: the older twin sister of Apollo had a tough start in life. The twins were the children of Zeus and Leto, a



The ancient Greek goddess of the hunt, Artemis, was associated with the Moon while her twin brother Apollo was associated with the Sun

MEN IN THE MOON

While many moon deities are female, there are also plenty of moon gods. Ancient Egyptian Khonsu gambled away some of his light in a game of senet. South American Guaraní hero Abaan was displeased with his big nose; he cut it off and threw it into the sky, where it became the Moon. Japanese moon god Tsukuyomi angered the great sun goddess Amaterasu so much she refused to be in the sky when he is. Pre-Islamic Yemeni moon god Ta'lab protected his people's pastures at night. Máni is the old Norse moon god, followed on his nightly journeys by two children called Hjúki and Bil, a brother and sister who carry a bucket on a pole and are thought to be the source of the English nursery rhyme Jack and Jill. Máni and his sister Sol, the Sun, are chased through the heavens by wolves, who will catch up with them and eat them at Ragnarok, the apocalyptic ending of worlds in ancient Norse cosmology.



In some pantheons, it's the Sun who's a goddess while a male god rules over the Moon



The goddess Diana maintained her symbolic popularity long after her original cult was abandoned, and was a frequent subject of 18th century art

mother goddess from Lycia. Zeus's wife Hera cursed his lover with a difficult labour. Artemis, delivered first, was then the midwife for her brother's birth. Because of this and despite her role as a virgin goddess, Artemis was associated with both fertility and childbirth. She is a powerful protector of women and punitive to those who displease her. Her bow is the Crescent Moon; often nearby in the night sky you will find the constellation Orion, the great huntsman who was once her friend and companion.

The Roman equivalent of Artemis is Diana, who is even more explicitly linked with the Moon – one of her titles was Diana Lucifera, or 'light-bearer'. Like Artemis she is also a huntress, and is associated with the countryside, particularly in the context of wild, inaccessible and awe-inspiring places like mountains and ancient woodlands. One philosophical theory to explain her longevity in the popular imagination refers to Diana as a 'frame god'. Despite the rise of other religions since her cult was last worshipped, her association with enduring objects, places and concepts like the Moon, chastity, and sublime landscapes has seen her retain a place in lore and legend even when not actively worshipped as a deity – she was particularly popular in 18th century European art, architecture and design as a symbol of freedom and natural beauty. Still a popular figure in modern-day neopaganism and witchcraft, today Diana is often seen as the maiden aspect of a triple goddess figure along with a crone figure and a Moon mother. In the work of 20th century esoteric writer Dion Fortune, women and goddesses alike often embody one of two archetypes – the virginal moon maiden like Artemis and Diana, or the voluptuous, sensuous, nurturing earth mother. But the Moon has plenty of associations with mother goddesses, too.

Full Moon Mother

Selene is the ancient Greek goddess of the Moon, and the mother of the four Horae, or seasons. With her enchanted mortal lover Endymion, she was said to have had 50 daughters, each one of which represented a month of the traditional cycle between the ancient Olympic Games. Also known as Nyctimedusa, or Queen of the Night, she was believed to step down from her orbit during lunar eclipses at the request of the famous witches of the island of Thessaly.

Another moon mother associated with eclipses is the Inca goddess Mama Killa, who ruled the menstrual cycle and marriage and protected women. In Inca mythology a lunar eclipse meant she was under attack by an animal, and worshippers would throw objects and make noise to scare the assailant away. This Full Moon mother wept tears of silver



Cerridwen is a Welsh witch-goddess who is both a sorceress and a dark mother archetype

and had an important role in the proper administration of time, essential to the orderly rules of the Incan worldview.

Mawu is the creator goddess of the traditional religion of the Fon people, who lived in the Kingdom of Dahomey, West Africa. She is the creator of the Earth and everything on it, and the giver of Sekpoli, the breath of life. When the monkey Awe climbed up to the Moon to challenge her, she gave him a bowl of porridge seeded with death, to show that she could also take life away. Goddesses of life are often goddesses of death.

Waning Moon Crone

As the Moon falls from full it begins to take on an erratic and eerie aspect. It seems to transgress its normal rules of being visible by night and invisible by day; it haunts the dark witching hours before dawn. This is the time of the crone goddesses of the waning moon, the wise witches and powerful sorceresses who have control over fate, life, and death. Hecate is a Greek goddess of magic and witchcraft, traditionally part of a triple goddess triad with Artemis and Selene. She walks fearlessly through night and the underworld accompanied by her Lampades ('torch-nymphs'), frequents graveyards and mausoleums to practise necromancy, and is possibly derived from the ancient Egyptian toad goddess of magic, Heqet.

Cerridwen is a Welsh witch-goddess, considered a powerful deity of transformation and rebirth. She owns a cauldron of poetic inspiration, with which she brewed potions to help her son become a great bard. One day her assistant, a young lad called Gwion, splashed some of the mixture on himself and acquired its wisdom and knowledge. Cerridwen chased him through a variety of shapeshifting forms until he became a seed, which she ate while in a hen's shape. Nine months later she gave birth to a child, who grew up to be the legendary bard Taliesin. The crone, like the Moon, may wane into darkness and sorcery, but even in these depths there is the lunar promise of the cycle of life beginning anew once more.

"As the Moon falls from full it seems to transgress its normal rules of being visible by night and invisible by day"



The goddess Selene depicted with her moon steed as they sink into the ocean horizon at moonset

Words *April Madden* **Images** *© Getty Images, Alamy*

LUNAR LORE

The Moon has inspired folklore for thousands of years – here are some of the most universal Moon myths and legends

We think of Moon folklore as something ancient and unscientific, so it might surprise you to learn that it's alive and well today, and that the people who repeat it work in some of the world's most rational professions. Around the world, emergency workers of all kinds, from police officers to medics, will anecdotally claim that they see more instances of violence, disorder and accidents on nights when the Moon is full. Whether that's statistically accurate or not, it feels true for many, because the Moon has long been associated with chaos and strife. Up until the 20th century, you could still find instances of the mentally ill being classified under the term 'lunatic'. The word literally means 'moonstruck' and derives from the old belief that the light of the Full Moon could send people mad. Even though the categorisation has fortunately been removed from modern mental health diagnostic manuals, it still persists in contemporary language. 'Lunacy' is often used to describe erratic or misguided behaviour, while the 'lunatic fringe' is a catch-all term for those who believe in off-the-wall conspiracy theories and strange ideas.



Moon Monsters

In pre-19th century folklore however, the Moon was responsible for a lot more than madness. Many of the demons and monsters that stalked the premodern imagination were thought to be most active when the Moon was full. Werewolves, notoriously, shifted from their everyday human form into night-hungry beasts, hellbent on blood. The Roman poet Ovid's *Metamorphoses*, an epic collection of pre-existing myths about change, states that the first werewolf was a man named Lycaon. This unlucky fellow was visited by the great god Zeus, but didn't believe such an august deity could really be sitting at his feast table. In order to test his godhood, he ordered a human slave to be killed and cooked and served to his guest. For such a monstrous

"In pre-19th century folklore, the Moon was responsible for a lot more than madness"

act, the god condemned Lycaon to be turned into a wolf. Lycaon's sorry tale is where the term 'lycanthropy' comes from.

Many other European stories feature the lycanthropic transformation from human to wolf as a divine punishment; once Christianity replaced folk religion as the dominant faith in these areas the story itself shapeshifted, and became a curse that can only be lifted by a priest or holy woman. In the Irish tale of *The Werewolves of Ossory*, an entire clan is cursed by the vengeful St Natalis of Ulster; two of them find a travelling priest and beg for absolution. But some werewolves are saintly themselves – the titular beast in the medieval English romance *William and the Werewolf* raises the hero after he's abandoned in the woods as a baby, frequently sacrificing its own wellbeing for the child's before finally revealing itself to be a Spanish prince labouring beneath a curse. The Scottish figure of the wulver and the Irish faoladh are guardians and protectors of the lost and the needy, in some stories even leaving food at the door of hungry households during times of famine.

Werewolves are the most famous of the Moon monsters, but lunar light was thought to have an effect on others too. Vampires were thought to be at their strongest on Full Moon nights, while during the

DID YOU KNOW?

Folklore says you should never look at the New Moon through glass – go outside or look through an open window or door!



Werewolves are the creature most people think of when talking about a Full Moon

THE TREES OF SUN AND MOON

A popular tale in medieval France and Britain was the story of Alexander the Great and the Trees of Sun and Moon. The ancient Greek ruler was engaged in his long campaign of conquest when he came across a temple. The old priest there told the young king that if he found these two trees, they would speak prophecies to him.
In some legends the trees are found in India, in the legendary Garden of Bakavali, which like the Greek tale of the Garden of the Hesperides, was filled with magical healing fruits. In others they're found in Africa, on the flanks of the Mountains of the Moon (variously believed to be the Rwenzori Mountains in Uganda and the Democratic Republic of Congo, Mount Amedamit in Ethiopia, or Kilimanjaro in Tanzania). In all versions of the legends, Alexander finds the Trees. The Tree of the Sun speaks in an unidentified Indian tongue, but the Tree of the Moon speaks Alexander's native Macedonian Greek. He is informed that he will never return to Macedon, but die by poison in Babylon. Despite their prophecy of his death, Alexander doesn't eat one of their apples, which were believed to increase lifespan by 500 years.



The Trees of Sun and Moon were a motif in medieval stories about Greek conqueror Alexander the Great

Dark of the Moon they would be hungriest. Mermaids and selkies would come closer to human civilisation on Full Moon nights, borne by the higher tide and drawn by the Moon's light. And some types of faeries are named for the Moon, and said to worship it as their goddess.

Moon Maidens

In Irish folklore the lunantisidhe (pronounced 'loonantishee') are Moon faeries, but they're far from the silvery elfin creatures of fairy tales. These Moon fae have teeth and claws, and a grudge against most of humanity, particularly those who trespass among or cut down their sacred tree, the blackthorn. Brave bards might try to sleep under a blackthorn in the hope of receiving a prophetic or inspirational dream from the otherworld, but they were more likely to encounter a voracious lunantisidhe in her faerie lover guise. This seductive succubus might indeed prove to be a poetic muse, but her enthralled victim would waste away until he died or was replaced in her affections by another hapless suitor. By contrast however, a walking stick or staff of blackthorn, gathered with the lunantisidhe's permission, would be a powerful protector from witchcraft and other dark terrors, allowing its bearer to walk fearlessly at night. In the ancient Gaelic 'tree alphabet' Ogham, the Moon-tree blackthorn is represented by the letter-rune Straif, from which we get the English word 'strife'. The Moon causes trouble wherever you find it.

Other Moon maidens may be gentler but are no less strange. In the Japanese folktale of *The*

"Many Moon deities are conceptual, but you can see the Moon Rabbit whenever the Moon is full"

Bamboo Cutter's Daughter, an elderly, childless couple find a baby abandoned in their bamboo grove. They take the child in and name her Kaguya, and she grows up to be so beautiful that the emperor himself falls in love with her and proposes marriage. Kaguya declines and, revealing herself to be the princess of the Moon, returns to her lunar home. The story is thought to be one of the oldest Japanese folk tales and possibly the world's first example of science fiction, as in some tellings Kaguya is found, and returns to the Moon in, a strange silvery ship that flies through the sky.

Chang'e is the Chinese Moon goddess. Once mortal, she was married to a great archer who saved humanity from the fiery wrath of ten suns. The couple were given an elixir of immortality each as a reward, but one day while her husband was out hunting, a rival tried to steal these from Chang'e. Rather than let the criminal get his hands on the precious liquid, she took both vials herself. This transformed Chang'e into a goddess. Now she lives in the Vast-Cold Palace on the Moon with only the Moon Rabbit (also called the Jade Rabbit), for company. He brews elixirs, and once came down to Beijing to cure a plague that was decimating the population.

Moon Markings

Many Moon deities are conceptual, but you can see the Moon Rabbit whenever the Moon is full – he's made up out of the smudgy shapes of the lunar surface. This is called pareidolia, the human tendency to make a meaningful image or patterns out of abstract shapes. Folk traditions around the world have been seeing these in the Moon for centuries. The infamous Man in the Moon is variously the biblical figures of Cain or Jacob, a criminal or a breaker of taboos who has been punished by being sent to the Moon. He has also been the Aztec god Tecciztecatl. He was a coward during the fire ceremony that would transform him into the Moon, so the other gods threw a rabbit at his face in anger. In England in the Middle Ages, the Man in the Moon was said to enjoy feasting and drinking. Most of us know the nursery rhyme about him asking his way to Norwich and eating cold pease porridge, but how about 'The Man in the Moon Drinks Claret', from the late-17th century collection of folk songs called *The Bagford Ballads?* Here he's an enjoyer of beef stew and red wine, and the song encourages the listener to follow his example of carousing until morning:

Our man in the moon drinks clarret,
With powder-beef, turnep, and carret.
If he doth so, why should not you
Drink until the sky looks blew?

It seems like even in its most avuncular guise, the Full Moon is still encouraging excess, revelry, and misbehaviour all night!



The Moon Rabbit's legendary role in healing the Chinese capital of a deadly plague means he is still honoured in Beijing to this day

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GUIDED BY THE MOON

Let lunar rhythms
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A MONTH BY THE MOON

NEW MOON

New beginnings, fresh focus, endless possibilities

CAREER

This is the time to start making plans for your professional goals. The New Moon energy is a great opportunity to start planning for a promotion or pay rise, or just that new work project you've got to lead this month. If you're hoping for a change, start checking those job ads.

HOME

If you're thinking of making some home improvements, this is a great time to start laying plans for any do-it-yourself you're planning. You might like to start thinking about bigger projects too, whether its planting up the garden or rearranging your living space. This is the time to draw up those floorplans!

SELF-CARE & RELATIONSHIPS

The New Moon is a time of new beginnings, so you'll be feeling energised and ready to go. If you're looking for love and just looking to love yourself a little bit more, set an intention during the New Moon phase to make sure the choices you make are the best ones for you.

WHY NOT TRY?

In your journal, write down half a dozen intentions in the present tense, as though they're happening now. Read them aloud and revisit them each New Moon.

WAXING CRESCENT

Motivation, commitment, action

CAREER

The Waxing Crescent gives you the energy you need to start making new deals and negotiating new contracts. The plans you envisioned under the New Moon can start to turn into a reality, but they need your input to turn them into a reality as the cycle changes.

HOME

If you're looking to move house, step up your search during this phase of the Moon. Be realistic about your goals but don't force yourself to compromise: this is the first step to your new home, after all. If you're happy where you are, why not get out into the garden and start planting and sowing?

SELF-CARE & RELATIONSHIPS

This is a great time to focus on making your plans into reality, whether it's an exercise or health regime or just changing your hairstyle or some other aspect of your appearance. Go with your intuition and trust your judgement to make the right decisions for you.

WHY NOT TRY?

Bakers believe that this is a great time to get your dough rising, so why not try baking a loaf to celebrate the Waxing Moon?

By following the phases of the Moon, you can unlock its energy and let the Moon's power flow through every corner of your life!

FIRST QUARTER

Evaluating goals, overcoming obstacles, perseverance

CAREER

Your plans are now starting to really take concrete shape, so keep on progressing your projects and introducing new ideas and proposals at work. If you've got job applications in mind, the First Quarter is a really fantastic time to make an impact with new employers and organisations.

HOME

If you're making a large or expensive purchase, this is a fantastic time to stop window shopping and finally make a decision. You've already spent time doing the research, so treat yourself to something that will make your home and garden feel like your very own castle.

SELF-CARE & RELATIONSHIPS

If you're the sort of person who's always losing their car keys, the First Quarter should be a great time for you to find mental clarity. Make plans to always hang those keys on their hook or to note down phone numbers before you lose them, to avoid frustrations in the future.

WHY NOT TRY?

Focus on one of your heartfelt goals and mediate beneath the Moon. Concentrate your energies on manifesting that goal and harnessing all the lunar power on offer.

WAXING GIBBOUS

Motivation, clarity, making changes

CAREER

With your new projects by now bedded-in, look for opportunities to push them and yourself further. Get your message out via advertising or other media and trust your intuition when it comes to your professional life: if you're looking for more money or a promotion, make sure you've put all the paperwork in place.

HOME

The Waxing Gibbous Moon is a gardener's friend. Use this time to transplant cuttings or mow your lawn, and you can look forward to lush regrowth. As the sap is rising towards the Full Moon, your garden is verdant and growing.

SELF-CARE & RELATIONSHIPS

If you're in a relationship and looking for a long-term commitment, the Waxing Gibbous Moon is definitely the energy for you. Engagements and other commitments made by its light stand a great chance of going the distance, and new romances will get a strong dose of good vibes too.

WHY NOT TRY?

A little greenery makes everything brighter. Whether you have a garden or a plant on your windowsill, make it your focus during this phase.

FULL MOON

Transformation, honesty, openness

CAREER

The Full Moon is your chance to focus on your career and whatever projects you're engaged in. It's the perfect time to really focus on making a push to achieve success, but you need to be willing to put the hours in. Remember your efforts now are going to bring rewards.

HOME

With the energy of the Full Moon shining down on you, focus on clearing out the energy centres around your home. If there's clutter, get it tidied away, put things in order and have a good clean, ready to relax and enjoy your home at its best.

SELF-CARE & RELATIONSHIPS

Emotions are at their most heightened during a Full Moon, so be aware that it's not the best time to make decisions out of anger or other extremes of emotion. There's nothing wrong with putting off an important decision for a time when you're feeling more together.

WHY NOT TRY?

Create your own Full Moon Altar, using items you've gathered that have a personal significance, and use it as your meditation focus during this phase.

WANING GIBBOUS

Resting, adjusting, self awareness

CAREER

After a period of intense focus and energetic engagement with your projects and tasks in the professional world, it's time to ease off the gas a little. Don't be afraid to take a deep breath and evaluate your career and work, whether in terms of recent projects or on a wider level.

HOME

The Waning Moon encourages rest and self-care, so create a nest for yourself and make sure your house is a comfy home. Get out into the garden and ensure your plants are free of weeds and well-fed, so they can flourish and bring restful energies to your life too.

SELF-CARE & RELATIONSHIPS

Just as you might head out to weed the garden, this is a good time to exfoliate, epilate and generally give yourself an MOT. If you've been bickering, be honest with yourself and acknowledge your own part in any dramas and disputes and make amends.

WHY NOT TRY?

Create a sacred space for you, by clearing away clutter. It doesn't need to be large, just a place for you to call your own.

LAST QUARTER

Breaking bad habits, getting on track, introspection

CAREER

If you're thinking of making a big decision such as resigning or restructuring, this is the time to do it. Sometimes to move forward we have to take a leap of faith, and the Last Quarter is the time to do that when it comes to your career.

HOME

Take a deep breath and wade right on into those major cleaning jobs. Break out the bin bags, take a deep breath and give your home and garden a thorough clean out, donating, recycling and otherwise getting rid whatever you no longer use or need.

SELF-CARE & RELATIONSHIPS

Whether romance, friendship or family, use the Last Quarter as a time to make sure that all misunderstandings are settled and things are harmonious. Enjoy some time to yourself, reconnecting to what matters to you and indulging in whatever self-care you feel like you need.

WHY NOT TRY?

Revisit and reflect on your New Moon intentions, recognising that some will take more than one cycle to reach fruition; what lessons have you learned?

WANING CRESCENT

Forgiveness, reflection, acceptance

CAREER

Whether you've enjoyed work this month or had some challenges, don't be afraid to celebrate or acknowledge the problems you've experienced. Tidy up those loose ends, clear your desk – literally or metaphorically – and get ready to start a new cycle, whether that's a fresh project or maybe even a brand new job!

HOME

You've worked hard to create a sanctuary in your home and garden, so allow yourself the time to enjoy them. Tackle any little remaining jobs and have a look around the garden to make sure you're ready for the next planting cycle, then enjoy the fruits of your labours.

SELF-CARE & RELATIONSHIPS

This is the time when your psychic and intuitive abilities will be at their height, so listen to your gut and if it feels right, go with it. Spend quality time with your loved ones, basking in love and companionship, reminding yourself of the very best times.

WHY NOT TRY?

Listen to your psychic self and enjoy a tarot reading to gain insight into what's on the horizon, or simply meditate and enjoy the peaceful end of this current cycle.

Words *Catherine Curzon* **Images** *© Getty Images, Shutterstock*

YOUR LUNAR BIRTH CHART

The moment of your birth defines your unique relationship with the Moon, and some key elements of who you are

For thousands of years, humankind has looked to the Moon for guidance. From farmers toiling in the fields to women celebrating their menstruation, from the pull of the tides to the changing of the seasons, the silent, watchful Moon has played its vital part in virtually every facet of life on Earth. When it comes to astrology, the Moon and Sun have their own central roles in determining your path and personality, but you may not realise that the phase the Moon is in at the moment of your birth also has an impact on the life you will live. Just as the Moon itself travels through eight phases, each of those eight phases come with their very own properties for the people who were born during them.

The Moon helps us forge a very personal connection to our own innermost places – spaces that you might not even fully understand yourself yet. It is the doorway to the realm of intuition and emotion, putting you in touch with the wider cosmos at the same time as it connects you to your most intimate self. Taking the time to discover and understand the spiritual influence and meaning of your own lunar phase will be your first steps along a path to deep self-discovery.

It's likely that you've heard of your natal or birth chart; in fact, you may well have consulted it if you've been digging deeper into astrology. You'll already know your Sun sign and probably your Moon sign too, but understanding the phase of the Moon in your lunar birth chart can open up a whole new layer of rich self-discovery. Every month the Moon goes through its cycle, from the New Moon to the Full Moon and onwards, waxing and waning as it moves through the heavens on its journey. At the moment you were born, regardless of what time of day that was, the Moon was in one of its

WHAT'S YOUR PHASE?

If you want to find out your own lunar birth phase, you can do so by consulting historic phase charts. However, if you'd prefer to get straight to the point and start working with your lunar phase, there is a great choice of online resources and apps to help you do it. Here are just a few of them...

Astrograph www.astrograph.com
Astromatrix astromatrix.org
Astro-Seek horoscopes.astro-seek.com/which-moon-phase-was-i-born-under-calculator
Astrostyle astrostyle.com/cosmic-calculators/moon-phase/
Moonphases moonphases.co.uk
Moongiant www.moongiant.com/birthday-moon/
My Moon Phase www.jrustonapps.com/apps/my-moon-phase

"Once you have worked out your lunar birth phase, capitalise on that knowledge and put it into action when it comes to making decisions and plans"

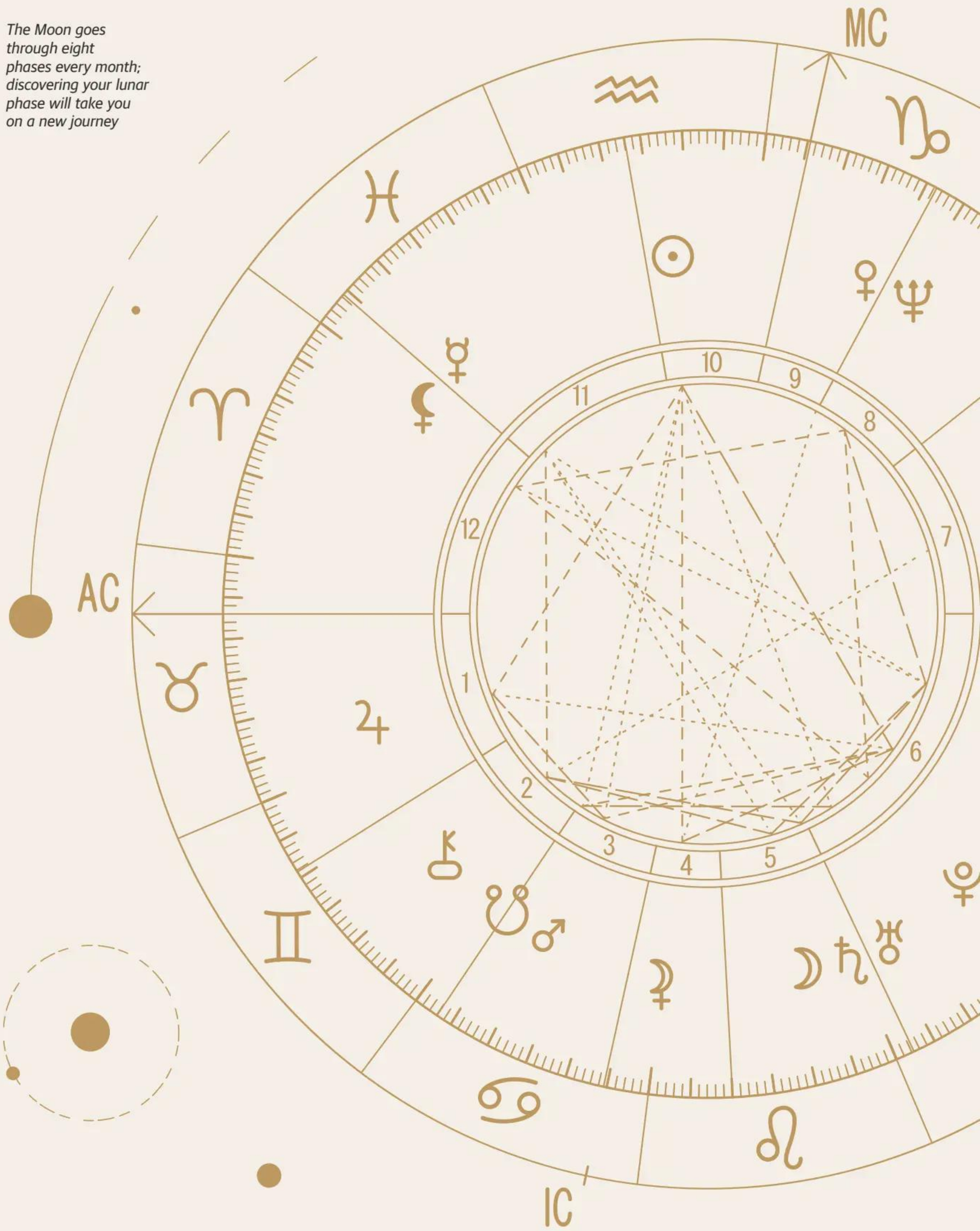
eight phases. The Moon phase that was ongoing when you were born will unlock a fresh understanding of your personality and how you can get the very best out of life.

When you're working out what phase of the Moon you were born in, you may find that you were born on the first day of a phase or the two-and-a-half days following it. In that case, this is your phase. However, if you were born up to three-and-a-half days before that phase, then you belong to the previous phase. This might sound confusing, but once you consult phase charts you'll find it's easy to work out your own lunar phase. Alternatively, you could simply consult an app or online resource that will tell you your personal lunar phase in a matter of moments!

Once you have worked out your lunar birth phase, you will be able to capitalise on that knowledge and put it into action when it comes to making decisions and plans. For instance, you'll likely find that you feel energised and really switched on each month during your lunar phase. When the Moon enters the phase it was in when you were born, the universe is giving you a gift and you'll feel confident and inspired, ready to forge ahead with any schemes that might have been waiting for the right time. Simply put, when the Moon phase mirrors your own lunar phase, you're at your most powerful; best of all, you're guaranteed a supercharge of that power every month, as the Moon travels through its phases once more.

Because the Moon is constantly journeying from each New Moon to the next, your phase lasts for just a few days each month. However, once your phase passes, that doesn't mean that you need to forget the gift it has given you. Once the Moon exits your phase and enters the next, so too can you transition to your own next phase. Take a deep breath, allow yourself a rest and reflect on what you've achieved and what you can do to harness the power of your phase next month. Then, as the days pass and your lunar phase begins to glimmer on the horizon, you can greet it, ready to embrace its power and energy. After all, this monthly gift from the heavens is yours to enjoy.

The Moon goes through eight phases every month; discovering your lunar phase will take you on a new journey

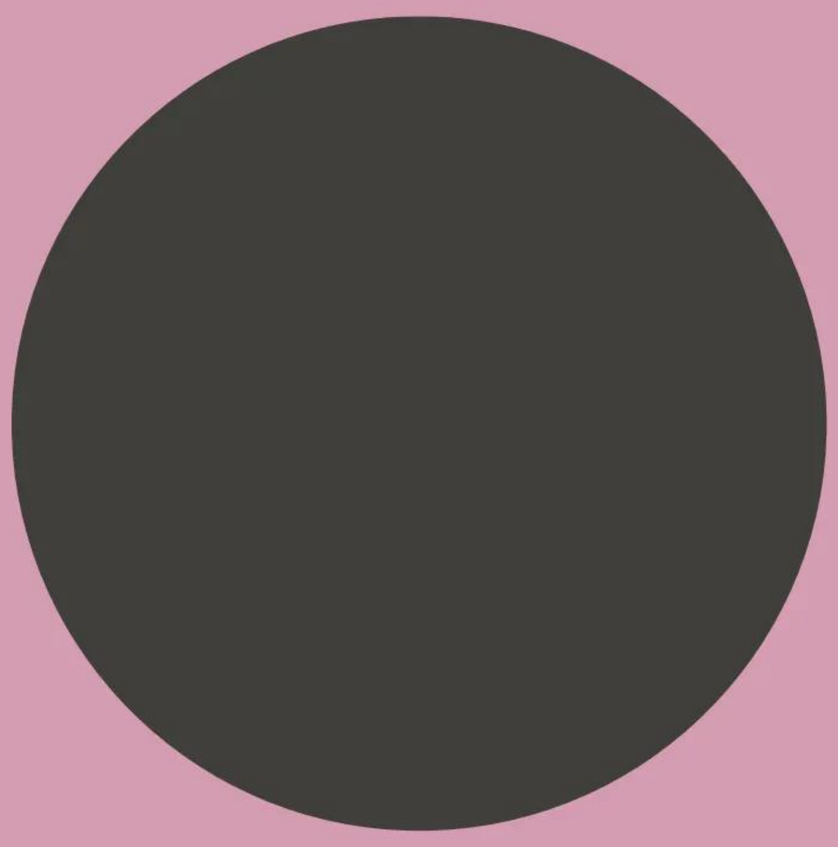


NEW MOON

Excitement, spontaneity, fearless

LUNAR PERSONALITY

If you were born under a New Moon, there's nothing you love more than setting off on your latest spontaneous adventure. You don't like to plan and you don't like to be tied down; instead, you love discovering new things and living life on your own terms. You always look on the bright side and believe that you can do anything you set your mind to, though be careful that your innocent optimism doesn't slip into naivety that others could take advantage of. It's not easy to pin you down and just when people think they've worked you out, you're off on another tangent. This might make you seem cool and exciting, but you don't want to be misinterpreted as selfish. Likewise, it's important to be aware of the dangers your adventures might lead you into: it's great to be spontaneous, but it doesn't hurt to be aware of the hazards you might face. On a similar note, if you find you start more projects than you finish, maybe take a moment to reflect on what you could achieve if you actually saw them through to fruition!



WAXING CRESCENT

Creative, inquisitive, loyal

LUNAR PERSONALITY

For those born during a Waxing Crescent, creativity is one of their watchwords. Though they might not always like to challenge the status quo, they bring their own unique style and understanding to any projects they undertake. If you're a Waxing Crescent personality, your friends and family know that they can turn to you in times of trouble, but they equally know that even you have limits: whilst you're supportive and loyal, you're more than able to assert yourself if you feel someone is taking you for granted. Waxing Crescent personalities love to learn new things and are always seeking knowledge to satisfy their curiosity. Because of this, they can bring a new perspective to issues and projects, though sometimes they struggle to break from traditional ways of doing things even if they feel like it's holding them back. If this sounds like you, don't be afraid to assert yourself if obstacles arise. You've got what it takes to navigate anything thrown into your path.

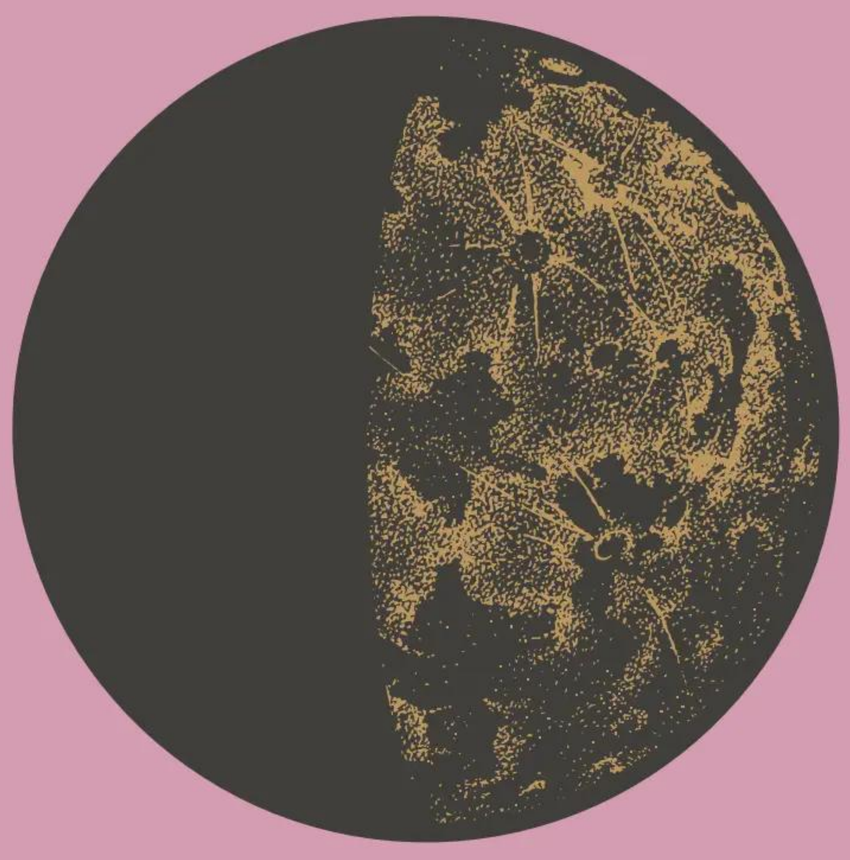


FIRST QUARTER

Positive, achiever, wilful

LUNAR PERSONALITY

Those who were born when the Moon was in its First Quarter know exactly what they want out of life and they're never willing to sit still and let an opportunity pass them by. If you're a First Quarter person, then you're always on the go both physically and mentally, and you love people to know how engaged you are with them, as well as with every aspect of life. You have a very strong will and aren't afraid to push your point if you think it's needed, but you don't always notice when those around you might find that off-putting. You don't mean to be pushy, it's just that finding solutions and getting things done is a massive part of who you are. It's really important to realise that other people might want to have an input and that a little conversation and compromise can bring rewards of its own; take a moment or two to think before you dive in and you'll find a whole batch of fresh opportunities to really let your innate strengths shine.



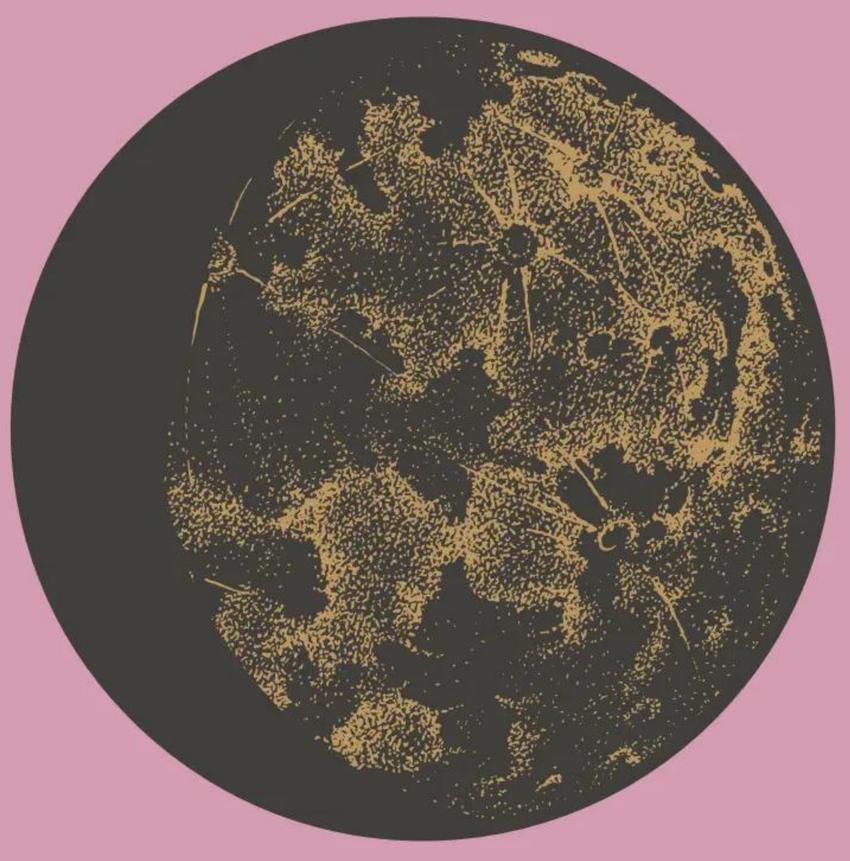
WAXING GIBBOUS

Caring, compassionate, nurturing

LUNAR PERSONALITY

If you were born when the Moon was in the Waxing Gibbous phase, right as it stands on the cusp of becoming a Full Moon, then you're one of life's natural nurturers. You look at the world around you and are drawn to those people and situations that need compassion and care to reach their fullest potential, and you ask nothing in return. All you want is to make the world a better place for everybody, no matter how hard you need to work or how single-minded you need to become.

Of course, though compassion and care are wonderful and valuable qualities, becoming too single-minded isn't, so take care not to let yourself lose focus of the bigger picture in your quest to save everything and everybody. Your natural can-do attitude and your emotional openness means that you are willing to fight for causes you believe in, no matter how tough the battle you might face. Just make sure that you look after your own wellbeing while you do.



FULL MOON

Practical, creative, completist

LUNAR PERSONALITY

The Full Moon is the middle of the cycle and the moment at which the Moon shines brightest. People born during this phase like to see projects reach their fullest potential and they aren't satisfied with leaving a job half-done. They have an intuitive ability to find the perfect balance between creativity and practicality and can think their way out of problems in the quest to achieve whatever they've set their mind to. If you were born during the Full Moon, you're the sort of person who gives your all to your career and never loses your head. However, this self-control can also lead you to forget that life isn't all business. Be sure to set some time aside to nurture your personal relationships and spend time with loved ones. Also be aware of the high standards you set for yourself and others and remember that everyone is allowed a few mistakes – including you. Don't feel too anxious if you fall short of your own standards on occasion.

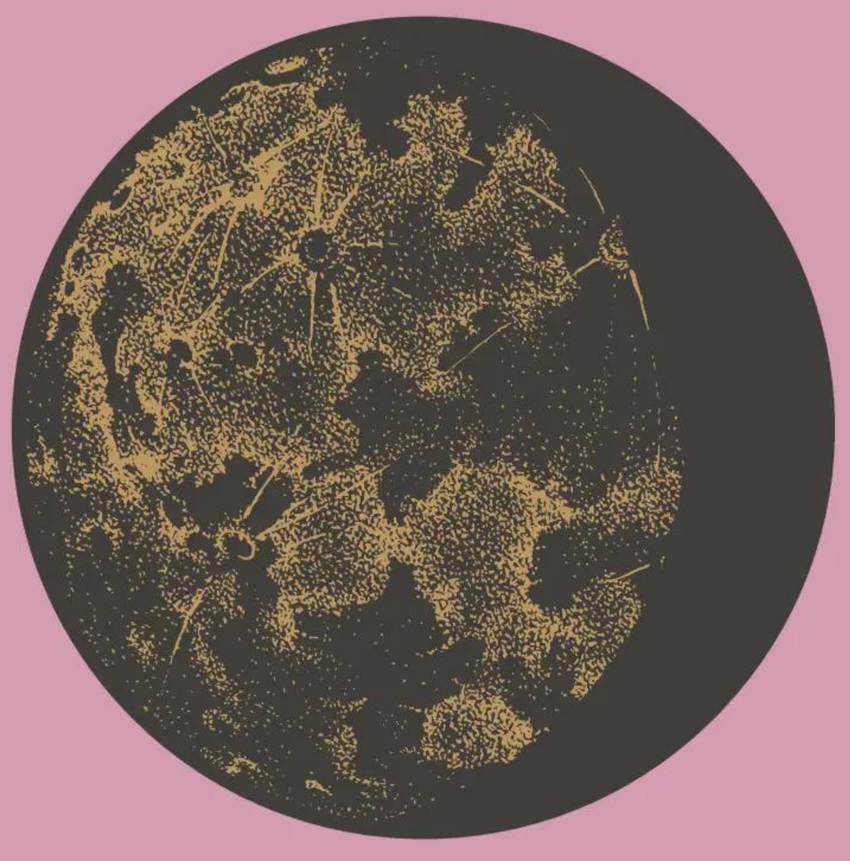


WANING GIBBOUS

Communicator, mentor, sharing

LUNAR PERSONALITY

The Waning Gibbous phase heralds the start of the Moon's journey from Full Moon to the next New Moon, with all the promise that brings. People born during the Waning Gibbous phase have the gift of reflection and are often very sympathetic individuals, because they're able to see and understand the various sides of any situation. If that's you, you're also willing to take the time to learn different perspectives, in order to reach a full understanding of your place in life. You love to share what you've learned with others, making you a born teacher or mentor, and you really do want to impart your knowledge in the best interests of everyone. However, even though your motives are pure, don't lose sight of the fact that you don't know everything, and take care that others don't mistake your enthusiasm for sharing for you being a know-all. Your search for understanding is laudable, but never forget that you can learn from others too.

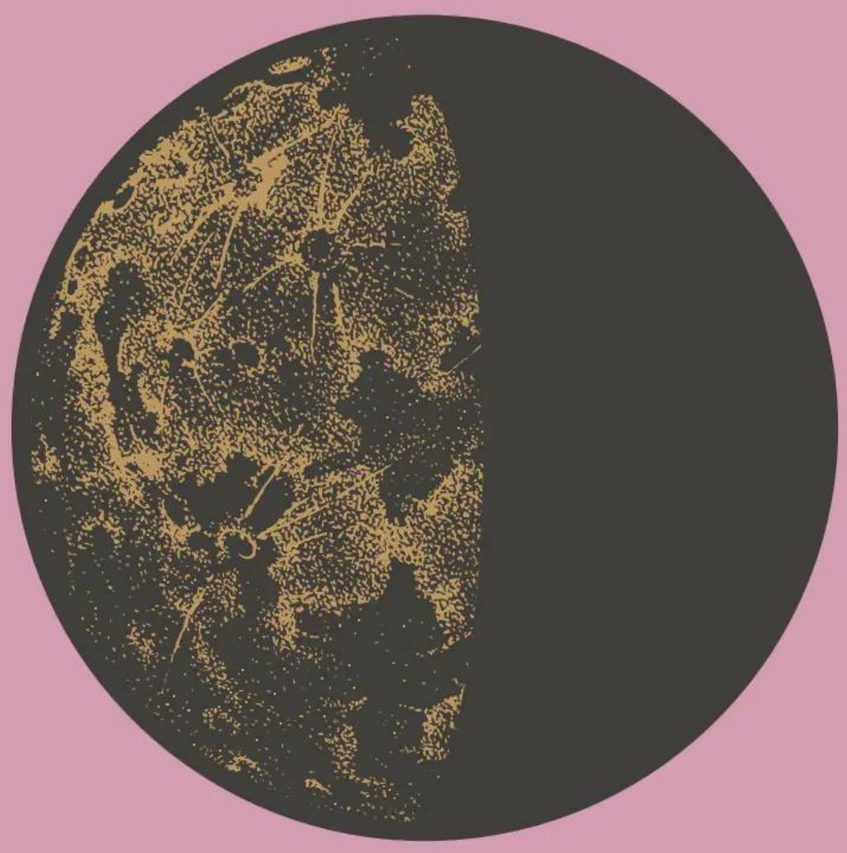


LAST QUARTER

Sympathetic, reflective, idealistic

LUNAR PERSONALITY

As the Moon enters the Last Quarter, it brings with it a time of deep reflection and communication. If you were born during this phase of the lunar cycle, then you're one of life's natural born carers. You have a clear and easy ability to communicate and to help others communicate too, when they might be feeling confused or a little bit at sea. You know that there is much to gain by looking back and learning lessons, but be careful that you don't lose sight of the now and slip too much into a wistful nostalgia. Instead, use your powers of reflection and your ability to understand others to move things forward, learning lessons from the past to inform the future. You're very self-sufficient and love to march to the beat of your own drum, but be careful you don't do this to the detriment of those around you. Your idealism means you can challenge the status quo, but it can also lead you to leave yourself out on a limb, waiting for others to catch up.



WANING CRESCENT

Wise, contemplative, intuitive

LUNAR PERSONALITY

For babies born when the Moon is in its Waning Crescent phase, the phrase "an old soul" could not be more apt. If you were born during this phase, you are a person who is able to reflect on past experience and use that knowledge to prepare for the new future yet to unfold. Your natural intuition runs deep and you have the ability to read a situation and other people on a very deep level, not always for the best. You are very in touch with your spiritual side and some might call you a dreamer, though to do so is to underestimate the depth of your gifts. Although you enjoy spending time alone in contemplation, don't lose sight of the value of friendship and taking part in the real world. Likewise, don't let your contemplation lead you down melancholy avenues. You know you might have to make an effort to enjoy physical pursuits – such as a brisk walk or a decadent meal – but you also know how much you enjoy the recharge these activities bring.



Words *Catherine Curzon* **Images** *© Getty Images.*

THE MOON ZODIAC

By working with your astrological Moon sign, you'll gain a whole new insight into your deepest self and how you move through life

If you've ever checked your horoscope to start the day, then you know exactly what your Sun sign is. However, getting to know your Moon sign too will open up a new layer of understanding in how the workings of the cosmos affect you.

What is a Moon Sign?

Your Moon sign refers to the position of the moon in the zodiac at the exact time of your birth. For example, if the Moon was in the zodiac house of Virgo when you were born, then your Moon sign is Virgo. By understanding your Moon sign and how it relates to your Sun sign, you'll gain insight into why a Virgo might not seem to fit all the typical attributes of their Sun sign.

What is a Birth Chart?

Your natal or birth chart is calculated using your time, date and place of birth. It's a map of the heavens at the exact moment of your birth, showing the location of the Sun, Moon and stars.

What Can My Moon Sign Tell Me?

If your Sun sign is the face you show to the world, then your Moon sign is the opposite of that. Your Moon sign determines your most intimate and personal self, from the emotions bubbling beneath the surface to your innermost desires. Your Moon sign determines the emotional side of your life, intuition as opposed to logic, dreams versus carefully plotted plans. By getting to know your Moon sign, you'll get to truly know yourself.

HOW TO FIND YOUR MOON SIGN

To work out your Moon sign, you'll need to know the exact time, date and location of your birth. You can either get serious and create your own birth chart, or consult one of the many free resources online that'll do the hard work for you. Here are just a couple:

Cafe Astrology https://cafeastrology.com/whats-my-moon-sign.html
Astrostyle https://astrostyle.com/cosmic-calculators/moon-sign/

"Getting to know your Moon sign too will open up a new layer of understanding in how the workings of the cosmos affect you"



When you learn how to work with your Moon sign, whole new opportunities will open up

MOON IN ARIES

ELEMENT FIRE

CHARACTER *Enthusiastic and impulsive, you'll try anything once!*



KEY TRAITS

Negative: Hot-headed, temperamental
Positive: Excited, open

PREFERENCES

Likes: Adventures
Hates: Routine

You're driven to succeed professionally and personally, and your passions can be a powerful force for better or worse. You set yourself the highest targets in your career and want to socialise with those who share your limitless ambition and drive. When it comes to relaxation, you love competitive activities but if you're going to reach the goals you've set yourself, be mindful of your hot temper and keep it in check. Not everyone thrives on drama, and you don't want to chase opportunities and friends away.

WHY NOT TRY?

When you feel your passions getting the better of your temper, practise a simple calming meditation to regain your centre.

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You're optimistic and can-do, but you don't suffer fools gladly.
TAURUS	You stick to your decisions, but be careful not to be too stubborn.
GEMINI	You always look on the bright side but sometimes adrenaline gets the better of you.
CANCER	You're a great blend of sensitivity and love of life, but can sometimes let your emotions overwhelm you.
LEO	A brave and natural leader, just be sure to give yourself time off sometimes.
VIRGO	Though you sometimes come off as blunt, you're a natural decision maker.
LIBRA	You're popular and fun loving, but have a reckless streak.
SCORPIO	You're passionate and devoted, but need to be careful of falling pretty to negative emotions.
SAGITTARIUS	You love life and adventure, but don't always think your plans through.
CAPRICORN	You're reliable and hardworking, but don't forget to make time for fun too.
AQUARIUS	Your conversations sparkle, even if you don't like to be ignored.
PISCES	Your assertiveness is great, but don't let it spill over into anger.

ELEMENT EARTH

MOON IN TAURUS

CHARACTER *You like things stable, routine, and with just a touch of luxury*

COMBINATIONS

How your Sun sign combines with your Moon sign	
ARIES	Though you know what you want, that can sometimes lead you to be more stubborn than you should.
TAURUS	You're self-confident and hardworking, but can shy away from even slight risks.
GEMINI	You hold yourself to the highest standards, but can be way too hard on yourself when you fall short of your dreams.
CANCER	Kind, loyal and caring, you might sometimes find yourself struggling to open up to others.
LEO	Stability is your watchword, just be careful not to become too set in your ways.
VIRGO	Balanced, content and hardworking, you sometimes forget that it's okay to enjoy the rewards of your labours.
LIBRA	You're assertive and self-confident, but sometimes your love of the finer things in life can lead to a bit too much self-indulgence.
SCORPIO	You've really got a handle on your emotions, and know that being your best self can take some work.
SAGITTARIUS	Though you love adventure, you also know that a little planning can go a long way.
CAPRICORN	Loyal, hardworking and solid as a rock, you're not one to let little things grind you down.
AQUARIUS	You know what you want out of life, but don't worry about taking a leap of faith now and then.
PISCES	Though you love strong and deep connections, you can sometimes struggle to let people see the true you.

KEY TRAITS

Negative: Stubborn, focused on routine
Positive: Warmhearted, stable

PREFERENCES

Likes: The finer things
Hates: Roughing it

You look for the beauty and elegance in any situation, and can usually be relied upon to find it. When it comes to your career, you love to shine in a long-term role that lets you show off your love of the finer things in life, so long as it isn't too stressful. Likewise in romance, it's all about being laid back and indulging the senses. You surround yourself with comfort at home and need some me-time at home to recharge and remind yourself of the rewards your work can bring.

WHY NOT TRY?

After a stressful day, unwind in a luxurious bath with some relaxing candles and a glass of whatever makes you feel good.



MOON IN GEMINI

ELEMENT AIR

CHARACTER *You like to know your options and weigh up the choices intellectually before making a commitment one way or another*

COMBINATIONS

How your Sun sign combines with your Moon sign	
ARIES	You're everybody's friend, but be careful that doesn't lead you into danger.
TAURUS	You're all about dreaming big, even if you don't always turn those dreams into reality.
GEMINI	It might take you a while to commit to something, but when you do you do it with all your heart.
CANCER	You're devoted to those you love, but don't easily show your emotions.
LEO	Loyal and loving, you're equally unafraid of having fun on your own too.
VIRGO	You hold everybody to the highest standards, and don't hold back if people don't measure up.
LIBRA	You love the social whirl, but you really hate making big decisions.
SCORPIO	Your friends are everything to you, just don't get too needy.
SAGITTARIUS	Nothing much seems to bother you, but you really don't like to let people get too close too quickly.
CAPRICORN	You're a real go-getter, but don't be afraid to take some leisure time too.
AQUARIUS	You love a new challenge, but you like to go into it with your eyes open.
PISCES	Though your emotions can seem overwhelming, you find balance.

KEY TRAITS

Negative: Sly, easily bored
Positive: Witty, intelligent

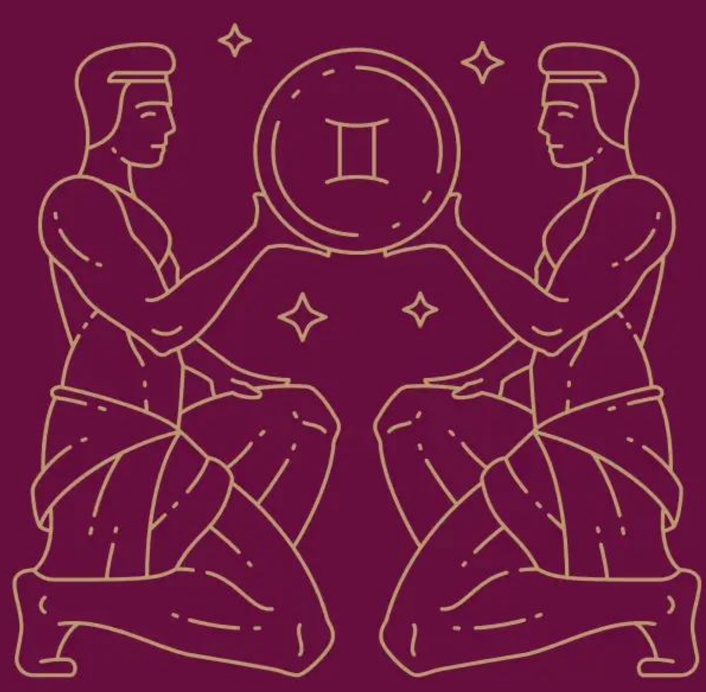
PREFERENCES

Likes: Getting a laugh
Hates: Snap decisions

If your Moon is in Gemini, you're brimming with self-confidence, and you're not afraid to show it. In fact, you love being the centre of attention. You excel in careers that need quick-thinking and snap decisions and if you can show off your talents whilst earning a living, then you'll be happy. When it comes to relationships, you're easily bored and always looking for ways to entertain and engage your lovers or friends. You unwind by engaging your brain and you're easily bored, so doing nothing is never an option.

WHY NOT TRY?

Your mind is constantly in motion, so try out some creative hobbies that will engage and challenge your ever-changing ideas.



ELEMENT WATER

MOON IN CANCER

CHARACTER *Nurturing and compassionate, you'll look after others even if it means putting yourself last*



KEY TRAITS

Negative: Neglects self care, overbearing
Positive: Nurturing, empathetic

PREFERENCES

Likes: Caring for others
Hates: Seeing others suffer

For people with the Moon in Cancer, emotions run high. They love to open their hearts to new friends and experiences, and can be easily and deeply moved – a trait that can leave them invigorated or exhausted. Professionally, if your Moon is in Cancer then you'll do well in any team role where you can nurture friendships and build strong bonds. You're naturally drawn to caring professions too, so it's no surprise that when it comes to relationships, you can form deep bonds and lifelong attachments. You're not afraid of wearing your heart on your sleeve, and people love you for it.

WHY NOT TRY?

You're so busy caring about others that you can forget about yourself; set a clear work-life balance so you don't wear yourself out.

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	Your emotions can overwhelm you, but you're the soul of tact and diplomacy.
TAURUS	You're content with your own company, but can be a real introvert until you get to know someone well.
GEMINI	It isn't easy for you to open up, but when you do you're the most devoted friend anyone could ask for.
CANCER	Your kindness and creativity is boundless, but your emotions can sometimes get the better of you.
LEO	You're the kind of leader everybody likes, and find it easy to see all sides of a situation.
VIRGO	Though you're a thoughtful and caring friend, you can sometimes view the world with a pessimistic eye.
LIBRA	You love to hang out with friends, but can be over-sensitive now and then.
SCORPIO	When you keep your intense emotions in check, you're the most loyal and caring friend anyone could ask for.
SAGITTARIUS	Intelligent and stable, you're at peace with yourself and love to bring that energy to others.
CAPRICORN	Though you're a real hard worker, it's important not to let the world get you down.
AQUARIUS	You live life on your own terms, but be sure to participate and not just observe.
PISCES	Though you like to get the job done, you won't ever do it at the expense of yourself or others.

MOON IN LEO

ELEMENT FIRE

CHARACTER *You're a friend to the end, but don't suppress yourself just to be part of someone else's gang*



KEY TRAITS

Negative: Puts others first to their own detriment, proud
Positive: Faithful, inclusive

PREFERENCES

Likes: Being in with the group
Hates: Having to stand out

If your Moon is in Leo, then you love to express yourself in every facet of what you do. You excel in any job that allows you to indulge your passions and are particularly good at turning a hobby into a living. When people visit your home they'll see that you pour yourself and your creativity into every bit of it.. You're authentic and passionate so when it comes to romance and friendships, there's nothing you like more than spoiling people. When it comes to relaxing, you love to entertain: you're never happier than when you're playing host.

WHY NOT TRY?

You have a dominant streak that doesn't always serve you well; be aware of your mood swings so you can catch them before they cause problems.

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You're charismatic and driven: a natural leader!
TAURUS	When you make a decision, you stick to it.
GEMINI	You love to try new things, and the more people you share them with, the better.
CANCER	You're sensitive about the needs of everybody you meet, but be sure to pay attention to your own needs too.
LEO	Positivity is your watchword and you love to be noticed, just don't let your ego get the better of you.
VIRGO	You're always looking to improve the world and yourself, but it's okay to relax now and then.
LIBRA	For you, it's all about friendships that last, with nurture and warmth on the agenda.
SCORPIO	You're an idealist, driven by the dream of making the world a better place for everybody.
SAGITTARIUS	When it comes to new experiences and learning new things, you're there; just be careful not to take risks.
CAPRICORN	Though you're down to earth and easy company, be sure to go easy on yourself too.
AQUARIUS	You want everybody to get a fair deal, and can get pretty emotional when things don't seem equitable.
PISCES	You want to do the right thing and don't always take it well when that doesn't happen.

ELEMENT EARTH

MOON IN VIRGO

CHARACTER *Curious and opinionated, you love to give advice and opinions, whether anyone has asked for them or not*

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	Though you live for the moment, make sure you've thought about the risks before you dive in.
TAURUS	You're realistic and down to Earth, but you can be a slow-starter.
GEMINI	The busier you are, the happier you are; just make sure you finish your projects before starting new ones.
CANCER	You love to care for your home and the people in it, but be watchful of those who seek to take advantage.
LEO	You really can achieve anything you set your mind to, but be careful you don't burn out.
VIRGO	You're kind, helpful and caring, but it's okay to share your burden sometimes.
LIBRA	Creative and kind, sometimes you find yourself shying away from commitments.
SCORPIO	You can easily get to the heart of any issue, but now and then your excessive standards can prove difficult to attain.
SAGITTARIUS	Nothing fazes you, and you want to help everybody live the best life they can.
CAPRICORN	You're a natural achiever, but that means you've a tendency towards becoming a workaholic too!
AQUARIUS	Though you love to challenge yourself, it's important to be aware that you don't have to challenge everybody else too.
PISCES	You know what you want out of life, but if you're going to achieve it, don't be afraid to pull rank now and then.

KEY TRAITS

Negative: Anxious, opinionated
Positive: Reliable, practical

PREFERENCES

Likes: Giving lots of advice
Hates: Acting on impulse

Moon in Virgo people already know that they're perfectionists. In a professional setting you can be sure that their attention to detail is unsurpassed, sometimes at the expense of the bigger strategy. Virgo Moons will work hard because they love the finer things in life though, so expect to see them succeed. In relationships, Virgo Moons can seem critical, but under the surface they're down to Earth and nurturing. Their homes are comfortable and they don't usually like to go without; they want a sanctuary that's just-so, where they can spend some time focusing on themselves.

WHY NOT TRY?

Though you want everything to be perfect, it can't be. Try to take some pleasure in things that, whilst not perfect, have a beauty all their own.



MOON IN LIBRA

ELEMENT AIR

CHARACTER *You'll do anything for a peaceful life, but when it comes to love, you just won't compromise*

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You're a risk taker, and sometimes that can go too far.
TAURUS	You love to make people happy, but when pressed you're not above sticking to your guns.
GEMINI	Though you're surrounded by friends, they'd all agree that you hate making decisions!
CANCER	Though decisions don't come easily to you, once they're made you stick to them.
LEO	You care about others more than anything, and love the friendship and harmony you can achieve.
VIRGO	Sunny and kind, you might occasionally have to remind yourself that it's perfectly fine to see the bright side.
LIBRA	Optimism is your key trait and you always look on the bright side, even if sometimes you might struggle to get motivated!
SCORPIO	Though it might take some time to find your inner harmony, once you do you'll be unstoppable.
SAGITTARIUS	You've got charisma to spare, but it brings with it a big dose of commitment-phobia.
CAPRICORN	You don't seek a social whirl, but you care about your friends deeply.
AQUARIUS	Not afraid of showing your true self to the world, you live life wholly on your own turns.
PISCES	Though you're intensely loving and loyal, you have to make a special effort not to shut down your emotions to others.

KEY TRAITS

Negative: Indecisive, gives up if something isn't perfect
Positive: Diplomatic, romantic

PREFERENCES

Likes: Keeping the peace
Hates: When a romantic partner doesn't give their all

Libra Moons love a quiet life, whether that's at home, in love or at work. They're natural diplomats so are perfectly suited to careers that allow them to work together with others, but they don't like to make decisions. They make friends easily but that means people can fall in love with them quickly too, only to learn that they've misinterpreted a Libra Moon's natural friendliness. If you're a Libra Moon, you'll have created a home that is elegant, refined and very you. You love to have friends over and thrive in company.

WHY NOT TRY?

You love harmony, so meditation is a great way for you to unwind and spend time with yourself.



ELEMENT WATER

MOON IN SCORPIO

CHARACTER *You're all about intensity; deep and emotional, you don't trust often but when you do, you give your all*



KEY TRAITS

Negative: Vulnerable, guarded
Positive: Loyal, devoted

PREFERENCES

Likes: Boundaries
Hates: Showing too much, too soon

If your Moon is in Scorpio, then you'll never be the life and soul of the party and that suits you fine. You are happy to focus on your passions or your close friends, and don't need constant entertainment. Nothing breaks your concentration, so in the right career you can really make a splash. You're a natural loner though, so teamwork isn't necessarily the way forward. Because of your natural reticence, you might miss out on opportunities for romance, but don't ever be afraid to express your feelings. Your home is your sanctuary and you love being there alone, but be sure to enjoy some social engagements too.

WHY NOT TRY?

You have ambition and ability to spare; keep a journal of your goals and track your progress towards success.

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You want to change the world, but sometimes your dedication can turn into obsession.
TAURUS	Nothing can rile you, but you're so stubborn that nothing can change your mind either!
GEMINI	Your intellect is never satisfied, but sometimes that can mean you're missing the wider picture.
CANCER	There's nothing you won't do for your friends and loved ones, so watch out for those who seek to exploit that.
LEO	You've got more energy than you know what to do with sometimes, and know that sometimes you have to focus on keeping it under control.
VIRGO	You pride yourself on being cool and collected, but it's okay to let others see your vulnerable side now and then.
LIBRA	It's great to get what you want sometimes, but it's important not to let your charisma turn into manipulation.
SCORPIO	You're powerful and charismatic and you'll go the distance for your causes, but it's important to realise that not everybody can be perfect.
SAGITTARIUS	Whilst your conviction is admirable, don't be too reluctant to take advice once in a while.
CAPRICORN	To you, principles are everything; however, sometimes other people's principles have merit too.
AQUARIUS	You know your worth, but remember to be open to the opinions of your peers.
PISCES	Though seeking the meaning of life might be your be all and end all, don't let your emotions blind you to a wider reality.

ELEMENT FIRE

MOON IN SAGITTARIUS

CHARACTER *Straightforward and honest, there's nothing you enjoy more than deep conversation about a variety of weighty topics*



KEY TRAITS

Negative: Judgmental, superficial
Positive: Honest, optimistic

PREFERENCES

Likes: Deep chats
Hates: Boring conversations

When the Moon is in Sagittarius, it makes for an optimistic and go-getting person. You've got what it takes to overcome any obstacle and you're happy to give your all. You're naturally drawn to opportunities with an element of risk, because you know you can succeed. You don't want to be tied to a routine and love careers that challenge you. You're happy to jump into the unknown in relationships too and if someone catches your eye, you're not shy about letting them know. Adaptable and optimistic, you don't need luxury and opulence at home either, because you're usually out and about anyway!

WHY NOT TRY?

Sagittarius Moons are naturally energetic, so you're uniquely suited to athletic pursuits, where you can excel and burn off some energy.

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You're self-confident and adventurous, but can sometimes be a little bossy to others!
TAURUS	Though you love the routine, you're not afraid to step into the unknown when the mood takes you.
GEMINI	Your self-reliance is admirable, but don't let it stop you enjoying fulfilling relationships with others.
CANCER	Though you seek success, you know that your natural pessimism can be your own worst enemy.
LEO	Everybody wants to be your friend, but once they are, they soon realise that you want it your way or no way.
VIRGO	Hardworking and dedicated, you know that a little fun can often bring rewards of its own.
LIBRA	Your curiosity knows no bounds, but that means that you're not always a great one when it comes to making a commitment.
SCORPIO	Though you're a loyal and caring friend, don't lose sight of the importance of self-care too.
SAGITTARIUS	You're smart, funny and scrupulously honest, but sometimes your recklessness can lead you into trouble.
CAPRICORN	You're great company and a caring friend, who isn't afraid to speak up when you need to.
AQUARIUS	Self-confident and ready for anything, your love of adventure sometimes means long-term commitments aren't easy.
PISCES	You're never happier than when you're being creative, and love to seek new outlets for your passions.

ELEMENT EARTH

MOON IN CAPRICORN

CHARACTER *Whether it's love, work or just day-to-day life, chasing success is behind everything you do. You've learned that it pays to listen to your gut*

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You're ambitious and driven, but sometimes your intensity can throw up a forcefield to others.
TAURUS	If you think something is right, nothing can change that; don't totally discount the opinions of others, though.
GEMINI	You're popular with just about anyone, but be careful that you don't use these qualities to manipulate.
CANCER	When the chips are down, you're the person to have around. Compassionate and practical, you're a born advisor.
LEO	For you, integrity is everything. Strong and dedicated, you're also warm and engaging with it!
VIRGO	You pride yourself on your independence and ability, but don't forget that you need some downtime too.
LIBRA	Reliability is your watchword, and friends know they can come to you for good advice.
SCORPIO	You're one of life's doers, but that single mindedness can make you tough to grow close to.
SAGITTARIUS	You don't do anything on impulse, so be aware that your love of planning might mean you miss out on the odd nice surprise.
CAPRICORN	You put your to-do list ahead of everything, sometimes even your own self care.
AQUARIUS	You know what you want and aren't afraid to work for it, but don't take the weight of the world on your shoulders.
PISCES	Whilst making others happy is great, don't put yourself last to do it.

KEY TRAITS

Negative: Competitive, fatalistic
Positive: Determined, disciplined

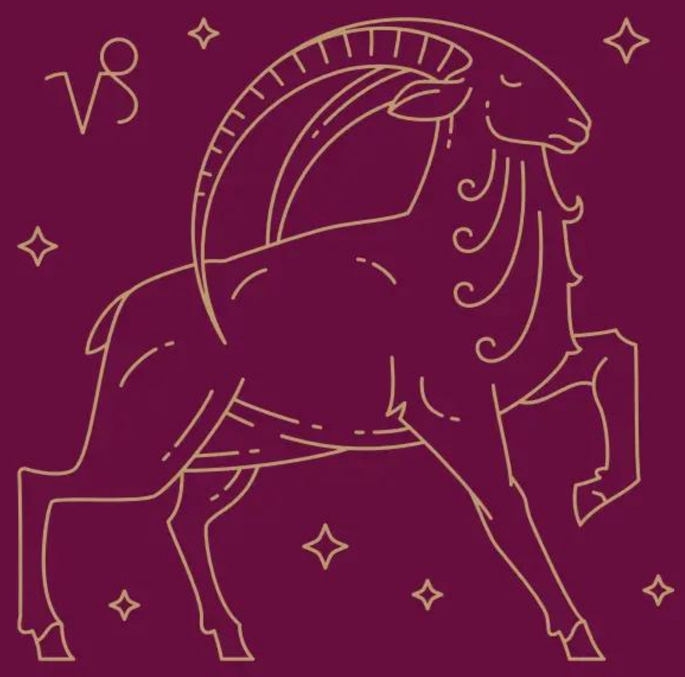
PREFERENCES

Likes: Success
Hates: Compromise

Capricorn Moons are patient, solid and stable. They're pragmatic and have a reputation for doing the right thing. They enjoy success in careers that allow them to develop and implement long-term plans, but their natural avoidance of spontaneity can see them miss opportunities. In romance, they keep things traditional and love old-fashioned courtship. If you're a Capricorn Moon, you've likely got a healthy social life but one that is limited to small groups. You love to entertain at home, especially if you can gather the family and enjoy an old-fashioned night around the dinner table.

WHY NOT TRY?

You're a doer and a planner, so can really thrive on endeavours that harness this, from playing the stock market to starting your own side hustle.



ELEMENT
AIR

MOON IN AQUARIUS

CHARACTER *Your motto could be "do the right thing", whether it's in your best interests or not. You'll always chase the greater good and keep a clear head*

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	You love to be independent, but don't let that be at the expense of your personal relationships.
TAURUS	Goal-driven and result oriented, you recognise that success takes hard work.
GEMINI	You're a thinker and a doer, who plans for every eventuality before making the move towards success.
CANCER	Though you like to observe before you make a move, your perception doesn't often let you down.
LEO	You love to solve problems by thinking outside the box, wherever that may take you.
VIRGO	You're not afraid of the big picture, but small details aren't a problem either.
LIBRA	Authenticity is key to you, even if people don't always like what they see.
SCORPIO	It takes a lot to bother you, and calmness under pressure is one of your core strengths.
SAGITTARIUS	You might seem easygoing, but under that exterior there's a strong set of principles that you won't compromise.
CAPRICORN	Though some might find you a little intense, you just want people to be authentic and honest.
AQUARIUS	Convention isn't for you, but neither is being selfish.
PISCES	Some may question your idealism, but you're devoted to making your dreams of a better world come true.

KEY TRAITS

Negative: Blunt, unemotional
Positive: Fair-minded, principled

PREFERENCES

Likes: People who stay calm
Hates: Emotional outbursts

If you were born with your Moon in Aquarius, you love spending time alone. In fact, there's no surer way to charge your batteries than some "me" time. However, you're also a gifted communicator who can excel in a job that allows you to work mostly alone, but gives occasional opportunities for collaboration. Because they value solitude, Aquarius Moons are drawn to similar mates and friends who'll respect their personal space. Your home will be a unique expression of yourself and will offer plenty of places to withdraw. For an Aquarius Moon, when you need some time to yourself, there's no better balm.

WHY NOT TRY?

As a natural communicator and a free spirit, try seeking out groups who share your interests and passions.



ELEMENT WATER

MOON IN PISCES

CHARACTER *The world needs dreamers, and that's just what you are. You're highly empathetic and believe one should live and let live*



KEY TRAITS

Negative: Lack focus, vague
Positive: Intuitive, spiritual

PREFERENCES

Likes: Daydreaming
Hates: The same old routine

A Pisces Moon is a spiritual being indeed, and other people are drawn to their empathy. They love to be surrounded by positive vibes and will really come into their own if they can use their imagination to make a living, especially if they can help others at the same time. This means that they can be vulnerable to manipulation in personal relationships, and need to be on guard against those who want to take advantage. If your Moon is in Pisces, you're drawn to water and a home by the sea is perfect for you. Otherwise aquariums can bring a positive energy to your space, and help connect to your empowering element.

WHY NOT TRY?

You're an empathy sponge, but you can't take on everyones' problems. Set aside time for meditation and cleanse yourself of those cares, you deserve it.

COMBINATIONS

How your Sun sign combines with your Moon sign

ARIES	Nothing is impossible to you, and you'll take even the most untrodden path to achieve your goals.
TAURUS	You're naturally creative, but can find yourself diverted by more sensual distractions!
GEMINI	Curious and perceptive, you love breaking away from the humdrum routine.
CANCER	Warm and friendly, your empathy can sometimes get the better of you; try not to take on others' problems to your own detriment.
LEO	Dynamic and showy, be aware that your charisma could turn into ego.
VIRGO	You're calm and logical and don't like to get involved in too much drama.
LIBRA	Though you might not be the most down to earth person, your natural creativity and tact makes you a natural diplomat.
SCORPIO	There's something very magnetic about you, and you know it; just be careful not to let that lead you astray.
SAGITTARIUS	You love to help others, and ask for very little reward for your efforts.
CAPRICORN	Though you seek the comforts of a life well lived, you're aware that your success should never come at the expense of someone else's.
AQUARIUS	You know exactly what you want and how to get it, but be careful not to do so by stepping on other people.
PISCES	Driven, creative and dedicated, be aware that your natural abilities might lead you into obsessions.

Words *Catherine Curzon* **Images** © *Getty Images.*

THE MANSIONS OF THE MOON

As the Moon orbits the Earth, it takes up different stations in the zodiac, which are believed to have certain influences

The poetically named Mansions of the Moon come from early Medieval Arabic astrology. This has roots in both classical (Western) astrology and Vedic (Indian) astrology. In late antiquity, Arab civilisations conquered territories that had been both Persian and Greek – cultural melting pots like the Hellenic Greek city of Alexandria – and assimilated their knowledge, which had been collected from all over the then known world. The early Medieval Arabs were also highly adept mathematical theorists and this, combined with their own technological advances and the knowledge they'd acquired from other civilisations, made them the most astronomically adept civilisation the world had seen at the time. Many of their discoveries still underpin modern astronomy and astrology to this day.

The 28 Mansions of the Moon, or lunar stations, are areas of the sky that the Moon passes through during its journey around the Earth every month. Arabic astrology has always been very concerned with predicting events, and the Mansions of the Moon are believed to provide a guide to good and bad days on which to travel, interact with friends and loved ones, plant seeds, engage in business, and a whole host of other activities, especially when considered as part of the wider picture of the heavens. Arabic folklore is full of tales of astrologically wise men and women who, having observed the stars, the season and the Mansion that the Moon is (or will be) in, decline to take an ill-fated journey on which their would-be companions end up perishing, or who see their inevitable death written in the skies and calmly sit down in their majlis to await it.

In Arabic alchemy of the Medieval period, talismans were made during the different Mansions of the Moon. These combined particular symbols, materials and spells with the corresponding lunar energy and were believed to provide fortune in love, business and money matters, 'favour from kings', and even protection over orchards and fields. They were made when the Moon was in the relevant Mansion and worn, or placed in an appropriate location, thereafter. Today, apps like iLuna can tell you what sign the Moon is in and when it is void-of-course, and also what Mansion it's currently in, and its meaning.

"The Mansions provide a guide to good and bad days on which to engage in a whole host of activities"

The 28 Mansions

1. AL-SHARATAIN
0° Aries – 12° 51' 26" Aries
Essence: Change, movement, beginnings, energy, force.
Good for: Beginnings, business activities, gardening, travelling, hair and nails.
Not good for: Friendships, love, hiring new people.

2. AL-BUTAIN
12° 51' 26" Aries – 25° 42' 51" Aries
Essence: Conflict, effort, will, courage, energy.
Good for: Treasure, trade, sowing seeds, hunting, fire, favour from authority figures.
Not good for: Travelling by water, planting trees, friendship and love, passivity, new people.

3. AL- THURAYYA
25° 42' 51" Aries – 8° 34' 17" Taurus
Essence: Prosperity, abundance, success, work, determination.
Good for: Work, study, business, alchemy, fire, love, art and creativity.
Not good for: Gardening, travelling by water, friendship, marriage. new people.

4. AL-DABARAN
8° 34' 17" Taurus – 21° 25' 43" Taurus
Essence: Violent passion, enmity, conflict, struggle, anger.
Good for: Overcoming enemies and obstacles, craftsmanship, trade, work.
Not good for: Travelling by sea, mining, wells, building and home buying, friendship, marriage.

5. AL-HAQA
21° 25' 43" Taurus – 4° 17' 09" Gemini
Essence: Benefic, intellect and mind.
Good for: Studying, art, returning from journeys, travelling (especially via water), favours from superiors, hair.
Not good for: Socialising, teamwork, people.

6. AL-HANA
4° 17' 09" Gemini – 17° 8' 34" Gemini
Essence: Attraction, opposition.
Good for: Relationships, love, friendship, business, alliances.
Not good for: Healing, gardening.

7. AL-DHIRA
17° 8' 34" Gemini – 0° Cancer
Essence: Abundance, success, trust.
Good for: Trade, business, the favour of superiors, friendship, love, hair, healing.
Not good for: Justice, the law.

8. AL-NATHRAH
0° Cancer – 12° 51' 26" Cancer
Essence: Love, power, victory.
Good for: Love, marriage, friendship, family, goals, healing, travelling by land.
Not good for: Hiring people.

9. AL-TARF
12° 51' 26" Cancer – 25° 42' 51" Cancer
Essence: Discord, disappointment, defence.
Good for: Defending yourself from attack.
Not good for: Love, friendship, health, gardening, travel.

10. AL-JABHAH
25° 42' 51" Cancer – 8° 34' 17" Leo
Essence: Benevolence, recovery, aid against enemies.
Good for: Friendship, socialising, love, studying, health, building, spirituality.
Not good for: Travel, misusing medications.

11. AL-ZUBRAH
8° 34' 17" Leo – 21° 25' 43" Leo
Essence: Gains, power, respect.
Good for: Profit, travel, promotions and requests to authority, hair, building, marriage, courageous deeds.
Not good for: Women's health.

12. AL-SARFAH
21° 25' 43" Leo – 4° 17' 09" Virgo
Essence: Conflict, confrontation, obstacles, good harvests.
Good for: Farming, gardening, building, working for others, service, sending messages.
Not good for: Relationships, marriage, journeys by sea.

13. AL FARGH AL-AWWA
21° 25' 43" Aquarius – 4° 17' 09" Pisces
Essence: Union, love, affection.
Good for: Health, healing, love, marriage, gardening, farming, travelling by land, commerce.
Not good for: Building, journeys by sea.

14. AL-SIMAK
17° 08' 34" Virgo – 0° Libra
Essence: Movement, improvement, transition.
Good for: Romance, love, friendship, moving house, leaving jobs or relationships, travelling by sea, gardening, healing.
Not good for: Travelling by land, marriage.

15. AL-GHAFR
0° Libra – 12° 51' 26" Libra
Essence: Prosperity, focus on the material, discord.
Good for: Wealth, money, business, treasure seeking.
Not good for: Love and romance, family, travelling.

16. AL-ZUBANA
12° 51' 26" Libra – 25° 42' 51" Libra
Essence: Prosperity, wealth, but no love.
Good for: Prosperity, trade, wealth, business.
Not good for: Gardening, travelling, healing, love, relationships.

17. AL-IKLIL
25° 42' 51" Libra – 8° 34' 17" Scorpio
Essence: Prevented loss, friendship.
Good for: Friendship, love, marriage, financial security, promotion, building, hair, healing.
Not good for: Travelling, taking commercial risks.

18. AL-QALB
8° 34' 17" Scorpio – 21° 25' 43" Scorpio
Essence: Impending danger, defence.
Good for: Farming, building, exposing enemies, treating stomach ailments.
Not good for: Almost everything, family matters, eating too much, unknown foods.

19. AL-SHAULAH
21° 25' 43" Scorpio – 4° 17' 09" Sagittarius
Essence: Besiegement and battle, sadness, loss.
Good for: Gardening, farming, aggression, hunting.
Not good for: Commerce, business, friendship, family matters, travelling by sea.

20. AL-NA'AM
4° 17' 09" Sagittarius – 17° 8' 34" Sagittarius
Essence: Concentrated controlled energy, passions.
Good for: Teamwork, animals, hunting, building, travelling by land.
Not good for: Financial matters, marriage.

21. AL-BALDAH
17° 8' 34" Sagittarius – 0° Capricorn
Essence: Enmity, argument, conflict.
Good for: Healing, travelling, earnings, gardening, farming.
Not good for: Personal relationships, marriage, hiring people.

22. SA'D AL DHABIH
12° 51' 26" Capricorn – 25° 42' 51" Capricorn
Essence: Separation, freedom, conflict, healing.
Good for: Divorce, healing, obtaining freedom.
Not good for: Personal relationships, marriage.

23. SA'D BULA
12° 51' 26" Cancer – 25° 42' 51" Cancer
Essence: Discord, disappointment, defence.
Good for: Defending yourself.
Not good for: Love, friendship, health, gardening, travel.

24. SA'D AL-SU'UD
25° 42' 51" Capricorn – 8° 34' 17" Aquarius
Essence: Nurture, nutrition, fulfillment.
Good for: New projects, love, marriage, income, commerce, finance, building.
Not good for: Travelling by water, people in power.

25. SA'D AL-AKHBIYAH
8° 34' 17" Aquarius – 21° 25' 43" Aquarius
Essence: Growth, protection, revenge.
Good for: Gardening, farming, protecting plants, studying, intellect.
Not good for: Marriage, friendship, conception, pregnancy.

26. AL FARGH AL-THANI
4° 17' 09" Pisces – 17° 8' 34" Pisces
Essence: Connection, income, mischief.
Good for: Healing, gardening, farming, business and commerce.
Not good for: New projects, building, travel by sea.

27. AL FARGH AL-THANI
4° 17' 09" Virgo – 17° 08' 34" Virgo
Essence: Achieving desires, benevolence, increase.
Good for: Love, sex, money, beginning creative projects, hair, healing, gardening, building, travelling.
Not good for: Overeating.

28. BATN AL-HUT
17° 8' 34" Pisces – 0° Aries
Essence: Fruition, guidance, completion.
Good for: Marriage, gardening, farming, business, commerce, travelling.
Not good for: Health, invalids, freedom, borrowing and lending.

Words *April Madden* **Images** © *Getty Images.*

LUNAR LIFESTYLE

How to harness the power of the Moon for habitual harmony

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MOONLIT MUSINGS
Master meditation and moonbathing to level up your self-care

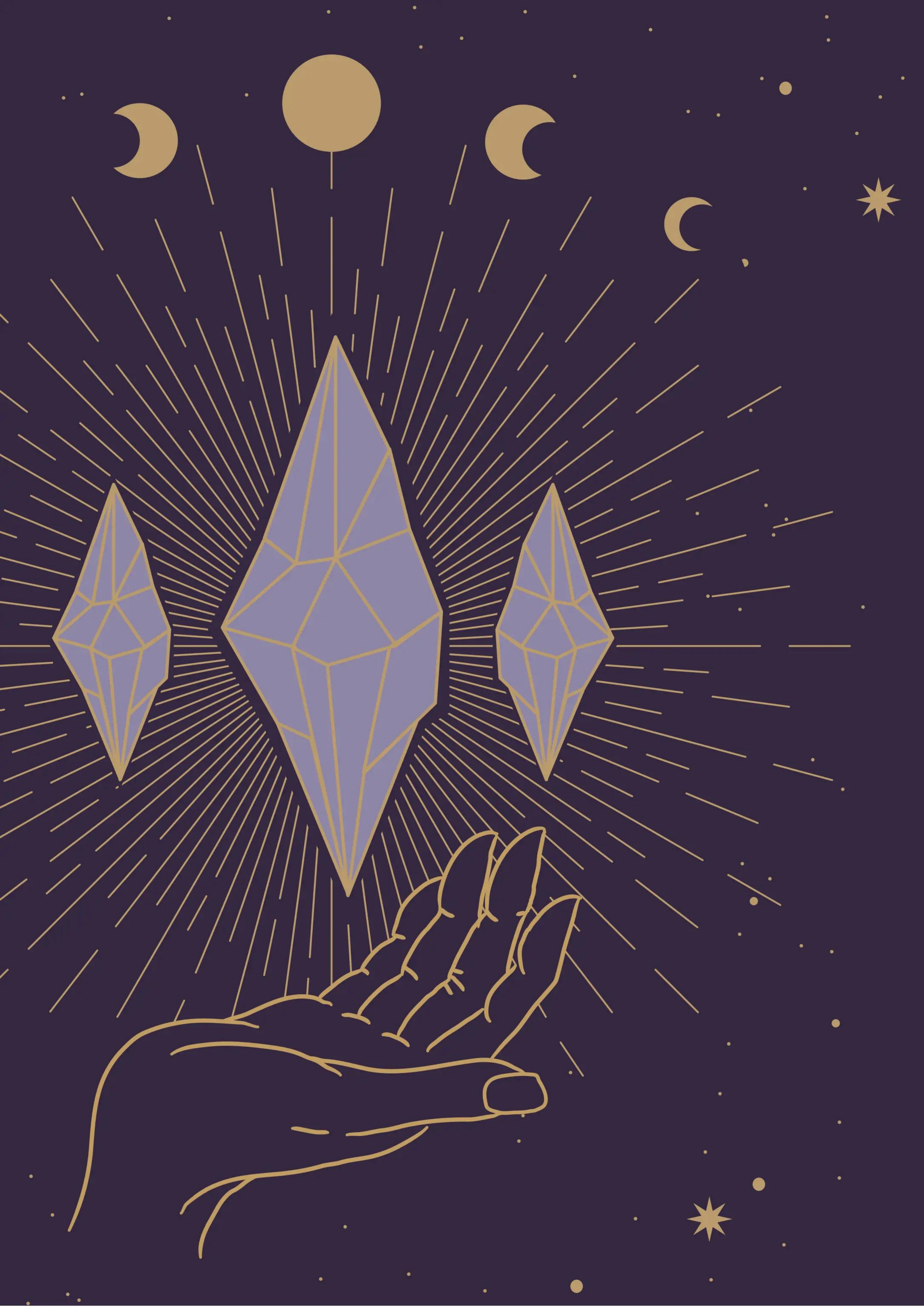
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Utilise the Earth's gemstones to boost lunar power



MOONLIT MUSINGS

From meditation to moonbathing, the soothing rays of the Moon are there to soothe, energise and inspire

Thanks to the Moon's awe-inspiring power, there are so many ways to harness its energy for your own self care. The soothing, invigorating rays of the Moon offer fantastic opportunities to really step up your "me time". Chances are you've slapped on the sunscreen and headed out for a bit of sunbathing, but bathing in the Moon's rays might not be so familiar. It won't give you a suntan, but it has plenty of benefits of its own.

The History of Moonbathing

The ancient practice of moonbathing goes back through the centuries and was a key part of traditional herbal healing practices, including the ancient Indian healing practice of Ayurveda, Taken from the Sanskrit for "Science of life", Ayurveda employs a holistic approach to treat conditions of the body and mind, whilst living in harmony with the natural world and the cycles of nature. Time spent in the Sun can energise and inspire, but it can turn up the heat until we're feeling a little too fiery. By bathing in the

MOONLIGHT MEDITATION

Find a calm and comfortable space where you won't be disturbed and where the moonlight will be visible. If you want to focus on a Moon goddess or use crystals, candles or oils, go ahead; whatever your practise is, indulge it. If you want to manifest a successful project, choose to meditate beneath a New Moon; for letting go, choose a Waning Moon. A Full Moon, meanwhile, will help you see things clearly and bring every aspect of life into focus.

–

Get comfy, close your eyes and breathe deeply in and out as you relax into your meditation. Focus on the top of your head and feel the cooling, soothing moonbeams entering and filling your body. Envision the Moon's rays flooding through your head and shoulders and bringing with it peace and relaxation, bathing your body, mind and spirit in its mystical light.

–

Picture the moonlight as your own source of soothing, cleansing energy. Envision it filling every part of you until it shines through every pore. If you wish to address a specific concern or intention, focus on that as you meditate.

–

Stay in your meditation for as long as you like and when you return to the conscious world, do so with the knowledge that the power of the Moon is yours to enjoy.

WHY NOT TRY?

Moon bathe in your own bath by pouring Moon Water (see page 92) into a luxurious bath, filled with your favourite essential oils. Then simply relax in the water and absorb the energies of the Moon.

moonlight, we can quell that fire and reach a place of peace.

By moonbathing, one can balance out and soothe frustration and anger, or calm a fiery temperament. Whether you want to cleanse away stress and anxiety, are undergoing hormonal changes or simply seeking a new approach to issues that are troubling you, moonbathing is an effective way to relax and find some inner peace. By bathing between the New Moon and the Full Moon, you can absorb the very best vibes that the heavens have to offer.

How to Moonbathe

If you know how to sunbathe, then bathing in the Moon is just what it sounds like. Simply find an open space where you can sit in the direct light of the Moon and spend a little time preparing it. Make it a peaceful and serene space, perhaps by lighting candles or burning incense: whatever feels right for you. As part of your preparation, place a glass or bowl of water in the moonlight and flavour it with whatever herbs or natural flavours that you wish. After it has been charging in the moonlight for an hour, take a drink from the water and enjoy your moonbathing!

You've taken the time to prepare a space just for you, so try to allow at least half an hour to enjoy it. Perhaps you're on a cosy blanket in the garden or a comfy chair beside the window, or even strolling in the peaceful darkness. There are no right and wrong ways to moonbathe. Whether you prefer to meditate, lie in the light or simply observe the world around you and empty your mind, you'll be recharging beneath the Moon's soothing beams.

Meditating with the Moon can be a cleansing and empowering experience



Words *Catherine Curzon* Images *© Getty Images*



MOON
— YOGA —

Both the Sun and the Moon are important aspects in Yogic tradition, where we, as twofold beings, represent the union between these fundamental energies

Yoga isn't just a series of exercises, it's a way of life that dates back to ancient India. Derived from the Sanskrit word "yuj" meaning "yoke" or union, the exercises we perform and call yoga in the West are simply the physical disciplines taught within this deeply spiritual system that aims to promote a way of life free of suffering and in harmony with the higher powers. To achieve this peace of mind, body and spirit, you must adhere to a set of rules or disciplines called the eight limbs. These include Asana (the yoga postures) and Pranayama (breathing exercises), which focus on harnessing Prana, the universal life force.

In the West, the Asanas (postures) are taught in sequences as Hatha

"This deeply spiritual system aims to promote a way of life free of suffering and in harmony with the higher powers"

Yoga (or Vinyasa), and offer an effective exercise class that can aid in increasing flexibility, toning and strengthening muscles, improving circulation and cardiovascular health, reducing high blood pressure, stimulating metabolism and promoting fat loss, enhancing general fitness and athletic performance, and reducing stress and anxiety. You may already know a few yoga poses, as they are often used during stretches and cool-down routines in exercise classes, but a yoga flow is a powerful cardiovascular exercise in its own right and promotes a peace of mind unlike any other gym class, so why not add it into your self-care routine? Try a few postures in the morning to wake your body up or a few Moon Salutations after work to balance your mind.

WHY NOT TRY?

If you have a garden or outdoor space, try some moonlit yoga under the Full Moon to reset your balance.

MOON PHASE PRACTICE

· NEW MOON ·

Rejuvenation · Intention setting

Poses and sequences for restoration

Try back bends such as Bridge, Cat, Cow, Sphinx and Crescent Moon to improve spinal flexibility.

· WAXING CRESCENT ·

Manifestation · Growth

Poses and sequences for balancing

Build balance, strength and focus with standing and core poses such as Side Plank, Tree Pose and Half Moon.

· FIRST QUARTER ·

Action · Energy

Poses and sequences for building heat

Try fast and dynamic sequences designed to energise and awaken your body.

· WAXING GIBBOUS ·

Rooting · Regenerating

Poses and sequences for centering

Prepare for the effects of the Full Moon with a sequence that incorporates inversions for strength and to reverse blood flow such as Forward Fold and Downward Facing Dog.

· FULL MOON ·

Grounding · Resetting

Poses and sequences for grounding

The perfect time to meditate with yogic breathing. Try a deep stretching sequence of poses followed by recharging with Corpse Pose.

· WANING GIBBOUS ·

Presence · Gratitude

Poses and sequences for heart opening

Try chest openers like Upward-Facing Dog and Bow Pose to increase your openness to self-love and acceptance.

· LAST QUARTER ·

Forgiveness · Reflection

Poses and sequences for opening and releasing

Try grounding hip openers such as Crescent Lunge and Goddess Pose to release tight hips and emotional blockages.

· WANING CRESCENT ·

Letting go · Restoration

Poses and sequences for detoxing

Try forward bends and twists such as forward fold, head to knee pose and Half Lord of the Fishes to aid digestion and calm the mind.

The Moon in Yoga

The word Hatha is derived from Ha (Sun) and Tha (Moon). The aim of Hatha yoga, therefore, balances the two energies – solar and lunar. The Sun is masculine energy, the energy of your body, the day, light, Yang in Chinese philosophy. The Moon is feminine energy, the energy of your subconscious mind, your emotions, the night, darkness and Yin in Chinese philosophy. According to yogi master BK Iyengar, "the energy of the Sun never fades, whereas the Moon fades every month and again from fading comes to fullness."

The Moon and Sun are both honoured in yoga. The Moon is connected to the emotional, sensory mind and is deeply associated with introspection and how we perceive ourselves. The Moon represents purity and therefore has a cleansing and purifying effect on our body. In Ashtanga yoga, a form of Hatha yoga, the New Moon and Full Moons are observed with rest – a day off from performing physical poses. It is believed that on the day of the New Moon our bodies feel the effects of gravity the strongest and therefore feel very heavy and inflexible. In contrast, on the day of the Full Moon, we are at our least grounded, creating physical instability. You too might choose to honour the Moon cycle by abstaining from practice on these days, but you may also want to try a gentle, slow restorative flow or Yin Yoga, where each pose is held for a long period of time.

It's not just the Full and New Moons that hold different energies. As we know, each phase of the Moon's cycle holds a different energy and therefore you may want to use this knowledge to inform your yoga practise.

SAGE ADVICE

Before you start...

- It is important that you seek medical advice before taking on any new exercise routine.
- We recommend that you attend a few in-person yoga classes before attempting any of the poses yourself to avoid injury and ensure you are performing the postures correctly and engaging the correct muscles.
- Always take your time and don't force yourself into postures. No two bodies are the same and your flexibility and balance can change from day to day. Yoga is about listening to your body, not looking good. There is no room on the mat for your ego!
- Always remember to keep a slight bend in your knees, scoop your pelvis up and in towards your spine to protect your back and relax your shoulders and jaw to prevent strain.
- Follow the breathing prompts to ensure you are inhaling and exhaling deeply and regularly in order to fuel your practise. Never hold your breath during yoga!
- For more yoga, try Yoga With Adriene on YouTube for free classes. If you are willing to pay, apps like Down Dog, Daily Yoga, Glo Yoga, Alo Moves and Asana Rebel will help you level up your practise or help you stick to a daily routine. If you like a variety, Peloton even offers yoga and Pilates classes with some killer soundtracks.

YOGIC BREATH

Yogic breathing (Pranayama) is a core element to yoga and can prove a vital skill for meditation and mindfulness. During physical yoga practice, it is most common to enlist Ocean Breath (Ujjayi). In order to do this you must inhale deeply through your nose and then constrict the back of your throat while breathing out, again through your nose. You can develop the breathing method by starting off by simply imagining you are fogging a bathroom mirror with your breath and breathe out through your mouth to recreate this act. Once you feel confident to do so, close your mouth and using the same technique, breathe out through your nose. Eventually, you are aiming to constrict your throat while inhaling too!

MOON SALUTATION (CHANDRA NAMASKAR)

Soothing, cooling and balancing

Time to Practise: Evening, summertime, or anytime you are feeling exhausted, anxious, overstimulated and overwhelmed.

Originally conceived as an evening sequence, the Moon Salutation is the Yin equivalent of the Sun Salutation practised in most yoga classes. The Sun Salutation is traditionally more invigorating, designed to build heat and energy, while the Moon Salutation is designed to soothe, cool, calm and unwind after a long day. However, both can be used interchangeably depending on what you require from your practise. They both strengthen and stretch your entire body, aid circulation and digestion, boost your immune system and still the mind, but the Moon Salutation is particularly useful as a full body de-stresser when you are struggling with anxiety or drained and overwhelmed.

STEP 1

MOUNTAIN POSE *(Tadasana)*

Stand with your feet parallel, hip width apart. Spread your toes and ensure your weight is evenly distributed throughout your feet. Relax your shoulders, lift through the legs and lengthen through your spine. Engage your glutes and draw your naval in towards your spine to engage your pelvic floor and abdominal muscles while ensuring your pelvis remains neutral – it helps to keep a slight bend in your knees. Straighten your arms beside you and open your hands wide and face your palms towards the front.

STEP 2

EXTENDED MOUNTAIN POSE

Inhale and turn your palms inwards, extend your arms outwards and sweep them up high above you in one swift circular motion. Ensure your feet remain grounded as you reach as high as you can, lifting your waist away from your hips to stretch and lengthen through your entire spine, ensuring you draw your shoulders away from your ears. Exhale and bring your palms together overhead bending ever so slightly backwards ensuring you feel no pressure on your lower back, and then return to centre on an inhale.

STEP 3

STANDING CRESCENT MOON POSE *(Indudalasana)*

Clasp your fingers together leaving only your forfeingers outstretched and pointed towards the sky. Exhale and gently bend at the waist, leaning towards the right. Only go as far as you can, ensuring your hips remain still and your legs are anchored through your feet. You should feel a stretch in the left side of your torso. Stay here through another few breaths. As you inhale, bring yourself back to centre, pause and then exhale to repeat the same bend towards the left, feeling a stretch in the right of your torso. Stay here for as many breaths as you stayed for on the right. Inhale and return to the centre.



STEP 4
GODDESS POSE
(Utkata Konasana)

As you exhale, step your feet wide apart. Your toes should be pointing slightly outwards from centre – at approximately 11 and 1. Bend your knees and aim to lower your body parallel to the ground, your knees at 90 degrees, stacked over your ankles. Don't force yourself – you may not be able to come down that low; that's okay! Just ensure you are still engaging your core and glutes. Your body should not be leaning forward or backwards – envision a string keeping you upright. If you start to tip forward, don't squat so far down. As you lower, bring your upper arms down to become level with your shoulders. Your forearms should be perpendicular to your upper arms, with your palms facing forward, hands open. Ensure that your knees are facing outwards and you can feel a deep stretch in your inner thighs. Stay here for a few breaths.

STEP 5
FIVE POINTED STAR POSE
(Utthita Tadasana)

Inhale, and pivot your feet parallel. Straighten your legs while maintaining a slight bend in your knees and draw your chest up as you straighten your arms outwards into a T-shape. Stay here for a few breaths.

STEP 6
EXTENDED TRIANGLE POSE
(Trikonasana)

Pivot your right foot towards the front of the mat and your left foot to 45 degrees. Exhale, reach your right arm towards the front of the mat and shift your torso with it, keeping your hips still. Hinge from the hip joint towards the right leg and reach your right arm towards the floor. You may need a block here, or you might be able to touch the ground with your finger tips or simply place your hand on your shin. Lift up from the waist, engage your abs and glutes and reach your left hand to the sky, palm facing left. Do not let your head drop or your waist relax towards the floor! Inhale, twist your chest forward and gaze up past your right fingertips towards the sky.

Modification Use a block or even the wall to support you! Don't look up towards the sky if you feel off balance – keep your gaze towards the front but try and lift your chest as you reach!

STEP 7
PYRAMID POSE
(Parsvottanasana)

Exhale, untwist your chest and turn your torso towards the right. Reach your left arm back down towards the mat. Pivot your hips towards the front of the mat, keeping them square and level. Now hinge forward from your hip joint and release your body towards the mat, reaching towards the right knee with your head and stretching the spine long. Inhale and interlink your hands behind your back - you might want to try your palms together (Anjali Mudra) if this is possible for you. Stay here for a few breaths, stretching further forward and downward as you exhale and pull the naval in towards your spine.

Modification If you are less flexible, only go half way down. Straighten your spine and keep your back flat, parallel to the floor. Use two blocks either side of your right leg and rest your hands to keep your stable.

STEP 8
LOW CRESCENT LUNGE POSE
(Anjaneyasana)

Inhale as you lift as you bend your back knee and rest it down onto the floor while moving your gaze forwards, shifting your body towards the front of the mat and into a low lunge position. Exhale. As you move forward into the pose, engage your glutes and abs and shift your hips forward to stretch your back leg out. Inhale and sweep your hands up above your head, palms facing each other. Lift your chest upwards as you gently lean backwards into a backbend. Feel the stretch in your leg, hips and back as you breathe, ensuring you tighten the abdominal muscles and glutes to protect the spine.

Modification Enlist blocks if you are struggling to reach the ground with your hands and place a pillow or towel under your knee for support.

STEP 9
SIDE LUNGE POSE
(Skandasana)

Inhale and turn your body to the left, and straighten your back leg, shifting your weight over to the right. Exhale and rest your left heel on the floor and sit on your right toes. Place your hands on the floor in front of you for balance or your palms together if you feel stable. Ensure you keep your chest up and spine straight, feeling the stretch in your hips and legs and maintaining your balance.

Modification You can use blocks for support if you cannot reach the ground with your fingertips on your own.

STEP 10
GARLAND POSE
(Malasana)

With your hands on the mat to guide you, shift your body back to the centre and bend your back leg, bringing it in towards your body. Exhale and place both feet on the floor and press your elbows inside the thighs to open your hips and find stability. Stretch your spine and lift your chest connecting to your breath.

Modification Swap this pose for Goddess Pose if this is too deep of a stretch!

STEP 11
SIDE LUNGE POSE
(Skandasana)

Now shift your weight to your left leg and repeat Side Lunge Pose on the other side, stretching out your right leg and balancing on your left foot.

STEP 12
LOW CRESCENT LUNGE POSE
(Anjaneyasana)

Inhale and shift your body towards the back



of your mat and repeat Low Crescent Lunge Pose with your left leg bent and right leg stretched out behind you.

STEP 13
PYRAMID POSE
(Parsvottanasana)

Exhale and engage your glutes and abs to lift yourself up and straighten your legs. Inhale and try and raise your body while still facing the left in one fluid motion. Exhale and stretch out your torso either leaving your arms stretched out in front of you or clasped behind your back to repeat Pyramid Pose on the other side.

STEP 14
EXTENDED TRIANGLE POSE
(Trikonasana)

Carefully release your arms from Pyramid Pose and keep a soft bend in the knee, draw your naval in towards your spine and lift your torso. Exhale and reach your left arm forward and your right arm behind you, shifting your weight towards your left arm and hinging at the waist to move back into Extended Triangle Pose. Reach to the sky with your right arm, twist your body and gaze towards your fingers.

STEP 15
FIVE POINTED STAR POSE
(Utthita Tadasana)

Inhale and slowly lift your torso back up to standing. Pivot your left foot so that it is parallel with your right and your body is facing the side of the mat. Move into Five Pointed Star Pose, elongating your spine and drawing up through your legs, extending your arms ensuring your feet are grounded.

STEP 16
GODDESS POSE
(Utkata Konasana)

Inhale and move back into a squat for Goddess Pose. Inhale and raise your arms, bending at the elbows, opening your fingers and straightening your spine.

HALF MOON POSE

Feel like challenging yourself? Try adding this balancing pose during the Waxing Crescent or First Quarter phase of the moon

Good for:

- Improving balance, stability and focus
- Stress and anxiety relief
- Improving digestion
- Stretching your hips and back
- Easing menstural cramps
- Aiding circulation
- Strengthening lower body
- ***Do not try if...*** You have any leg, hip, shoulders or back injuries or issues – seek medical advice!



From Five Pointed Star Pose you might want to try moving into Half Moon Pose. With your feet wide and legs straight with a soft bend in the knee, step your left foot in a little and pivot your right front towards the front of your mat. Place your left hand on your hip and keep your right arm outstretched. Inhale, bend your right knee and shift your weight into your right leg as you lift your back leg off the ground. Reach for the ground or a block to stabilise you. Inhale and rotate your chest and pelvis to the left, extend your left arm up as you look down to the ground and try to lift your left leg higher, so it is level with your hip and parallel to the ground. Flex your left foot and extend through the ball of your right foot. Now gaze up at your left hand. Repeat on the other side (after the second Five Pointed Star Pose in this sequence).
Modification: Use a block under your right hand to support you, keep your left hand on your hip and maintain your gaze towards the floor.

STEP 17
STANDING CRESCENT MOON POSE
(Indudalasana)

Inhale and engage your legs, drawing up through your knees and glutes, ground yourself through your feet to raise yourself back up. Bring your feet back into a natural hip-width apart and raise your arms to the sky, pressing your palms together overhead. Repeat step 3 on either side.

STEP 18
EXTENDED MOUNTAIN POSE
(Tadasana)

Once you are back to centre don't release your hands apart. Exhale and slowly draw your palms down from above your head to your heart. Repeat all steps again three or four times and finish by lying on your back legs outstretched, one hand on your belly and one on your heart in Corpse Pose (Savasana). Stay here for up to 10 minutes.

Words *Alice Pattillo* **Images** © *Getty Images.*



FERTILITY & THE MOON

When it comes to fertility, the Moon's cycle and your own may have more in common than you think

For centuries, women have looked to the cycles of the Moon to guide them on their own fertility cycle. The Moon waxes from the New Moon to the Full Moon, then wanes to begin the cycle again every 29 days or so, and a woman's own hormonal cycle goes through its process every single month too, releasing an egg that may or may not result in conception. Just as some folklore tells that a baby conceived under a Full Moon will enjoy rude health, so did some believe that the Moon's power was vital when it came to successful conception.

In ancient times, it was often the case that many goddesses worshipped for their connections with the Moon were also goddesses of fertility. From Artemis in ancient Greece to the Lakota people's Hanhepi Wi, the sacred link between the power of female deities and fertility has long been established. Luna, the goddess of the Moon, bestowed fertility on women in ancient Rome and even had the power to grant an easy labour and guarantee a healthy newborn.

THE DEWAN STUDY

A 1960s study attempted to reset irregular periods using the Moon!

US Air Force scientist Edmond Dewan believed that the Moon regulated a woman's menstrual cycle, to the extent that the Full Moon triggered ovulation and her own cycle was intimately linked with the Moon's phases. However, he suggested that modern electric light had caused women's bodies to fall out of sync with the moonlight they needed to stick to this ancient schedule.

Dr Dewan carried out an experiment in which women with irregular periods established an artificial "full moon" by leaving their bedrooms illuminated for three nights on the 14th day after their last period. Essentially, this made the last period the New Moon, and the time of the experiment the "full moon".

The study delivered impressive results. By following Dr Dewan's light therapy technique that mimicked the Moon, the menstrual cycles of the women involved all stabilised and became regular, just as he had theorised would be the case.

Though legend and folklorists have long since spoken of a relationship between fertility and the Moon, science has attempted to prove it as fact. Numerous studies have taken place over the decades that have so far failed to establish solid and irrefutable evidence, but have been able to make and prove some intriguing claims. Perhaps the most influential of these studies was undertaken by Dr Eugen Jones who, in the 1950s, first put forward his lunar fertility theory. This theory posits that a woman can schedule conception or, should she wish,

THE MARINE MOON

The fertility and breeding cycles of any marine creatures are synchronised with the phases of the Moon, beginning in some cases with migration to spawning grounds that take place as the Moon wanes. Creatures such as eels reach their destination at the same point in each lunar cycle, ready to get to work.

potentially avoid it, by working to the Moon's schedule.

Dr Jones's theory determined that every woman experienced her own "lunar conception moment" each cycle, when the chances of conception would be at their highest. According to his study, their moment occurs when the Moon is in the same position in the heavens as it was at the moment of the woman's birth. Intriguingly, so long as the Moon is in position, it doesn't matter where in her menstruation cycle the woman is: hormones don't come into the mysterious gift of "lunar conception". As such, his theory suggested that attempts to conceive at less favourable times in the Moon's cycle, as opposed to the woman's menstrual cycle, would be less likely to meet with success.

In nature, of course, there are marine organisms that reproduce in sync with the phases of the Moon, and a recent study sought to prove that humans can too. The long-term study found that, on occasion, women's fertility cycles did occur in synchronisation with the Full or New Moon, though this was by no means a majority conclusion. However, the results suggested a tantalising possibility that, in certain circumstances, a woman's body simply spontaneously moved into synchronisation with the Moon.

If you'd like to use the Moon's power to track your own fertility, it's easy to do so at home. By drawing up a simple calendar, you may well be able to establish your own lunar conception moment and increase your chances if you're trying to conceive. It's a great way to get to know not only your own body and natural rhythm, but also to bring a little bit of Moon magic into your life. After all, women have been looking to the Moon and its goddesses for millennia, so there's no reason you can't too.

WHY NOT TRY?

If you are trying for a baby, use a Moon phase calendar to track your cycle. Note menstruation, cervical mucus, physical changes and feelings. When your most fertile phase (mid-cycle) syncs with the New Moon, try to conceive!

Since ancient times, women have looked to the Moon to aid with conception and fertility



Words Catherine Curzon Images © Getty Images.

MENSTRUATION & THE MOON

Menstruation might not seem magical, but by understanding the Moon's part in your cycle, you can get to know your body so much better

Once upon a time, long ago, before society was taught that periods and their discussion was taboo, menstruation was ritualised and honoured. Women and girls would gather together in Moon lodges and other sacred spaces to share the experience of bleeding with rituals including cleansing, letting go and relaxation. Rather than hide their periods away, this shared experience was a celebration of that shared experience.

In this time of sacred bleeding, women understood the way in which their cycle was syncing with the Moon and how, as she moved through life, that changed. Whether it was the Red, White, Purple or Pink Moon, each phase carried with it different mystical meaning for the woman and her place in the cosmos, as well as the way in which she and the moon were flowing in harmony.

By tracking your own period and the way your body changes

"You'll find yourself even more able to understand the rhythms of your body"

throughout the month, you can follow in the footsteps of generations of women going back to ancient times who looked to the heavens in order to better understand their cycle and fertility. You'll find yourself even more able to understand the rhythms of your body and in doing so, deepen your relationship with your inner self.

In order to track your menstrual cycle and how it is related to the moon, simply make a note of the dates throughout your cycle when you first experience symptoms of PMS, when your bleeding starts and finishes, and when, 14 days later, your ovulation starts. You can do this in a journal or even on one of several different apps that will guide you through the process. Once you've gone through a full cycle in this manner, you'll be able to see in which phase of the Moon your menses occur. Once you know whether you're menstruating during a New Moon, a Full Moon or the Waxing and Waning Moons, there are very specific energies and magic associated with these. Also, as you grow older or go through different phases of your own life, you'll find that your cycle might well change – subtly or otherwise – to bring these different energies into your world.

When you menstruate during the New Moon, you are experiencing "White Moon" bleeding. This cycle is linked to fertility and what might be called the mothering phase of her existence. If you're a White Moon person, then you're highly intuitive and might find that when you have your period, you're more tuned into the rhythms of the natural world than ever. You'll also need to rest and renew during this time, so your intuition doesn't wring you out. White Moon energy is focussed outwards, so it's really important to take care of yourself too, and not let others sap all your strength.

If you bleed during the Full Moon, you're a Red Moon person, and you're absolutely brimming with energy and life during your period. Though you might not associate feeling overly energetic with menstruation, to Red Moon people the two go hand-in-hand. Our ancient ancestors associated these women with shamanic magic and many were regarded as healers or magical practitioners. Of course, whether you're in a White or Red Moon phase currently, you might find that changes over the years, bringing different energies into your life.

Neither moon cycle is 'right' and neither is 'the best'; your body will give you what you need, when you need it, and that includes its syncing with the Moon. In fact, you might even find that you're in a Pink or Purple Moon phase, both of which bring with them a wealth of different meanings and possibilities. The most important thing to realise is that wherever you are, it's where you're meant to be. By understanding this and not trying to tell yourself that you need to change your cycle or fit in better with the energies it brings, you'll only increase your harmony with your own body and cycles. After all, your body is just that: yours, and by understanding your cycle, you'll intuit exactly what is right for you when it comes to self care.

Your monthly cycle is a remarkable thing and understanding your relationship with your body will bring rich opportunities to harness your own power and strength; there's nothing taboo about it!

DID YOU KNOW?

Some ancient women gathered in a "bleeding lodge" during their period, to meditate and connect with themselves and their sisters.

APPS FOR TRACKING YOUR CYCLE

If you'd like to track your monthly cycle with the phases of the moon, here are a couple of dedicated apps to try:

My Moontime www.mymoontime.com
Stardust stardust.app

· WHITE · WITCH

White Moon Cycle

MOON PHASE NEW MOON

The White Moon cycle is the most common and one that mirrors the 29 day cycle of the Moon itself. If you're currently on the White Moon cycle, then you ovulate during the Full Moon and bleed during the New Moon. Women on this cycle are said to be going through the mother phase, and may be trying to conceive or focussing on nurturing the children in her life. These women are in the most fertile time of their life and their cycle, and their maternal instinct is the strongest it will ever be. Of course, not every woman on the White Moon cycle is a mother or wants to be one, but that need to care and nurture will still be strong and may turn itself outward to others, but you can equally refocus it on yourself. Your body knows what you need and if you don't recognise the mother label as one that applies to you, then perhaps your intuition is telling you that you need to care for yourself more. Perhaps you're feeling drained and if so, then spend some time nurturing and loving yourself.

WHY NOT TRY?

Don't let all your energy be spent on the people you care for; set some time aside to bathe in the moonlight and recharge yourself.

· RED · WITCH

Red Moon Cycle



MOON PHASE FULL MOON

The Red Moon cycle is less common than its White Moon sister. Women on this cycle ovulate when the Moon is New and bleed when it is Full. Just as the White Moon symbolises the mother phase, the Red Moon symbolises the phase of the learned wise woman. In centuries gone by, women on the Red Moon cycle were often priestesses, seers, healers or shamen. They were respected as practitioners of magic and healing and used their energies not to nurture and mother their children, but to serve the wider community. Of course, that's not to say that they aren't also mothers, but they like to share their energies as teachers and leaders, as well as parents. Women who are on the Red Moon cycle are highly focussed on the world around them and make for empowering business leaders and mentors. Women who are on the Red Moon cycle are naturally in tune with their own sexuality and embody a potent sexual energy. It's little wonder that, historically, many of these powerful women found themselves persecuted as witches and punished or exiled whilst those on the White Moon cycle were celebrated for their naturing maternalism.

WHY NOT TRY?

You're at your most energetic during your bleed, so start new ventures and endeavours during the first days of your period.

· PURPLE · WITCH

Purple Moon Cycle

MOON PHASE WANING MOON

Not every woman is on the White or Red Moon cycle, and just as the Moon goes through different phases, so can women go through different phases in their own lives. To be in the Purple Moon phase of your life, then your cycle must start more than three days before the New Moon, during the time when the Moon is Waning. If you're on the Purple Moon cycle, then the transition of the Moon mirrors your own phase of life and you are in transition too. This transition could be a literal one, in that you are moving from an outgoing and exuberant phase into a quieter time of life, or perhaps you're trying to get more in tune with your inner self, and spending more time on reflection than in action. If you've found yourself entering a Purple Moon cycle, and aren't sure why, it's time to examine what's happening in your life. There might be something or somebody that you need to let go of, or it could simply be that your inner self is telling you that you need to relax and focus on yourself for a while. After all, there's nothing wrong with spending some time looking after your own needs.

WHY NOT TRY?

Spend some time on meditations that will help you let go of what you no longer need, whilst bringing balance to your soul.

· PINK · WITCH

Pink Moon Cycle

MOON PHASE WAXING MOON

Though most women will be on the White or Red Moon cycle, that certainly doesn't apply to everyone throughout their whole life and, just as the Moon goes through periods of transition, sometimes so do we. If your cycle starts as the Moon is Waxing - more than three days before the Full Moon – then you're said to be on the Pink Moon cycle. If you're going through a Pink Moon phase of your life, you're looking to branch out. You're feeling curious and adventurous and you're willing to take risks whether or not success is guaranteed in your endeavours. When the Moon waxes it is growing in the sky, becoming brighter and larger; if you're mirroring this phase, then you're moving from a period of introspection or rest and self-care and stepping out into the world, ready to put your plans into action. If you're on the Pink Moon cycle, you may well be about to enter a period of rewarding self discovery; you're going to find out what you're really capable of and do great things. You're going to emerge from this cycle with a clear image of who you truly are and the path you're following.

WHY NOT TRY?

This is a wonderful time to put new plans into action; note them down and track their success as your cycle evolves.

Words *Catherine Curzon* **Images** © *Getty Images, Shutterstock*

GARDENING WITH THE MOON

How getting in tune with the Moon can help you to create a beautiful garden



Planting by the Moon phases can have a profound impact on the health, happiness, and well-being of plants. By observing the connection between the Moon and the Earth, it is possible to tap into the Moon's energy to achieve the best gardening results. Aligning gardening activities with the phases of the Moon allows you to tap into the natural cycles of growth. It is believed that the gravitational pull of the Moon affects the flow of sap and energy within plants, influencing their overall development. By following the monthly rhythm of the Moon, you will see that your plants are becoming more robust, vibrant and resilient. Flowers bloom more profusely, fruits ripen with greater flavour and sweetness, and seeds develop to their full potential. This in turn leads to bountiful harvests, and an abundance of seeds for future plantings. It is even believed that by planting in tune with the Moon, these plants experience improved disease resistance, reduced pest infestations, and increased tolerance to adverse weather conditions. By working in harmony with the Moon's energy, an optimal environment is created for plants to thrive. Whilst scientific evidence supporting the direct influence of the Moon's phases on plant growth remains limited, immense satisfaction and a deep sense of connection can be derived from practicing gardening with the Moon. It is a way to honour ancient wisdom, cultivate mindfulness, and develop a profound bond with nature. Gardening with the Moon creates a beautiful dance between the earth and the sky, which in turn can lead to a more abundant garden!

"Tap into the Moon's energy to achieve the best gardening results"

DID YOU KNOW?

When looking at the Moon, if the illuminated curve of the Moon is on the right side, it is waxing. When on the left side, it is waning.

MOON PHASES

Discover the Moon's phases and what they're best for



NEW MOON

During the New Moon phase, focus on planning, soil preparation, and maintenance tasks. Avoid planting or sowing seeds, as the energy is low and growth potential is limited.



WAXING CRESCENT

Whilst the Moon is in the Waxing Crescent phase, it is favourable to plant above-ground crops. The energy is increasing, which will support healthy leafy growth.



FIRST QUARTER

During the First Quarter Moon phase, focus on planting, especially leafy vegetables and annual flowers. The energy is increasing, supporting growth and establishment.



WAXING GIBBOUS

Whilst at the Waxing Gibbous Moon phase, this is a good time for maintenance tasks, such as weeding, fertilising, and pruning. Avoid major planting activities now.



FULL MOON

During the Full Moon, focus on harvesting crops especially those that bear fruit above ground. It is a good time to appreciate the beauty of your garden.



WANING GIBBOUS

The Waning Gibbous phase of the Moon is favourable for pruning, thinning, and transplanting. Avoid planting new crops as the energy is decreasing.



LAST QUARTER

During the Last Quarter focus on weeding, pest control, and any general garden clean up. Avoid planting and prepare for the next cycle.



WANING CRESCENT

Prioritise soil enrichment and composting during the Waning Crescent Moon. Avoid major planting activities and focus on restorative tasks to prepare for the next lunar cycle.

MOON SIGNS & BEST DAYS

The Moon moves through the zodiac, making some days better for gardening tasks than others

Moon signs are an important aspect of astrology, and influence various areas of life, including gardening activities. In astrology, the Moon moves through different zodiac signs approximately every 2.5 days, creating a cycle of lunar energy that can affect the success of gardening endeavours. Understanding Moon signs and their influence on gardening can help to optimize planting, pruning and harvesting. Certain zodiac signs are considered barren for gardening activities. When the Moon is in these signs, it is less favourable for planting, or sowing seeds. Aries is a fire sign, associated with heat and dryness.

DID YOU KNOW?

Planting above-ground crops during the Waxing Moon phase is favourable as this period promotes leafy growth. Planting below-ground crops during the Waning Moon phase is helpful to enhance root development and yield healthier harvests.

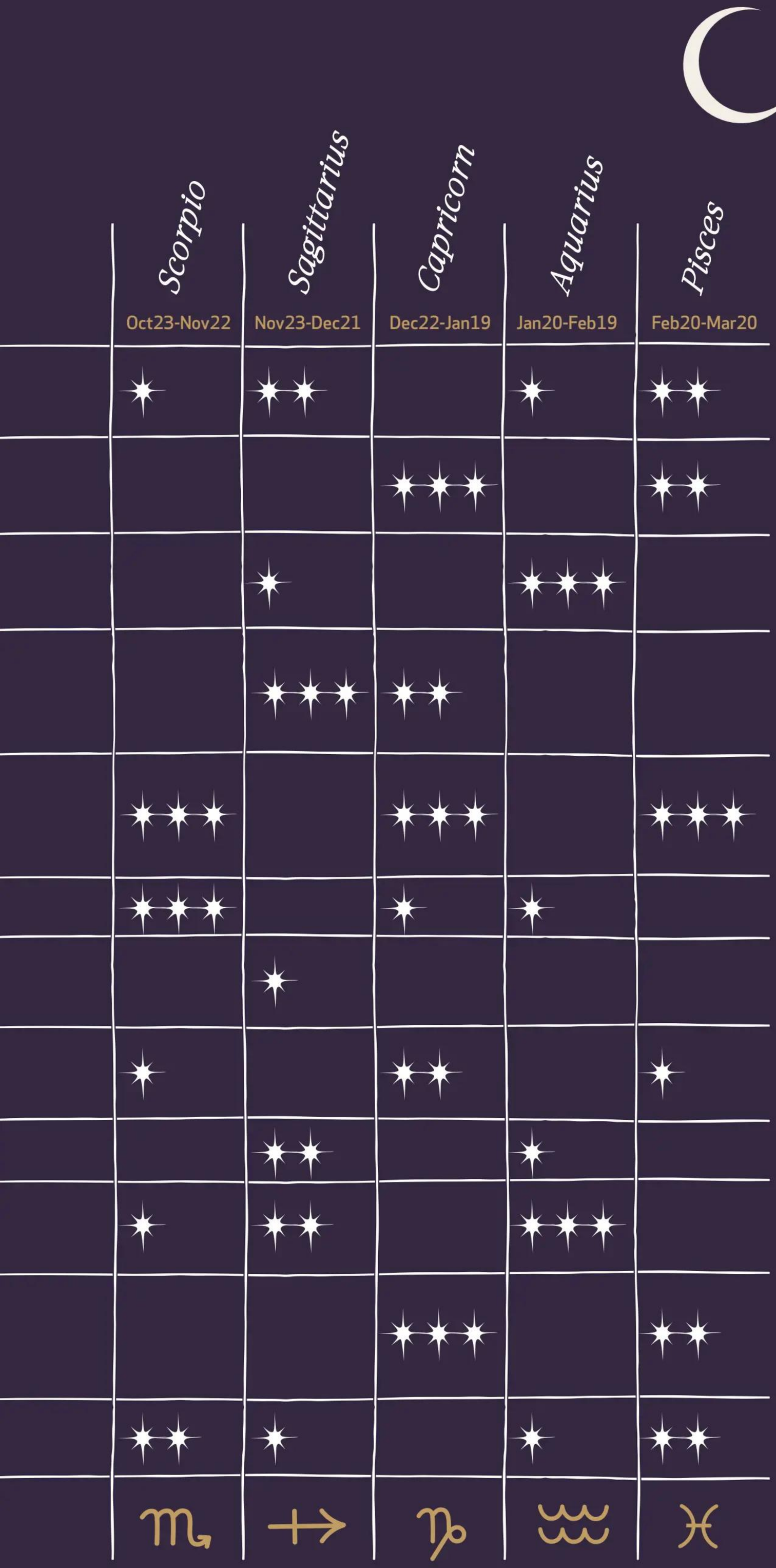
It is considered a barren sign for planting, so it is best to avoid transplanting during this Moon sign. Gemini is an air sign, known for its changeability. It is also considered a barren sign for planting leafy vegetables or flowers. When the Moon is in the other air signs such as Libra or Aquarius, focus on pruning, grafting and tending to flowers. Avoid planting or sowing seeds during this time. More fruitful moon signs to plant under are Taurus, Cancer, Virgo, Scorpio and Capricorn. Taurus is an earth sign, which is associated with stability and fertility. The best crops to plant during this Moon sign are root crops and plants that bear fruit below the ground. Virgo and Capricorn are also earth signs. Virgo is a practical and organised sign, so planting during this Moon phase will promote healthy and strong roots. Planting whilst the Moon is in Capricorn is beneficial for slow-growing crops and plants that require strong foundations. This is a steady sign and patience pays here! Cancer is a water sign, and planting during this Moon sign is beneficial for leafy greens, and plants that require plenty of water. Nurture these plants as Cancer responds to care and attention. As Scorpio is a water sign that is associated with transformation, planting during this Moon phase will enhance the growth of root crops and plants that bear fruit above the ground. It is important to take other factors into consideration when gardening, such as climate, local soil conditions and individual plant needs, which also play a part in gardening success. It is helpful to consider these factors in conjunction with planting with the moon signs for the best outcomes. By aligning gardening activities with the corresponding Moon signs, you can work in harmony with the natural rhythms, potentially enhancing plant growth, and overall garden productivity.

DID YOU KNOW?

Planting on the New Moon and the quarter days themselves is generally not advised when gardening. It is better to focus on planning, preparation and other non-planting activities during these phases.

BEST DAYS

	Aries Mar21-Apr20	*Taurus* Apr21-May20	*Gemini* May21-Jun20	*Cancer* Jun21-Jul22	*Leo* Jul23-Aug22	*Virgo* Aug23-Sep22	*Libra* Sep23-Oct22
PLANT SEEDS *above ground plants*		✦		✦✦✦			✦✦
PLANT SEEDS *root plants*		✦✦✦	✦		✦	✦✦✦	✦✦
GRAFT *or* POLLINATE	✦	✦✦✦	✦✦✦	✦			✦✦✦
PRUNE *to* ENCOURAGE NEW GROWTH	✦✦✦				✦✦✦		
PRUNE *to* DISCOURAGE NEW GROWTH		✦✦		✦			
WEEDING	✦✦		✦✦	✦✦✦		✦✦	✦✦
HARVEST *above ground plants*	✦✦	✦✦		✦✦✦	✦	✦✦	
HARVEST *below ground plants*		✦✦	✦				✦✦
PICK FRUIT	✦	✦✦		✦✦✦	✦✦		
DRY HERBS & VEGETABLES			✦✦			✦✦✦	
CAN, PICKLE & PRESERVE FRUIT & VEGETABLES		✦✦✦	✦✦		✦✦		✦
BAKING		✦✦✦		✦✦✦		✦✦✦	✦✦✦
	♈	♉	♊	♋	♌	♍	♎





"More fruitful Moon signs to plant under are Taurus, Cancer, Virgo, Scorpio and Capricorn"

Words *Sally Trotman* **Images** *© Getty Images, Shutterstock*

CELESTIAL CRYSTALS

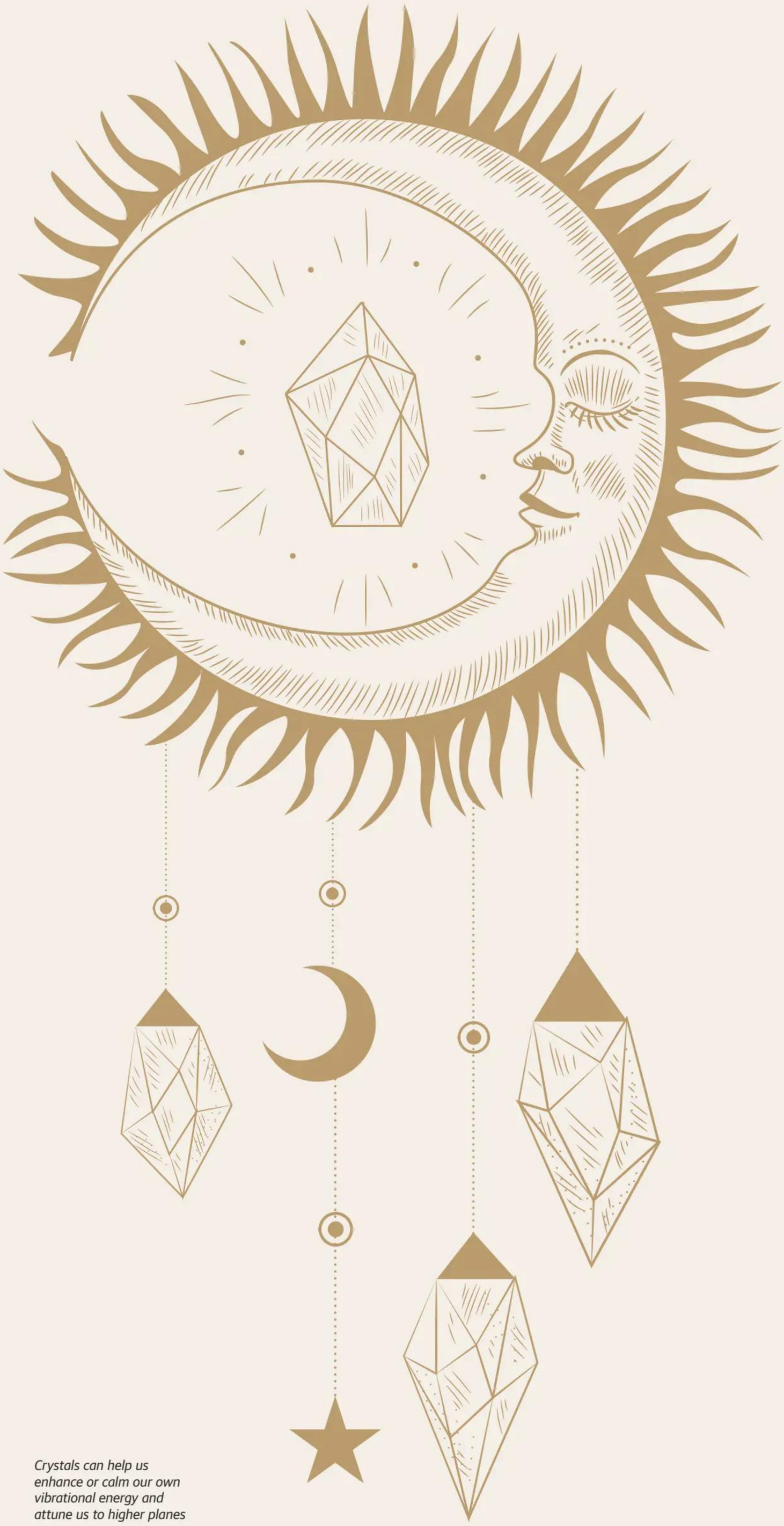
Harness the power of gemstones and minerals to amp up the lunar energies in your life

Crystals are nature's magical talismans. Prized for their beauty and wisdom for millenia, gemstones are believed to have metaphysical properties that can heal both physically and emotionally. This is all down to their vibrational energies. Everything on Earth and throughout the universe is made up of energised atoms and molecules, all vibrating at different frequencies and thanks to crystals' perfect molecular structure they are thought to be particularly powerful sources of energy that can help us to restore our own energetic balance. The energy that a person radiates is referred to as their aura, and each person emits a different frequency depending on their strengths and weaknesses. A person with a high frequency aura might be described as imaginative and intuitive but also may be unable to concentrate, get easily distracted, appear ditzy or flighty and suffer with anxiety and lateness. This means they need a grounding crystal to bring them back down to Earth. On the other hand, someone might be the opposite – stubborn, unable to see outside the box, negative and trapped in material possessions. A high vibration crystal can open them up to new possibilities, ease up their routine and tap into their higher consciousness. Crystals can also be used in spellwork. Many crystals are thought to have magical properties and have been used for divination, manifestation, good luck and protection for thousands of years. Many of the crystals with particularly potent mystic energies are associated with the Moon and the stars and can help you to connect with the energies of the night sky.

MOON CHARGING

How and why you should be charging your crystals by moonlight

Most crystals pick up negative energies leading to them needing to be cleansed and charged to recalibrate, like a battery. There are numerous ways to cleanse crystals, including washing them with water or using incense smoke, but the easiest is to use a slab of selenite. Just place your crystals upon it – simple! Selenite doesn't need to be cleansed, as it is a self-cleansing stone and is water soluble, and will also cleanse other crystals too.
Once you've cleansed your crystals, you will want to charge them. Charging by moonlight infuses them with the nurturing, mystical energies and celestial power of the Moon. To do this, place your crystals along a window sill that catches the Moon's rays, or outside in a place that is soaked with the Moon's light and leave them overnight during the Full Moon.



How to Use Crystals

You can harness the energy of crystals in numerous ways. You might want to incorporate them into your meditation and use them as a focal point, or simply hold on to them to promote focus and calm. You may wish to place them on your yoga mat during your practise to amplify your motivation. You might decide to adorn your home with them, investing in larger specimens and geodes to help transform your home into a calming sanctuary. You might use them in your spellwork – adding tumble stones, pyramids, spheres and clusters to your Moon Altar and utilising them as divination tools. You may prefer to use them to power up your Moon Water or drop them in the bath while you enjoy a luxurious moonlit soak (although check that your crystal is water safe first!). You might very well choose to wear them as jewellery so you can absorb their lunar vibrations daily, and remain connected to the Moon in every aspect of your life, shielded in her protective glow and embraced by her nurturing magic in everything you do! Whatever you choose, try and pick your crystals using your intuition. Go to a specialist store and really get a feel for their energies, paying attention to whatever one draws you in!

WHY NOT TRY?

Programme your stones for magical and healing purposes by breathing your intention onto the crystal as you exhale.

Crystals can help us enhance or calm our own vibrational energy and attune us to higher planes

MAKE CRYSTAL-INFUSED MOON WATER

Capture the essence of the Moon by making your very own Moon Water. This powerful magical tool can be used in various ways:
Cleansing – Wash your hands with it before a ritual, use it to rinse your face in beauty rituals (see page 106), add it to a moonlight bath (see page 71) or cleanse your water-safe crystals!
Magic – Fill a bowl with it and use it for scrying (see page 110), pop some flower petals in it and place it as an offering on your moon altar (page 99) or add it to your potions and magical recipes.
Nourishment – Drink it yourself in a herbal tea, feed it to your indoor plants or use it to water your Moon Garden (page 84).



YOU WILL NEED...

- A selection of two or more crystals
- Glass jar
- Filtered or spring water (if you intend to consume it)
- Full Moon

· STEP ONE ·

FIND A MOONBEAM

Locate a safe space where the Full Moon glows brightly, fill your jar with the filtered water and place it where it can soak up the Moon's beams, preferably outside or beside an open window where the beam can directly hit the water.

-

· STEP TWO ·

SELECT YOUR CRYSTALS

Choose some Moon-associated crystals from the pages of this book and arrange them in a circle around your jar. If you thoroughly cleanse them, you can add a few water-safe crystals to your water (amethyst, obsidian, labradorite, moonstone, carnelian and quartz can be submerged in water for short periods of time, but ensure you don't use clusters that could chip off or are brittle). You may also wish to add some edible herbs.

· STEP THREE ·

MEDITATE WITH THE WATER

Visualise the Moon's energy filling up your jar of water with its mystical blue energy and focus on what you intend to do with the water. Is it for healing? For prosperity and luck? Or perhaps for magic? Think about what you want to use this power for or even write it down on a piece of paper and tuck it under the jar.

-

· STEP FOUR ·

LEAVE IT TO INFUSE

Leave your moon water to infuse and charge up with the Moon's energy overnight. You may wish to sit with it for longer and perform a meditation. Once it has soaked up the Full Moon's vibrations overnight, it is ready to put to use!

LABRADORITE

NEW MOON

Protection, Transformation, Knowledge, Intuition, Prophecy



Labradorite is known as the “Stone of Transformation”. It facilitates change, but also harnesses a grounding energy. Labradorite clears your mind to aid reflection and rejuvenation, ignites the imagination, aids manifestation and stimulates limitless possibilities. It is said to embody the Aurora Borealis (Northern Lights) and is therefore packed with cosmic magic and the ability to shine a light on your intended path.

Tips Wear as jewellery set in silver (a moon-associated metal) to harness its negativity-absorbing and intuition-amplifying qualities as you go about your day



AMETHYST

WAXING CRESCENT

Balancing, Spiritual Awareness, Intuition, Healing

Amethyst inspires self-improvement and promotes clarity and calm, removing negativity and aiding recovery. It also inspires decision making, clears away the cobwebs to nurture restful sleep and promotes transformation. A magical stone, it is linked to the third eye chakra, awakening intuition and imagination.

Tips Keep at your bedside to promote and calming atmosphere and restful sleep

CELESTITE

FIRST QUARTER

Manifesting Dreams, Cleansing, Calm, Clairvoyance, Clarity, Spiritual Enlightenment, Hope, Focus



Celestite is deeply connected to the spiritual realm, the divine and higher consciousness. It promotes peace, healing and emotional resistance. It stimulates intuitive abilities, cleanses your environment and aura, providing focus during times of transition and hope during traumatic periods. An emotional chill pill, it calms a chaotic mind and connects you to your spirit guides and true destiny, offering feelings of happiness.

Tips Keep a piece under your pillow to aid restless sleep, foster intuitive dreams and promote dream recall



RAINBOW FLUORITE

WAXING GIBBEOUS

Focus, Vitality, Stability, Calm, Intuition, Balance, Manifestation

Rainbow fluorite encourages emotional stability and focus. An excellent meditation stone, rainbow fluorite helps you stay on track, tap into what really matters and gives you the energy and power to manifest those desires into reality through releasing fear, rationalising thought and stimulating clear communication while also trusting your own intuition. It is especially helpful for those who suffer from anxiety thanks to its worry-releasing properties and ability to promote calm

Tips Try a Moonlight Meditation (see page 71) with a chunk of fluorite in your hand to improve focus, encourage calm and stimulate divination



MOONSTONE

FULL MOON

New Beginnings, Femininity, Magic, Reflection, Cycles, Intuition

Believed to be made of "solidified moonbeams", moonstones are the ultimate Moon crystal. An essential gemstone for women, its lunar energies aid natural feminine cycles and PMS symptoms. Moonstone is often labelled the “Stone of New Beginnings” and can help you foster self acceptance. A powerful protective and magical talisman, Moonstone channels your psychic abilities and intuition.

Tips According to folklore, holding a moonstone in your mouth under the Full Moon is lucky and will reveal the future, but make sure you don’t swallow it!

CLEAR CALCITE

WANING GIBBOUS

Purification, Vitality, Intuition, Manifestation, Clarity, Calming, Inner Wisdom, Grounding

The ultimate stone for thinking clearly, clear calcite – also known as Iceland spar or optical calcite – was thought to have aided the Vikings in their navigation of the sea. It will aid you in looking inwards and re-evaluating your goals, help you to access deep inner wisdom, reconcile with any past mistakes or traumas and move forward.

Tips Clear calcite aids with learning, so pop a piece on your desk or carry it in your pocket if you are studying a new skill





SELENITE

LAST/THIRD QUARTER

Peace, Clarity, Protection, Truth, Connection

Selenite is a unique purifying crystal that will unblock stagnant and remove negative energies. It can be used to cleanse and charge other crystals and to create a protective shield around your home. It's associated with the Moon and Selene, the Greek goddess of the Moon, thanks to its milky white glow and powerful purifying, protective and clairvoyant properties. A stone of truth, it aids with communication and honesty within relationships and is excellent for spiritual work and for tapping into your intuition.

Tips A selenite sphere makes the perfect Moon-like centre piece to your Moon Altar (see page 101) – just don't get it wet!

SILVER SHEEN OBSIDIAN

WANING CRESCENT

Protection, Cleansing, Purification, Grounding, Introspection, Soul Searching, Perception



Silver sheen obsidian encourages honest self-reflection, bringing the dark aspect of your personality to light, forcing you to look deep inside yourself while absorbing any negative energy. Silver sheen obsidian restores harmony and encourages understanding, self-acceptance and inner peace. A deeply grounding stone, it is also a highly protective shield against negative influences and psychic attacks.

Tips Try using as a scrying mirror when performing Full Moon Divination (see page 110)

BONUS CRYSTALS

OPAL

BLUE MOON (FULL MOON)

Amplification, Psychic Ability, Flow, Hope, Harmony, Destiny

A rare stone, opal amplifies intuition, stimulates creativity and psychic visions and offers clarity and direction to express one's true self.

CARNELIAN

BLOOD MOON (LUNAR ECLIPSE)

Protection, Clarity, Vitality, Creativity, Motivation, Cleansing, Grounding

Carnelian grounds you while stimulating your creativity, restoring your vitality and motivation and absorbing negative vibes.

COVELLITE

BLACK MOON

Opportunity, Change, Enhanced Wisdom, Psychic Ability, Past-Life Regression

Covellite is excellent for soul searching, connecting with ancestral spirits, fostering clairvoyance and aiding transformation.

CLEAR QUARTZ

ALL

Clarity, Energy, Harmony, Psychic Abilities, Healing, Strength, Amplificaton

Clear Quartz is also known as the "Master Healer" and amplifies the energy of all other crystals around it.

Words *Alice Patillo* **Images** © *Getty Images, Shutterstock*

MOON MAGIC

Manifest your best life with celestially-charged sorcery

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WITCHCRAFT & THE MOON

Learn how lunar energies have illuminated ancient and modern magic

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ELEMENTS OF MOON MAGIC

All the essential tools for working with the Moon in witchcraft

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MOON SPELLS

Spells and rituals for luck, self-love, letting go and achieving your goals

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FULL MOON FORTUNES

Discover the art of divination

112

THE MOON IN TAROT

What is the significance of the Moon card?



WITCHCRAFT & THE MOON

The Moon is an important symbol of the divine in many ancient religions and in modern neopagan witchcraft

Across the ancient world, many cultures worshipped elemental gods. Wind, storm, water and fire all had their respective deities, but in many cultures some of the most fervent worship was reserved for the Sun and Moon. The Moon in particular provoked awe and respect: it lit up the night's darkness, changed its shape and the times that it appeared, and held a mysterious power over the ebb and flow of the ocean tides.

Modern Moon Mysteries

Modern Wicca is inspired by ancient pagan religions. It is what's known as a reconstructionist faith – lacking practical access to the pre-Christian religious traditions of old, its earliest developers, particularly founder Gerald Gardner and high priestess Doreen Valiente, attempted to reconstruct what a Western European nature religion could have looked like. In the Wiccan worldview, the Moon is inextricably linked with the Great Goddess at the heart of the faith.

The Great Goddess is sometimes known as the Triple Goddess, because she embodies three archetypal stages of womanhood at once. The first is the Maiden, symbolised by the Waxing Moon. Youthful and beautiful, the Maiden aspect can be portrayed as a blushing bride or a deadly huntress. The Full Moon is associated with the Mother, the fruitful, life-giving aspect that embodies all the gifts of earth and water, sex and sexuality. The Waning Moon is associated with the Crone, the post-menopausal wise woman whose advanced years have brought with them knowledge and wisdom. Behind the Triple Goddess, symbolised by the dark of the Moon, lurks the goddess of death. Yet she is also the goddess of life, for out of the darkness is born the New Moon, and the cycle begins again with each lunation. This is one of the mysteries of Wiccanism (in this context, a 'mystery' means a tenet of a faith that initiates are invited to contemplate in meditation to enhance their personal understanding of it).

Don't Be Afraid of the Dark

Contrary to some accusations, there is no devil or evil god in Wiccan theology. It does, however, embrace the dark as a necessary foil to the light, and here the Moon and its associated goddesses provide a lantern to guide the initiate. The Triple Goddess is inspired by Hecate Trioditis, the three-faced underworld goddess venerated at crossroads by the ancient Greeks. In Greek myth she lit the way into the underworld for the earth mother Demeter while she was seeking her missing daughter Persephone. Aradia, today invoked as a moon goddess, was first catalogued by an American folklorist exploring stories of witchcraft in Tuscany in the late 19th century. She is associated

DID YOU KNOW?

At each phase of the Moon, meditate on the idea of the Moon as the symbol of a goddess. Which ones make themselves known to you at what times?

with the biblical figure of Lilith, sometimes called the Mother of Witches. Lilith herself originates with a pre-biblical Canaanite religion in which she is known as Ninlil, or 'Lady Air'. A seed goddess made pregnant by the god of wind, she births her baby Nanna-Suen, the first god of light in Sumerian cosmology, after a harrowing journey through the underworld. Her son must repeat this journey every month in his moon boat by the command of the dark goddess Ereshkigal, daughter of the primordial ocean.

Talking of oceans, the Moon's association with the sea goes further back than our understanding of the force of its gravity on tides. Long before this was understood, our ancestors observed the link between the two, and despite the Sun's light and warmth, coastal-dwelling civilisations in particular viewed moon deities as among the most powerful and worthy of respect. Today, Wicca brings this view of the power of the Divine Feminine, symbolised by the Moon, into the modern age.

DRAWING DOWN THE MOON

This Wiccan rite enables magical practitioners to connect with their goddess

Wiccan magic makes use of the power of the night sky in many different ways; one of the most popular is the ritual known as Drawing Down the Moon. This beautiful rite involves the practitioner, usually a coven's High Priestess, invoking the goddess directly into themselves and entering a trancelike state. The goddess, symbolised by the Moon, then speaks through them.

There are many different ways to draw down the Moon, depending on the practitioner's needs and spiritual customs. One thing that many practitioners agree on is the thrum of energy that passes through their body as well as their mind and spirit when they invoke the goddess in this rite. For that reason, it's usually practised only by High Priestesses who have invested a lot of time, thought and meditation in their spiritual training – and many still say the sensation takes them by surprise the first time they perform this ritual!

The name of the ritual comes from the name given to an ancient Greek vase that shows the Moon and two women who appear to be worshipping it; Roman poetry also alludes to "Thessalian witches [who] pull down the bright moon". But the modern ritual that is practised today originated from Gardnerian Wicca – the original branch of this modern witchcraft-based religion – in the 1950s, and uses the words of, or based upon, one of the two Charge of the Goddess incantations created by High Priestess Doreen Valiente after her own initiation into the craft. These were influenced by earlier rituals by famous occultist Aleister Crowley.

MOON GODS

While many ancient faiths conceptualised the Moon as a goddess, some saw a man in the Moon instead. Sumerian Nanna-Suen or Sin was the first light of the world, and rode in his moon boat over the edge of the horizon and into the darkness every month. Hindu moon god Chandra's name means 'the brightly shining one'. His shape-changing ability comes from an incident when he laughed at the elephant-headed god Ganesh, who angrily cursed him to never be whole again.



Not all moon deities are female: in the Hindu faith, Chandra is the god of the Moon

Words *April Madden* **Images** © *Getty Images.*

ELEMENTS OF MOON MAGIC

Your guide to what is needed for magically invoking and honouring the power of the Moon

Inviting the Moon into your magical practice is one of the best ways to attune yourself to the rhythms of the world around us. It can help you to connect more closely with the tides, the weather, and even your own body.

The first and most important thing to do is to begin to follow the Moon's cycle. You can get started by using an app or widget like iLuna or Moonly to tell you what phase and zodiac sign the Moon is in every night (or day – the Moon is often visible during daytime) and what times moonrise and moonset will be. Don't just rely on a calendar, however – go and look at the sky, preferably outside, or through an open window (folklore says it's bad luck to look at the New Moon in particular through glass). Think about how you feel under different phases of the Moon and note it down in a journal. Pay attention to how the Moon's rhythm affects you and the natural world. Get outside and absorb the moonlight, notice how your vision changes and how silvery-blue the world becomes once your eyes have adjusted to it. Use this book as a guide to find lunar harmony through yoga (page 72), and planning your month by the moon (page 42). Explore lunar folklore (page 36), discover which lunar deities (page 32) resonate with you and harness the lunar magic carried within crystals (page 90).

Wiccans honour the Full Moon in celebrations known as esbats, and many solitary practitioners of witchcraft also have rituals they perform at Full or New Moon. Turn to page 102 for some suggestions for spells and ceremonies you could try at different phases of the Moon. These don't have to be elaborate – you can honour the Full Moon and its light with something as simple as a pale round cake and a cup of herbal tea or glass of white wine!

LEARN LUNAR PATTERNS

Let the Moon's rhythms guide you

Focus on learning where and when the Moon is on any given night or day. Start by using an app or widget – there are plenty of good ones out there – and go outside, or look out of the window, to observe what the Moon is doing. Learn to recognise when the Moon is waxing or waning – if it's waxing, you can cup its round side in your right hand; for waning it's your left. Learn how to recognise where the Moon is in the sky when it's rising or setting – is it nearer the east, or the west? As the New Moon ages, it gets up later and later every night. Pay attention to its progress through the zodiac. When it's in your moon sign, how do you feel?



Get outside and view the Moon as it goes through its phases each month

An old British folk custom to invoke fortune involves leaving a couple of silver coins on a windowsill at Full Moon as 'moon money'. You can do this with something as simple as 5p coins or dimes. Tuck them away in a blue or silver pouch for the rest of the month and only get them out for the nights of Full Moon, or create an altar with these and other lunar objects and add different colours of candles and other offerings as the Moon goes through its phases. Wear scents made from lunar herbs and flowers, or dress in traditional lunar colours like grey, white, silver, blue and lilac. Many practitioners of Moon magic choose to wear jewellery or even tattoos in the shape of the Moon as a reminder of its presence in their lives. The Earth's lunar sister is her constant companion, and she can be yours too.

DID YOU KNOW?

You've heard of sunbathing, but how about moonbathing? (see page 71). Lying in the Full Moon's light is believed to gently energise and to soothe aches and pains.

MAKE A MOON ALTAR

1. Choose your direction

The best place to put a moon altar is either in the east where it rises, or on the sill of a window you can open that will have a view of the Moon.

2. Select votive objects

Suitable objects for your moon altar include figurines of lunar animals like rabbits/hares, white or clear crystals like quartz or moonstone, silver objects like candlesticks or bowls, mother-of-pearl shells, and images or statues of the Moon or moon deities.

3. Consecrate your altar

On the night of the Full Moon, place a mirror or bowl of water on your altar where it can catch the Moon's reflection. Bathe your altar in the glow and reflected glow of moonlight to purify and bless your altar with lunar light.

MOON CANDLE COLOURS

Candles invoke the Moon's light, and its shifting energies

The most obvious colours associated with the Moon are shades of white, silver and grey, but once you start looking at the Moon more often, you'll see a wider variety of colours that you can use to invoke its phases and energies. Pale yellow can be associated with the bright energy of moonrise, Waxing, and with the Golden Harvest Moon, while soft blues and lilacs reflect its dreamy, gentle journey through the night clouds. Dark greys, blues and black evoke the Moon in its role of dark queen of the night. Lunar eclipses see the Moon go an eerie shade of deep crimson known as a Blood Moon. You might even see a rainbow around the Moon on cold nights with the promise of rain on the air! Like white light, the silvery Moon ultimately contains all colours.

LUNAR CORRESPONDENCES

Boost your lunar spells by using colour, fragrance and more to match its energy

Correspondences are associations between particular herbs, flowers, metals, crystals, planets and luminaries, and deities. They allow magical practitioners to bring the energy of a deity, luminary or planet into their spellcraft more fully and effectively. Correspondences for the Moon include roses (especially white ones), aloe, myrrh, milk thistle, ginger, poppy, almond, orris root, mugwort, sandalwood, lavender, lemon balm, jasmine, white lily, frankincense, sugar, white quartz, moonstone, selenite, opal, silver, platinum, pale liquids like milk, white wine or grape juice, and round, pale-skinned and white-fleshed fruits such as certain varieties of apples, grapes, peaches, pears and cherries. To use correspondences like this in a ritual to honour the Moon and invoke its power, you might burn a white candle or some sandalwood, frankincense or myrrh incense, while making an offering of white rose petals or a round cake made with almonds, poppyseeds, ginger and white sugar, and then charging a silver and moonstone necklace or ring with lunar energy.

Words *April Madden* **Images** *© Getty Images.*

MOON SPELLS

Learn how to make Moon magic with this selection of spells and rituals to help you set intentions, let go of emotional baggage, and achieve your goals

The Moon is a powerful aid to any magical endeavour, and learning how to use its phases effectively can really boost the power of your spellcraft. A good rule of thumb is that spells for increasing and growing things should be done as the Moon waxes, while spells for decreasing and letting go of things should be done as it wanes. The Full Moon is an ideal time for spells that invoke love and beauty. Many spells make use of the changing face of the Moon and are done over multiple nights, such as the fortune and fading spells you'll find on the next few pages.

You should begin all spells in a place that's clean, tidy and that you feel comfortable in. It's advisable to cast a circle around your working area to make you feel safe and protected. Start by taking a pinch of salt and scattering it clockwise around the circle. Then do the same with a few drops of water. Finally, sit or stand and envision a bubble of white light sweeping clockwise around the circle and then rounding off into a translucent sphere of protective, moony light. If you have begun doing any deity work with a Moon god or goddess, politely ask them for their help with your spellcraft.

Intentions are everything when working with magic. Practising witches have two key rules. The first is: "An it harm none, do what ye will". This means if it harms nothing – and that includes people, animals, plant life, the planet, everything – a spell is okay to do. That's why the spells you see here often make use of plant-based and/or food-safe ingredients. The second is known as the Rule of Three. This states that whatever working you do, karma will bring back to you three times over – an encouragement for blessings and good behaviour!

WHY NOT TRY?

Harness the power of a deity by focusing on your chosen god or goddess and what aspects you need their help with while meditating (p70).

"If you have begun doing any deity work with a moon god or goddess, politely ask them for their help with your spellcraft"



NEW MOON CANDLE SPELL

Moon phase | *New Moon*

Use this simple candle spell to set your intentions and focus your energies on a goal. Begin on a New Moon night and continue until Full Moon.

YOU WILL NEED...

- A white candle
- Pen or pin/needle
- Matches or lighter
- Candlestick or jar
- Rose, myrrh or sandalwood essential oil (optional)

· STEP ONE ·

INSCRIBE YOUR INTENTION

Use a pen or the point of a pin or needle to write your goal on the candle. Keep it simple and concise.



· STEP TWO ·

SET UP THE CANDLE

Place the candle in its jar or candlestick, ideally on your m Moon altar. If you wish, you can anoint it with a couple of drops of rose, myrrh or sandalwood.



· STEP THREE ·

LIGHT THE CANDLE

Light the candle and focus on your intention for 10-20 minutes. Repeat this ritual every night from the New Moon to the Full Moon. At the Full Moon, let the candle burn out completely.



A SPELL FOR LUCK AND FORTUNE



Moon phase / *Waxing Moon*

Use the Moon's association with silver coins to increase your luck and good fortune. Begin at the First Quarter and continue until Full Moon.

YOU WILL NEED...

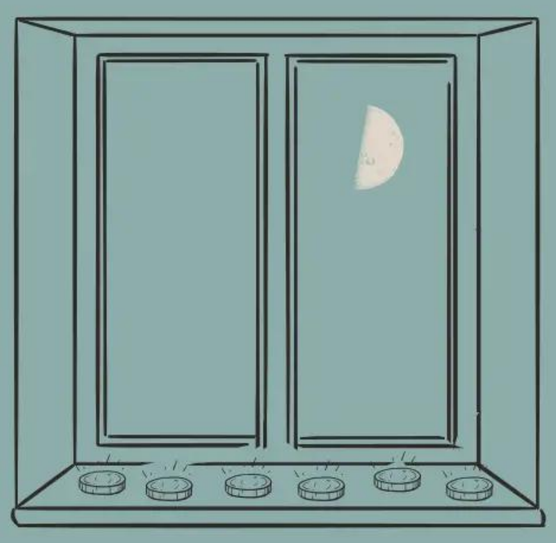
- Seven silver coins (5p / dimes are fine)
- A blue silk or velvet pouch
- A windowsill with a view of the Moon

· STEP ONE ·

PLACE THE FIRST COIN

At moonrise, or as close as possible, on the First Quarter of the Moon (the Waxing Half Moon), place the first coin on the windowsill and say "Silver coin in the moonlight, grow with the Moon, shine ever bright". Leave the coin on the windowsill.





· STEP TWO ·

ADD A COIN EVERY NIGHT

As close to moonrise as possible on the next night and each subsequent night, add another coin and repeat the rhyme.

· STEP THREE ·

FILL THE POUCH

On the night of the Full Moon you should have seven silver coins. Leave them until moonset or afterwards, then put them all into the pouch and say "The Moon is full and so is my purse; I share my light like the Moon". Donate the coins to a charity box and keep the pouch for the next time you do the spell.



Words *April Madden* **Images** © *Getty Images.*

FULL MOON BEAUTY SPELL

Moon phase | *Full Moon*

Invoke the beauty of the Full Moon to enhance your powers of attraction and make yourself feel gorgeous. Roses are sacred to both the Moon and to Aphrodite, goddess of love.

YOU WILL NEED...

- A small mirror
- A pale pink candle
- Rose essential oil
- A bowl of water
- A bottle of rosewater
- Cotton wool, reusable cotton pads or a clean face cloth

· STEP ONE ·

SET UP THE SPELL

Anoint the pink candle with rose oil and light it. Place the bowl of water so it can reflect the light of the Moon and/or the light of the candle. Have the mirror near to hand.



· STEP TWO ·

COMING UP ROSES

Pour the rosewater into the bowl and check it is still catching the reflection of the Moon and/or candle. Pick up the mirror and angle it to catch the reflection from the bowl, so that the Moon and/or candle is reflected in both.



· STEP THREE ·

MOON BATHING

Take the cotton wool or face cloth, dip it in the rosewater and, looking in the mirror, cleanse your face. As you do so, think about the radiant beauty of the Moon and ask to borrow just a little of its light. Keep the mirror with you afterwards and take a peek whenever you want to feel beautiful!



A SPELL FOR ENDING

Moon phase | *Waning Gibbous*



When there's something that you need to let fade away from your life, this ritual can help you to let it go gently. We use honey water for sweetness here, rather than something more destructive like fire or earth.

YOU WILL NEED...

- A sheet of thin tissue paper
- A pen
- A sealable jar (a clean jam jar will be fine)
- Honey water made from 1 part honey to 5 parts water
- A small bunch of flowers

· STEP ONE ·

WRITE DOWN THE ENDING

Use the pen to write down the thing you want to let go of on the paper. Try to keep it as simple, clear and positive as possible. Be careful how you phrase it – if you want to stop smoking, write down 'smoking', not 'stop smoking' or you'll do the reverse!



· STEP TWO ·

FILL THE JAR

Put the paper into the jar and fill it up with the honey water. Say goodbye to the issue that you want to fade away. Put the lid on the jar and put it away in a quiet place. Over the next two weeks as the Moon wanes, the honey water will slowly break down the thin paper.

· STEP THREE ·

NEW MOON CLEANSE

On the night of the New Moon, open the jar and pour away the honey water and whatever is left of the paper. Wash the jar out thoroughly with clean water, put some flowers in it, and honour the old while celebrating the new.



A SPELL TO ACHIEVE YOUR GOALS

Moon phase | *Hunter's Moon*

This spell invokes the ancient Greek moon goddess Artemis during October's Hunter's Moon to help you set your sights on what you want. Artemis is an archer and goddess of the hunt, and her aim is always steady and true.

YOU WILL NEED...

- An image or statue of Artemis
- A badge, hairpin or piece of jewellery shaped like an arrow, preferably silver or silver-coloured
- Cypress, bay or sage incense or essential oil
- Three white candles
- An offering of red grapes, walnuts, cake or red wine

· STEP ONE ·

SET UP YOUR ALTAR

Set up your altar to Artemis, with the image of her at the back, then the three white candles in front of it and your offering in front of that. Light the candles and your incense or essential oil burner.





· STEP TWO ·

INVOKE THE GODDESS

Invoke the goddess Artemis. You could address her by name, with one of her epithets such as "Moon Huntress" or "The Far-Shooter" or use a translation of an ancient prayer to her, such as the third hymn to Artemis by Callimachus: "Artemis, o queen, fairfaced Bringer of Light".

· STEP THREE ·

MAKE YOUR OFFERING

Once you feel like you have her attention, make your offering to the goddess. You can hold it up to the moonlight or to the image of her, speak aloud your intention to honour her with an offering, and then take a bite or sip yourself.





· STEP FOUR ·

REQUEST HER AID

When you feel that your offering has been accepted, ask the goddess to lend you her aid, as the Divine Huntress who never misses, to achieve your goal.

· STEP FIVE ·

BLESS YOUR ARROW

Take your arrow-shaped badge, pin or piece of jewellery and offer it to the goddess. Ask her to bless your aim and intention and promise to wear it as a token of your devotion and her blessing.



· STEP SIX ·

WEAR THE ARROW

Complete the spell by blowing out the candles and incense and eating/drinking the rest of the food and drink offering. Wear your arrow token, especially when you're doing something related to your goal, like going to a job interview or speaking in a meeting.

Words *April Madden* **Images** *© Getty Images. . Shutterstock*

FULL MOON FORTUNES

The night of the Full Moon is a particularly potent time for prophetic predictions

The Full Moon has been associated with heightened emotion, introspection, clarity, transformation and magic for centuries. With tales of werewolves and witches the Full Moon amplifies intuition and therefore psychic abilities, making it easier to tap into your gifts – the perfect time to try a spot of divination!



Delving into Divination

Divination is the act of communicating with a divine or supernatural force, in order to access the special knowledge of one's fate or gain spiritual insight into a question or situation. The most popular tools of divination include tarot cards, crystal balls and palmistry. Modern day psychics often claim they have the gift of precognition – the ability to see the future – but anyone can tap into their psychic abilities with the right knowledge and instruments, including you. In fact, you probably already have. From flipping a coin to asking the Magic Eight Ball for advice, we have all dipped our toes into divination at

"The most popular tools of divination include tarot cards, crystal balls and palmistry"

one point or another. And not all divination is about foretelling the future – sometimes it's just about seeking out spiritual guidance and self-analysis. The very nature of questioning promotes learning and exploration and can improve your understanding of both yourself and others. Many sceptics believe that the best fortune tellers not only know their tools inside out, but are essentially people readers – exceptional at observing others' physical cues.

Scry Your Heart Out

Scrying, also known as "seeing", is the act of peering at something, often an object with a reflective surface, smoke, fire or glowing coals, in a trance-like state until you are able to see images, interpreted as visions of prophecy. Crystal gazing is perhaps the most popular and well-known form of scrying, and is often performed using a crystal ball or an obsidian mirror. Learn how you can use any form of polished crystal, a regular mirror or a bowl of water for divination purposes below.

DID YOU KNOW?

Nostradamus is perhaps the most famous seer in history but he didn't claim to have any prophetic dreams or visions, instead he utilised astrology and dabbled in scrying.

FIND YOUR FATE UNDER THE FULL MOON

Perform this ritual on the night of the Full Moon to peer into your potential future or see what path to take

YOU WILL NEED...

- A reflective surface (bowl of water, crystal ball or small standing mirror)
- A quiet, calm, dark space
- A candle (purple, white or silver) or dim lamp
- A notepad/paper and a pen
- Incense (optional – herbs like mugwort, cedar and sage will heighten your senses)

· STEP ONE ·

SELECT YOUR SOOTHSAYING SPECIFICS

Decide if you are going to peer into a pool of water (for this we suggest creating Moon Water, see page 70 – you can prepare this the Full Moon before), a crystal ball (a powerful symbol of the Moon you will want to charge by the Full Moon itself in preparation – see page 90) or a simple mirror (preferably one with a stand). Then take a look at our guide to the Lunar Year (pages 18-25) to decide which Full Moon power will satisfy your intentions best.

· STEP TWO ·

SET YOURSELF UP

Burn some incense or essential oils and set your reflective object up so that it is at eye level when you are seated comfortably. If possible, position your reflection tool so that you can see the Full Moon reflected in it, either through am open window or outside. You may want to position it on your Moon Altar (see page 101). Turn off the lights and light a candle or switch on a dull lamp and sit in front of your scrying tool. Make sure your feet are grounded firmly on the floor, you are comfortable and there is no bright light or distractions.

-

· STEP THREE ·

PREPARE FOR PROPHECY

It is necessary to enter a trance-like state in order to scry – this is a form of meditation. Begin by closing your eyes and perform the Moonlit Meditation on page 70 to get into the right headspace. Taking a deep inhale, and focusing on your breathing. Notice any unwanted thoughts and visualise pushing them away, your mind emptying and finding inner stillness.

· STEP FOUR ·

TURN ATTENTION TO YOUR SCRYING SURFACE

Focus your gaze softly upon your water, crystal or mirror – don't stare or hyperfocus, simply look through half-open eyes. Bring all your attention and energy to the reflective object and notice any reflections or shadows. Allow your mind to remain open to any images or messages, but also don't feel pressured to see anything at all!

-

· STEP FIVE ·

REFLECT AND DECIPHER

Write down any thoughts and feelings that arise while you are gazing. You might see a shape in the ripples of your water, or an image hidden in the natural imperfections of your stone. You may simply be struck with a sense of urgency or a sudden realisation. Trust your intuition and note any thoughts down. Remember, practice makes perfect. Repeat these steps often and you might be surprised what secrets you discover...

Words Alice Patillo Images © Getty Images, Shutterstock

THE MOON — IN TAROT —

Learning the art of tarot can prove an excellent way to tap into your intuition

The tarot has been used for centuries as a card game and for divination purposes. The traditional Rider-Waite-Smith tarot deck has four suits termed the Minor Arcana. They are Swords, Pentacles, Wands and Cups and each have a King, Queen and Jack (labelled Page) like a standard pack of playing cards.

The Major Arcana is a set of a further 22 cards without suits. The Moon card is one of the Major Arcana, meaning that it is of utmost significance in a divinatory reading. If you pull this card, it will trump any Minor Arcana cards as well as any of the Major Arcana cards with a smaller number in terms of its significance to the outcome of the question you asked the tarot. Each Major Arcana card has an symbolic meaning to it that follows the "Fool's Journey", an allegory of the human experience from birth to death and beyond. Each card can be interpreted intuitively but some of the mystical metaphors hidden within the image require some prior occult knowledge. However, with a little research and study it is an incredible tool for divination practice.

INTERPRETING THE MOON CARD

The Moon is a card of fear and doubt but also one which can point the way to releasing yourself from their snare

The appearance of The Moon in tarot can be scary. The dog and wolf shown howling at the serene face of the Moon represent the fears inside all of us – even when we have nothing to be afraid of. The crayfish which emerges from a hidden pool is like the thoughts which can be lurking deep in our subconscious which hold us back.

When The Moon is drawn in the upright position it can be a real warning about things going on, which you are not even fully aware of. If you are having doubts about a situation you should heed your feelings. Now is not the time to act. Caution is needed because your subconscious may have realised things that have

THE MOON

"FEAR & ILLUSIONS"

NUMBER: XVIII

CARD

Under the light of a Full Moon's face a dog and a wolf sit howling. A crayfish crawls out from a pool of water.

UPRIGHT

Illusion, anxiety, fear, deception, danger. Listen to your doubts.

REVERSED

Repressed emotions, confusion, self-delusion. Let go of your fears!

WHY NOT TRY?

Pull a card at random under the light of the New Moon keeping a specific question in mind to see what lies in store for the month ahead.

not yet percolated into your waking mind. Watch out for those who may be acting against your best interests.

The unstable nature of the Moon is also represented here. Although the Moon is always the same, it seems to wax and wane, sometimes bright and sometimes dark. Are you being hoodwinked by someone? Illusions are not always easy to spot.

When The Moon is reversed, it is the time to take actions that you have been afraid to try. Doubts and fears can be useful when they guard us from danger, but can be a trap that holds us back if we listen to every anxiety. Examine each of your fears closely and see whether you are being led astray by them. Cast them off and realise you are free. Just as dogs bark at the harmless Moon, you are being tricked by your instincts.

Initially, the Moon card can seem almost wholly negative in its warnings and revelations of our mental weaknesses, but it is a useful sign that things can change. The Moon goes from New to Full and back again without harm and we must be open to making changes too.



The dog and wolf, which howl at the Full Moon, represent the fears that fill our mind and threaten at times to overwhelm us

"Although the Moon is always the same, it seems to wax and wane, sometimes bright and sometimes dark... Illusions are not always easy to spot"

Words *April Madden* **Images** © *Getty Images.*

THE MOON & YOU

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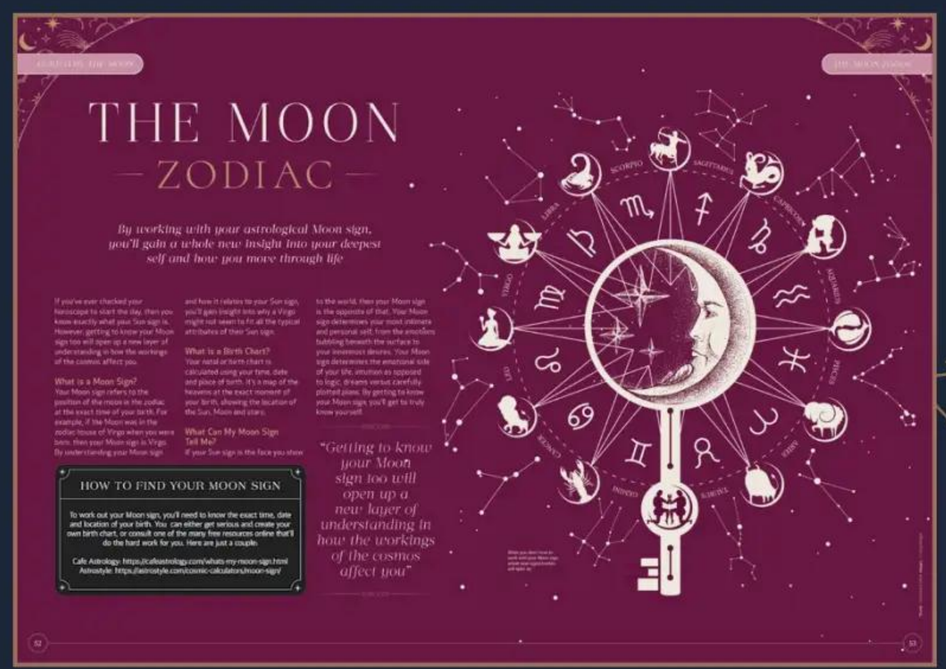
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