

## Try it



# Lunar living

Sync your life to the moon's cycle

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### New moon

The new moon is the start of a whole new lunar cycle and is the time to set your intentions for the next lunar month and beyond. Focus on your inner desires, hopes and dreams and what you want to create, manifest, achieve and bring to life. As the moon waxes and grows bigger in the sky every night, use its growing energy and illumination to focus on putting into motion all that you can to make your intentions a reality.

### Waxing first quarter

Halfway between the new and full moon, the waxing first quarter moon is the time to be open to everything coming your way and allow the growing light of the moon to guide you. Say yes more, notice the nudges and signs, and follow up on any guidance or information you receive. It's also the time of the lunar cycle to notice any doubts or fears that begin to creep in as this will be important information for later in the cycle.

### Full moon

With the moon fully illuminated in the sky she shines a light on your life so that you can see exactly how far you have come since the beginning of the cycle. This is the peak energy time of the lunar cycle and is a time of culmination; the time you celebrate goals you have reached or see clearly what has stood in the way of getting what you want. This is a wonderful time to evaluate what you need to release through the waning moon phase.

### Waning last quarter

Halfway between the full and new moon, the waning last quarter moon is the time of the lunar cycle to really surrender and let go of all that stood in your way. Look back at everything you've learned over the cycle so far and use the moon's waning energy as she grows smaller each night to inspire you to release what you no longer need. This could be anything from the doubts and fears you noticed earlier on in the cycle to situations, relationships or choices holding you back. ♦

Kirsty Gallagher is a moon mentor and author of *Lunar Living: Working with the Magic of the Moon* (Yellow Kite)