



# Lunar LIVING

Can diverting your eyes to the sky and putting your trust in the phases of the moon transform the way you live your life?

NH investigates...

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For years, we women have been captivated by the moon. Not only has it been depicted as a woman in Greek, Roman and even Slavic mythology for thousands of years, it's also been a common belief that the moon is linked to the menstrual cycle. In fact, in 18th century literature, the phrase 'moon time' was often used as a euphemism for menstruation. While the words and attitudes surrounding menstruation have changed over the years (thank goodness), our fascination with the lunar cycle is ongoing. Modern living leaves little time on the clock for reflection, and it's easy to find yourself overwhelmed, so, is it any surprise that we're looking to the sky for direction? Many holistic practitioners propose that working with the moon cycles can bring you a sense of guidance, but can you really live your life in sync with an astronomical body? To find out, you have to take a deep dive into moonology.

## Decode the cosmos

Moonology reached peak popularity in 2020. With moon facials, jewellery and even moon milk (made from herbs and ashwagandha) becoming a fixture of health and wellness culture. But moonology goes further than that; it prescribes to the theory that the lunar cycle is a mirror of you, influencing everything from your energy levels to your moods and productivity. "Working

with lunar cycles can help to keep us on track and accountable," says Kirsty Gallagher, moon mentor and author of *Lunar Living: Working with the Magic of the Moon Cycles*. "When you start to work with the magic of the moon, you can channel your energies into a goal, dream or wish, without feeling a loss of motivation or a sense of directionlessness. It gives you a process to work through month-by-month that can help you to plan, get going, complete and take stock." Intrigued? Here, moonology expert Kirsty explains how you can tally your goals with each phase of the cycle.

## During the dark moon

Look up at the sky on the night of a dark moon and you'll see a slither of light. This phase marks the last visible crescent of a waning moon and often only pops up for one-and-a-half to three-and-a-half days – sometimes, you won't even see it on a cloudy night. It's often described as the 'closing of the cycle,' as Kirsty explains: "This is the ending that creates a new beginning. It's usually during the dark moon phase that you feel deeply emotional and often at your most vulnerable, but you can take great insight from this period – the dark moon usually shows you what you don't want from your life, so that you can be clear on what you do want." Finding yourself a bit tetchier than usual with a specific friend? Or



WORKING WITH THE PULL OF OUR NEAREST PLANETARY NEIGHBOUR CAN BE DEEPLY TRANSFORMATIVE. EVERYTHING HAPPENS MORE EASILY AND EFFORTLESSLY WHEN WE WORK WITH THIS OLD HOLISTIC PRACTICE