

WORKING WITH THE
Phases of the Moon

AN EVERYDAY REFERENCE GUIDE
by Kim Turcotte

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WORKING WITH THE *Phases of the Moon*



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Learn more about Kim and her work at: www.KimTurcotte.com

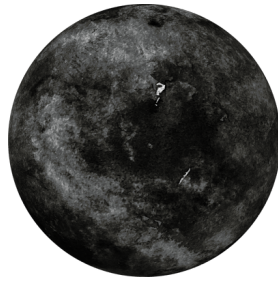
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INTRODUCTION

You have to admit, there is something intoxicating and magickal about a full moon on a clear night. I am always drawn in by her powerful energy. When I work with the moon in my spiritual and magickal practice, I feel like I am transported back in time to when women were powerful priestesses. As I stand there under the moon in sacred circle I am a queen, a goddess and anything is possible.

I know that when I first started on this path, I was overwhelmed by the amount of things I felt I had to learn. One of them being what each of the phases of the moon represented and how I could tap into that power each month to bring about personal transformation and healing in my own life.

This handout is meant to be a quick reference for you to use as you develop your own practice and walk the path of your personal growth and healing journey.



DARK MOON PHASE

ENERGY: Introspection & Trust

The Dark Moon is the time of the month just before the New Moon, it is the time when the moon is not visibly seen in the sky. This is a deep time of introspection and trust. Darkness can invoke fear, but if we learn to embrace the fear and trust that from darkness all things are born, we can see this time as the beautiful gift it is. It is a time to be still and to summon the courage to call in our secret dreams and deepest desires.

The Dark Moon Phase is the time for meditation and rituals involving connecting with your guides, calling in Divine Wisdom and uncovering your deepest desires.



~What do I really want my life to look like? What are my secret dreams and deepest desires?

~Do I trust my own voice and inner knowing? If not, how can I?

~Who can I trust to support my journey & encourage me?



NEW MOON PHASE

ENERGY: New Beginnings

During the time of the New Moon, the sky is still dark, but you begin to see a sliver of the moon in the sky. From the darkness the Divine spark is being born and with the New Moon, new beginnings are blessed. The energy of the New Moon Phase is one of possibility and is a time for nurturing your deepest, most sacred dreams.

The New Moon Phase is time to perform rituals involving inspiration, new beginnings and embarking on new journeys.

Journal Prompts



- ~What new things am I ready to create in my life?
- ~Where have I been procrastinating and how can I start?
- ~What do I need to do today to initiate positive change in my life?



WAXING MOON PHASE

ENERGY: Action, Growth, Potential

During the time of the Waxing Moon, the visible part of the moon we can physically see in the sky is growing. The Waxing Moon Phase lasts about 12-14 days as the moon grows from the New to Full Moon. The energy of the Waxing Moon Phase is one of taking action, growth and realizing your fullest potential.

The Waxing Moon Phase is the time to perform rituals involving growth, courage, expansion, stepping into your dream and drawing those things that you desire towards you and into your life.

Journal Prompts



~What is my next right step?

~How can I take action today?

~If I am feeling stuck, who can I rely on for support?



FULL MOON PHASE

ENERGY: Power, Abundance, Gratitude

During the time of the Full Moon, the sky is bright and we are able to see the moon in all her beautiful glory. The energy of the Full Moon is one of power and the realization of your dreams. It is a time of abundance and making things happen. It is also a time to focus on gratitude and celebrate all the blessings you currently have in your life.

The Full Moon Phase is the time to perform rituals involving stepping into your power and is generally a time for all-purpose rituals. Since your psychic powers and powers of inner knowing are heightened at this time, it is also a powerful time for rituals involving divination.



~What have I been resisting doing? (tap into the power of the Full Moon to bolster your courage and DO IT!)

~How can I more fully embrace my power?

~What am I grateful for?



WANING MOON PHASE

ENERGY: Clearing Clutter/Letting Go

The Waning Moon Phase is when the moon begins shrinking from the Full Moon to New Moon Phase. It is the time for taking inventory, looking at what is working in your life and what is not and then having the courage to let it go. The energy of the moon is lessening during this time, so it is a perfect time to clear clutter and let go of what no longer serves your highest good.

The Waning Moon Phase is the time to perform rituals perform rituals of banishment, removal of obstacles and letting go of what no longer serves you.

Journal Prompts



~Who/what in my life feels like it's restricting me, holding me back or draining my energy?

~How does my physical environment look and feel?

~Where do I need to let go or set better boundaries so I can feel more empowered, energized and joyful?

A MESSAGE FROM KIM

I bring with me over 20 years of study, dedication, and wisdom to all the coaching, programs and teachings I offer in my coaching/healing practice. My journey, experience, and the challenges I have faced over the years have all prepared me for this sacred path of supporting women like you who are ready to shift out of a life where you feel like you are often settling to one where you intentionally create your own reality and live a life that you have only dreamed of until now.

I have been practicing Magick and walking a nature centered spiritual path since 1998. In 2001, I began teaching women about sacred ritual, the Goddess and supporting them on the journey to self-empowerment. Finally, in 2008, I became a certified life coach and have been doing this sacred work in fits and starts ever since.

In 2017, my husband of almost 17 years and I parted ways. This split was a major wake up call for me. At the time, the split felt like it was going to crush me, but as I worked to heal, forgive and become whole again, I realized that this experience was an amazing gift, in fact it was an absolute treasure. It was the exact catalyst I needed to recommit myself to this sacred work and ultimately, it's what shook me into action to claim my most sacred life!

That journey wasn't always easy to navigate, but I had some amazing support that helped me to reconnect to who I was in my core and decide what I really wanted my life to look like. As I came out the other side of the experience, I was consistently joyous, more solid in my own self and I realized that this was exactly what I needed to truly become whole and to claim the life I had always dreamed of living. It was clear that this was also a call from the Divine to step into my sacred work with women in a more powerful way.

Now, here I am! I look forward to the opportunity to walk beside you as you step into your power and claim the life you have always dreamed of living!

For my official resume and bio you can visit me online at <https://www.kimturcotte.com/about-kim-turcotte/>

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