



**Typically, 8 phases of the Moon are honored through most Earth Religions. They are named as:**

**New Moon:** This is a state of consciousness in which you feel renewed and ready to begin new phases of your life or experiences. It is a time to meditate and set the patterns you wish to fulfill during a lunar month. It is time to seed the womb of intention.

**Crescent Moon:** This vibrational consciousness sets you into pathways of awareness that you must clarify what it is you want to manifest. Set your desires into a stronger foundation of intent.

**First Quarter Moon:** Action is the energy motivating you at this phase. You will feel a great need to move on your desires. Your energy is up and active. Mind and Emotions vibrating with your intentions to fulfill all plans of the day so you may see your desires unfolding.

**Gibbous Moon:** Look around your life during this phase of the moon. You will be provided support and the nurturing process to keep cultivating your desires. You will not feel alone. Support will come from friends, family, mentors, or the ethereal realm of guardians.

**Full Moon:** The very “pregnant” moment is felt here. Contractions are occurring to fully birth desires. Energy is high, power is felt, confidence is eminent.

**Disseminating Moon:** The moment of birth has occurred. The manifest is noted. The time to reveal your wisdom is here and now. The teacher emerges from the inner reality to the outer expressions.

**Last Quarter Moon:** Energy begins to subside. You can feel it in the way your daily life flows. It is not a bad thing, it is a Natural Rhythm of the Universe. It is a time to relax and let go; review your lunar cycle and note what you have accomplished. It is a time to note how you feel letting go of the vibrations of the lunar cycle you have been experiencing.

**Balsamic Moon:** Sacred Silence is a calling from the corridors within. Entering a time of gratitude for all you have experienced is quite appropriate. Laying the Moon Mother to Rest is your gift back to the flow of energy you have lived for a lunar month. Letting your own inner consciousness move into a fallow state is appropriate so you may prepare for the next lunar cycle and seeding the womb of intention.

**Earth Religions include:** Native American, Celtic, and other Indigenous Cultures of the World. *The Moon Phases is an excerpt from Class 102 from the SPICA - Way of Light University of Divinity. Its foundation is the Goddess wisdom.* <http://facesofwomanspirit.com>