

The Moon Cycle

Guidebook

Your mini guide for creating more balance, bliss & brilliance using the 8 phases of the monthly lunar cycle.

Work with the energies of each Moon phase to find your flow and fulfil your personal potential.



- NEW MOON
- CRESCENT MOON
- FIRST QUARTER MOON
- GIBBOUS MOON
- FULL MOON
- DISSEMINATING MOON
- LAST QUARTER MOON
- BALSAMIC MOON

To get the details for the latest Moon Cycle go to
www.zorluna.com/astro-jewels



The Moon Cycle Cheat Sheet



NEW MOON

Instinct & Initiation

Reflection Point: *Allow yourself to connect with your current needs and desires. Take time to explore what instinctively feels good to you.*



CRESCENT MOON

Planning & Potential

Reflection Point: *Check in with what needs and desires still feel aligned. Set intentions and create a plan of aligned action steps to help you fulfil them.*



FIRST QUARTER MOON

Action & Expansion

Reflection Point: *Start taking aligned action towards your intentions. Identify the validity of any conflict you encounter and move forward accordingly with courage and conviction.*



GIBBOUS MOON

Analysis & Development

Reflection Point: *Evaluate the progress of your intentions so far. Establish what is and isn't working for you, refine your plan and seek suitable solutions where needed.*



FULL MOON

Illumination & Fulfilment

Reflection Point: *Be aware of what is being illuminated to you. Acknowledge what has been fulfilled and identify where more balance is needed to maximise potential.*



DISSEMINATING MOON

Feedback & Integration

Reflection Point: *Begin to incorporate what you have learned. Be open to sharing and receiving insight and experience with others to create mutual growth.*



LAST QUARTER MOON

Reflection & Realignment

Reflection Point: *Review the results of your intentions. Make the necessary cuts and adjustments to help you create completion and closure.*



BALSAMIC MOON

Release & Reset

Reflection Point: *Prioritise rest and focus on recuperating your energy. Reflect on the lessons and blessings of the cycle and decide on what to bring forward and what to let go of.*



NEW MOON



Phase Focus: Instinct & Initiation

Reflection Point: Allow yourself to connect with your current needs and desires. Take time to explore what instinctively feels good to you.

Phase Details

What innermost wants and desires do I currently have for myself and my life?

What do I currently need in order to create more balance, bliss and brilliance in my life?

What ideas or intentions do I feel most connected and aligned with right now and why?



CRESCENT MOON



Phase Focus: Planning & Potential

Reflection Point: Check in with what needs and desires still feel aligned.
Set intentions and create a plan of aligned action steps to help you fulfil them.

Phase Details

What needs and desires do I still feel connected and aligned with?

What intentions do I want to commit to right now?

What do I need to do in order to fulfil these intentions?



FIRST QUARTER MOON



Phase Focus: Action & Expansion

Reflection Point: Start taking aligned action towards your intentions. Identify the validity of any conflict you encounter and move forward accordingly with courage and conviction.

Phase Details

What aligned action steps do I need to take right now?

What internal or external challenges could prevent me from moving forward?

What can I do to help me overcome any obstacles on my path?



GIBBOUS MOON



Phase Focus: Analysis & Development

Reflection Point: Evaluate the progress of your intentions so far. Establish what is and isn't working for you, refine your plan and seek suitable solutions where needed.

Phase Details

What is currently working well and why?

What isn't working so well and why?

What can I do to refine my progress and increase my potential?



FULL MOON



Phase Focus: Illumination & Fulfilment

Reflection Point: Be aware of what is being illuminated to you. Acknowledge what has been fulfilled and identify where more balance is needed to maximise potential.

Phase Details

What ideas, insight or inspiration is being illuminated to me right now?

What imbalances or conflicts are being illuminated to me right now?

What ideas or intentions are currently being fulfilled or showing signs of potential?



DISSEMINATING MOON



Phase Focus: Feedback & Integration

Reflection Point: Begin to incorporate what you have learned. Be open to sharing and receiving insight and experience with others to create mutual growth.

Phase Details

What new ideas and insights can I integrate into my current intentions to help them grow and reach their greatest potential?

What ideas, insights or accomplishments can I share with others?

What feedback or favour do I need to receive from others right now?



LAST QUARTER MOON



Phase Focus: Reflection & Realignment

Reflection Point: Review the results of your intentions. Make the necessary cuts and adjustments to help you create completion and closure.

Phase Details

What ideas or intentions do I need to complete, pause or let go of?

What internal or external challenges could prevent me from creating completion or closure?

What changes do I need to make in order to achieve a sense of completion or closure?



BALSAMIC MOON



Phase Focus: Release & Reset

Reflection Point: Prioritise rest and focus on recuperating your energy. Reflect on the lessons and blessings of the cycle and decide on what to bring forward and what to let go of.

Phase Details

What have I gained from this current cycle in terms of both lessons learned and blessings received?

What do I need to release and what do I need to renew in order to create more balance, bliss and brilliance in the next cycle?

What do I need to do right now for myself in order to reset my mental, physical and spiritual energy in preparation for the next cycle?

