

Living in Rhythm - the Phases of the Moon



By Lorraine Haven

The moon circles our planet Earth every 29½ days, pulling on the tides and the fluids in our bodies. Astrology views the Moon as the keeper of our emotions, instincts and inner world.

By tuning into the lunar cycle, we can align more deeply with our natural flow.

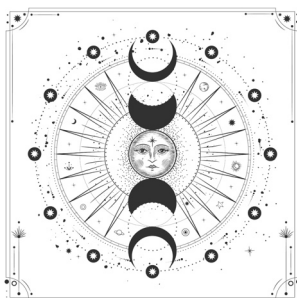
The lunar cycle begins with the New Moon, when the sky is dark and the Moon invisible. It's a time for planting seeds, both literally and metaphorically. It invites us to set intentions and quietly focus on what we'd like to grow in the coming weeks. Think of it as a blank canvas, a chance to dream and begin again.

As the Moon waxes and grows in light, we move through the Waxing Crescent Moon, a time of encouragement and support, the Waxing Half Moon, a time to make a bold start, and the Waxing Gibbous Moon, when the tiny seeds of the New Moon are growing stronger every day. We feel an urge to take action and overcome any obstacles standing between us and our goals.

The cycle reaches a peak of energy and illumination with the Full Moon, glowing bright and luminous. Emotions run high, clarity arrives, and often what was hidden comes into the light.

Full Moons are powerful moments for celebration, and as the flowers and fruits of our labour are revealed, we recognise how far we've come.

After this climax, the Moon begins to wane, guiding us to reflect and let go. With the Waning Gibbous Moon the peak has passed and we can exhale and release back anything that no longer serves. The Waning Half Moon is a time of acceptance, when we can forgive ourselves, and others, and know that whatever happens, there is still, as always, another cycle to come again. The Waning Crescent Moon is a natural time of completion, preparing us for rest and renewal.



Finally, we return to the Dark Moon, the day or two before the New Moon. This is a quiet, introspective phase, perfect for rest and inner work. Just as the soil regenerates before the next planting, we too benefit from this pause before the cycle begins anew.

When we walk in rhythm with the Moon, we begin to notice how each cycle speaks uniquely to us, revealing patterns, lessons, and

hidden gifts. Astrology allows us to see these lunar phases not just in the sky, but alive within our own charts, illuminating the soul's path and offering guidance for the journey.

To find out more, why not get in touch?

Astrologer • Counsellor • Celebrant
m: 07824 676049 e: lorraine.alison@gmail.com

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