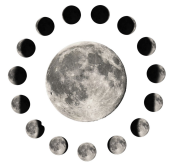




MANIFEST WITH THE MOON WORKSHOP

INTENTIONALLY
PHASING WITH THE
MOON





She was like the moon on Earth, ever changing yet always whole.

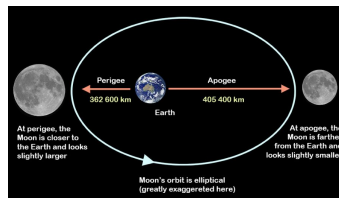


Peak

The exact time within the moon phase

Perigee –

- Moon closest to Earth
- Super moon
- Feels intense
- Best time to energize/actualize



Apogee –

- Moon furthest from Earth
- Feels distant
- Best time to detach/disconnect

Void of Course –Mini Moon Retrogrades

The time in which the moon is without any zodiac influence.

Duration: Occurs every 2-1/2 days on average. Can last from less than an hour to an entire day.
Avoid starting anything new at this time your emotions are attached.

Zodiac

All 12 signs pass through the moon during its entire cycle.

Moon Cycle

29.5 Days
The time from New Moon to New Moon

Dark Side of the Moon

We only ever see one side of the moon. Moon rotation around the Earth is the same as its own rotation on its axis.



New Moon

I create a clear vision for my intention

- New Beginning
- Collaborations
- Create Change
- Establish Confidence Level
- Set Intentions
- Plant Seeds of Ideas

A time for positive change. The New Moon provides you a meditative, educational time to embrace your intention & its effect on your life. Contemplate tools needed & possible action steps to manifest. Utilize resources & accountability.



My Word of the Year:

Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Find New Moon peak time _____ | <input type="checkbox"/> Quite Time to Gather Thoughts/Meditation |
| <input type="checkbox"/> Gratitude List | <input type="checkbox"/> Action Steps to Take |

| | |
|-------|-------|
| <hr/> | <hr/> |
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- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Journal Ideas and/or Create Vision Journal | <input type="checkbox"/> Tools Needed |
|---|---------------------------------------|

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |

My specific intention for this cycle:



Activation Energy = 48 hours
24 hours before & after New Moon peak

1st Quarter Moon



1st Quarter

**Every action I take brings me joyfully
closer to my intention**

- Take aligned action
- Apply adjustments
- Seek knowledge to support intention
- Interact / Communicate

A time to check in with self & community. This phase promotes knowledge, action, & healing. Anchor the action steps set on New Moon, making necessary adjustments. Also use this time to create an achievable list to empower your action steps. Gather any needed tools for the journey.



Checklist

- | | |
|---|--|
| <input type="checkbox"/> Find 1 st Quarter peak time _____ | <input type="checkbox"/> Journal/Meditation Time |
| <input type="checkbox"/> Action Steps | <input type="checkbox"/> Tools Needed |

| | |
|--|--|
| | |
| | |

- Self-care Action



What knowledge am I gathering to empower my intention?

What, if any, action steps need adjustment?



**1st Quarter Energy = 48 hours
24 hours before & after 1st Quarter Moon peak**

Full Moon



Full Moon

The manifestation of my intention is now coming to fruition

- Ritual & Action
- Fulfillment
- Celebration
- Reap & Harvest
- Increased Psychic Ability
- Express Gratitude

A time to shine a light on your intention. Actuate what is working. Take notice & release what no longer serves your higher purpose. Contemplate on your 3 selves – past, present, future.



- Checklist:**
- Find peak time _____
 - Put eyes on moon & howl
 - Schedule ritual/activation time
 - Journal/Meditate
 - Action Step that worked



- What needs released/stands in my way?



With your intention in mind, take note of feelings, thoughts, actions, & advice for your 3 selves.

PAST

PRESENT

FUTURE



**Activation Energy = 48 hours
24 hours before & after Full Moon peak**



Last Quarter Moon



Last Quarter

With a deep breath I reflect & honor
the evolution of my intention



- Release
- Reflect
- Trust
- Embrace
- Surrender
- Acknowledge

A time to muse upon the events during the entire moon cycle. Fine tune what worked for you. Take steps to discard or recycle anything unneeded. Use this time to wind down & prepare for a transition/flow. Believe in your powers of manifestation. Trust the intention is still in progress, even when you take a break.



Checklist

- Find Last Quarter Peak Time _____ Journal/Meditate

- What have you learned about yourself this cycle?



- What surprised you about this process?



- What did you love & want to continue?



- What needs to change?



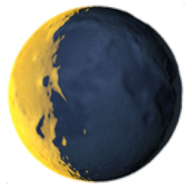
Activation Energy = 48 hours
24 hours before & after Last Quarter Moon peak



Balsamic Moon

AKA

Waning Crescent



Balsamic

“Me Time” provides space for my best manifestation work

-
-
- Relax
 - Recharge
 - Play
 - Restore
 - Rest
 - Peace

A time to find yourself with love & self-care.

Clear your mind & take a break from your intention. Accept that this past belongs to you. Allow for rest, fun, & joy. In doing so you'll also find your intuition & instincts recharged.



Checklist

Find Balsamic Moon time _____
3-1/2 days from the next New Moon peak

Journal/ Meditate

How will I unwind?

What will I do for fun?



Activation Energy = 2-1/2 days
Starting 3-1/2 days before to New Moon peak

