



The Moon is the heartbeat of the solitary witch.
Use this guide to time your intentions.

Moon Phase	Lunar Cycle	Best for
New Moon	<i>The Seed</i>	Set intentions. Start new projects. Low energy; rest and dream.
Waxing Crescent	<i>The Sprout</i>	Build momentum. Take the first physical step toward your New Moon goal.
First Quarter	<i>The Growth</i>	Commitment. Overcome the first obstacle. Focus on "doing"
Waxing Gibbous	<i>The Polish</i>	Refine your plan. Look at the details. Stay the course.
Full Moon	<i>The Bloom</i>	Celebration. Manifestation. High Energy. Charge your tools and yourself.
Waning Gibbous	<i>The Harvest</i>	Gratitude. Share your results. Begin to turn inward.
Last Quarter	<i>The Release</i>	Letting go. Breaking bad habits. Forgiveness work.
Waning Crescent	<i>The Rest</i>	Deep cleansing. Space clearing. Prepare for the next New Moon.