



## FULL MOON

This is as close as we come to seeing the Sun's illumination of the entire dayside of the Moon.

The Full Moon is also connected with gratitude, manifestation, celebration, and harvest. You orbit in a vast galaxy of grace. I want to invite you to celebrate the harvest of something that has ripened from your creative heart. What have you noticed that has ripened for you (from within or without)?



# WAXING FULL MOON Spotlight

This first section is dedicated to celebrating what came into fruition last month + what is still to come—the second section is for next month. This is a time of amplified energy for the moon. It's also an optimal time for me to be specific + amplify my praise energy. I will bask under the moonlight in my unique + sensual way as the canopy of its glow from the sun's light reminds me that my glow comes from the Son's light. Amen + Ase'



I'm Spotlighting

date:   /   /

.....

.....

.....

.....

.....

I'm Spotlighting

date:   /   /

.....

.....

.....

.....

.....



The golden glow of the moon reminds me to "live my life like it's golden." - Jill Scott

# WAXING FULL MOON

## Spotlight

This first section is dedicated to celebrating what **came into fruition** last month + **what is still to come**—the second section is for next month. This is a time of amplified energy for the moon. It's also an optimal time for me to be specific + amplify my praise energy. I will bask under the moonlight in my unique + sensual way as the canopy of its glow from the sun's light reminds me that my glow comes from the Son's light. Amen + Ase'

I'm Spotlighting

date: / /

I'm Spotlighting

date: / /

The golden glow of the moon reminds me to "live my life like it's golden." - Jill Scott



## NEW MOON

From the waxing of the follicular phase to the waning of the new moon of the menstruation, flowing with the movements of your menstrual-moon cycles aligns you with the God-given wisdom inherent in your body. As with all the menstrual-moon cycles, it's about noticing and getting curious, not rigid rules. None of this is fixed, you change from month to month as you transition through distinct phases of your life.

For whatever reason, if you no longer bleed—notice, nurture, and embody how your inner lunation reflects the transformational phases of the moon.

Like the tide, we ebb + flow, **physically + spiritually + emotionally + mentally**. And there is no right or wrong lunar phase to bleed in, each simply represents different phases of life we could be in. And bleeding during the waxing or waning moon also holds significance.

### **White Moon Woman**

bleeds with the new moon

### **Red Moon Woman**

bleeds with the full moon

### **Purple Moon Woman**

bleeds with the waning moon

### **Pink Moon Woman**

bleeds in between the new + full moons or  
near the waxing crescent moon



# WANING NEW MOON

## Release

As I step into this new month, I release + lighten my load. As the moon is at its lowest energy, I thank you Holy Spirit for helping me lean my energy towards more rest as I prepare to be tender with myself. I will list or doodle the thoughts, people, energies, places and things. I'm FREE to release to allow greater flow in my life! This first section is dedicated to guilt-free, self-reflection of what **did + did not** serve me last month—the second section is for next moon's/month's meditative moment. **Be specific + feel free to rip out the page if it will complete this holy release + journaling ritual.**



### Releasing Ruminations

date:   /   /

.....

.....

.....

.....

.....

### Releasing Ruminations

date:   /   /

.....

.....

.....

.....

.....



As I release, I hear, "Come to Me, and I will give you rest + renewal." - Jesus

# WANING NEW MOON

## Release

As I step into this new month, I release + lighten my load. As the moon is at its lowest energy, I thank you Holy Spirit for helping me lean my energy towards more rest as I prepare to be tender with myself. I will list or doodle the thoughts, people, energies, places and things. I'm FREE to release to allow greater flow in my life! This first section is dedicated to guilt-free, self-reflection of what **did + did not** serve me last month—the second section is for next moon's/month's meditative moment. *Be specific + feel free to rip out the page if it will complete this holy release + journaling ritual.*

I'm Releasing

date: / /

I'm Releasing

date: / /

As I release, I hear, "Come to Me, and I will give you rest + renewal." - Jesus