

# The Moon and You



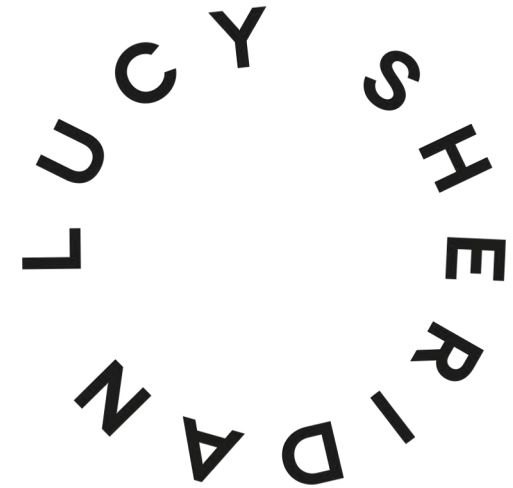
DAVID WELLS

SPIRITUAL PATHWAYS. SOUL GROWTH. YOUR WAY.

LUCY  
SHERIDAN

# WELCOME

- Thank you
- What you will need
  - Do you have your moon sign?
- Open hearts and minds
- Please feel free to ask questions



# Today...

- Introduction
- Your moon sign and you
- The phases of the moon and working with them
- The moon and the elements
- New moon and Full Moon focus
- Ritual and making your own special space
- (Hopefully) Questions 😊



## The Moon

The first clue to how we feel about the Moon is the word She, we assume the Moon to be a female energy and in astrology that is most definitely the case.

She isn't actually a planet, she's a luminary, a light, a guiding light and a title she shares only with the Sun, she gets all her light from the Sun and that offers us an insight; she's reflective.

The Moon has been worshipped in her time and usually with associations to feminine principles and it's safe to say that her 28 day (27.32 if you want to be precise) cycle is more than likely where this sprung from.

She is imbedded in our collective subconscious, the symbolism of the Moon instantly conjures up these words: feminine, emotional, cycles, habits, emotions, madness, time passing, magick, ritual, witchcraft, mother, sister, family, intuition, home, lunacy, werewolves, howling, memory, silver and many more. All have a place in your own memory, when you see the Moon she invokes these and many more, she draws you in.







### **Moon Signs**

Your Moon sign is where the Moon is at the time of your birth.

### **Archetypes**

**Aries – Warrior**

**Taurus – Builder**

**Gemini – Peter Pan**

**Cancer – Mother/Nurturer**

**Leo – King or Queen**

**Virgo – Accountant**

**Libra – Angel**

**Scorpio – Vampire**

**Sagittarius – Sage**

**Capricorn – Werewolf**

**Aquarius – Scientist**

**Pisces – Saint**

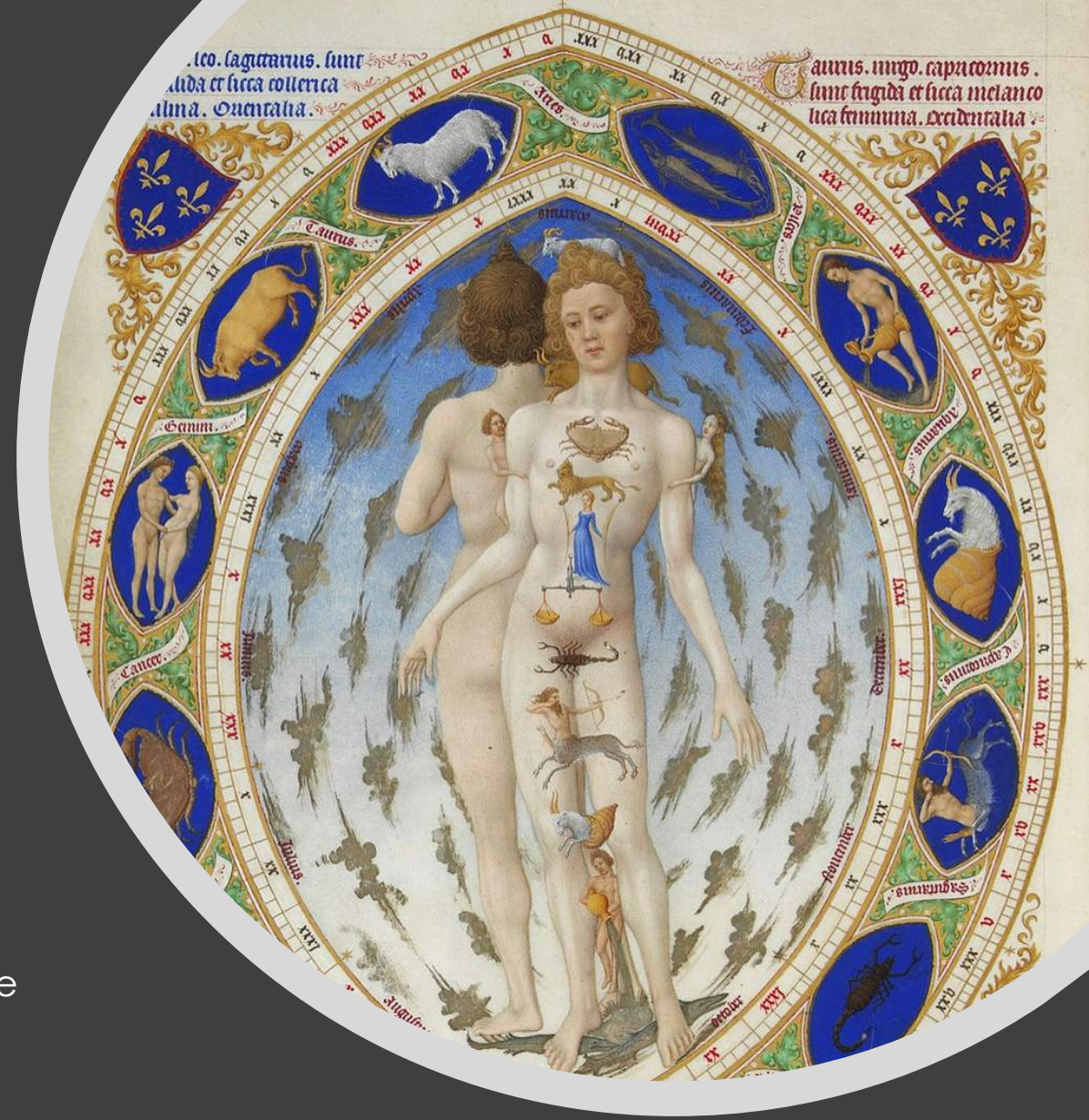
Your find it by entering your time, date and place of birth in a Moon Sign calculator.




# The Moon Through The Signs

## Keywords

- Aries – creative, warrior, enthusiastic, quick to anger, leader
- Taurus – stubborn, comfort from food, methodical, grounded
- Gemini – talkative, cool, head over heart, logical, changeable
- Cancer - home loving, nurturing, family orientated, moody
- Leo – proud, extravagant, bossy, powerful, sometimes petty
- Virgo – meticulous, detail orientated, factual, serves others, worrier
- Libra – loving, diplomatic, seeks balance, relationship focused
- Scorpio – secretive, hides emotions well, deep, passionate
- Sagittarius – positive, seeks adventure, seeks the truth, always right
- Capricorn – efficient, often reclusive, commits fully; eventually
- Aquarius – unpredictable, very cool, innovative, highly changeable
- Pisces – intuitive, fearful, imaginative, dreamers, gentle, spiritual





A woman with long blonde hair, wearing a white sleeveless dress, is shown from the waist up, reaching her right arm up towards a large, bright full moon in a dark, starry night sky. Her hair is blowing in the wind. The background is a deep blue and black sky filled with stars and a large, glowing full moon. The overall mood is dreamy and celestial.

If you know you're Moon sign you can easily know when she returns to your own Moon sign getting yourself a Moon app or checking a Moon calendar.

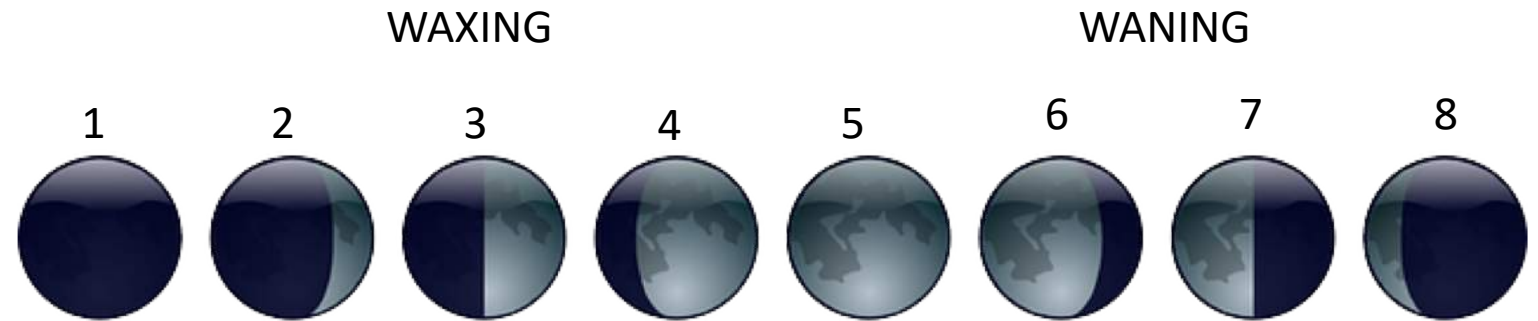
If the Moon is new it's always in the sign that's celebrating its birthday, if it's full it's in the sign seven along counting the one that's celebrating. So, if the Moon is full and it's Aries birthday time you would go, Aries, Taurus, Gemini, Cancer, Leo, Virgo and end up at Libra.

If you know it's full in your sign have a look at what you want to get rid of, or is that a who? Use this powerful time to clear away old habits and to face up to what you know needs to be done. If it's new it's a great time to start something new.

Often seen as an emotional planet, and she is, all the other planets stir emotions too such as Mars? How he does it very up front, anger and frustration being high on his list, but Mother Moon is subtle, she could be behind many decision you make without you even realising it.

She brings things to your attention through an emotional response, what you do with is up to you. Actually, what you do with that is probably a learned response, from this life or another, from your parents, your teachers and your peers. You go into automatic and the memory banks you have form that reaction, memory banks astrologically governed by the one and only Moon as ruler of your subconscious.

## Eight Phases of The Moon



- 1 New Moon – set your intentions
- 2 Crescent – deepen your resolve
- 3 First Quarter – move, take action
- 4 Gibbous – adjust, improve
- 5 Full Moon – release, let information come to you
- 6 Disseminating – express your truths
- 7 Last Quarter – plan your next cycle
- 8 Balsamic – return to you center, be still





## Blue Moon

A Blue Moon is when there's two full Moon's in the same month, the second one being Blue. January 2018 saw a Blue Moon and March too. This meant February saw no full Moon. A true **astrological** Blue Moon is a second full Moon in the same astrological sign, much, much rarer with the last one being in 2013 and the next is on April 19th 2019, Libra. Astrologically see these Blue Moon's as the culmination of a series of events, the grand finale.

## Supermoon

This simply means the Moon is closer to the earth than usual, it's called a **Perigee** Moon, Apogee is when it's further away. Astrologically it's a full Moon, no matter how beautiful she is to look at, it's interpreted the same.

## Eclipses

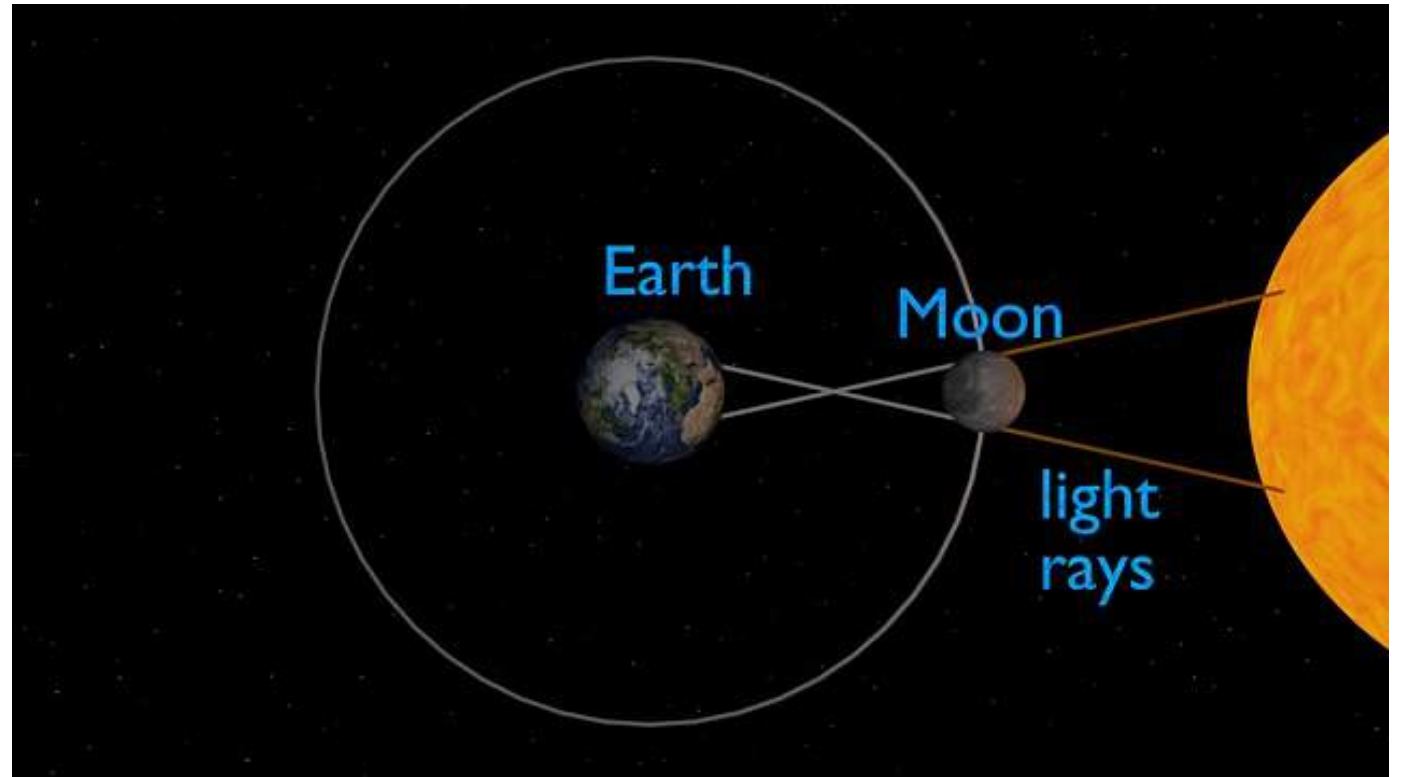
We all need a push, a shove in the right direction even if it seems to go against what we want. Enter the eclipses. Usual there are four in a year, but there can be up to seven. Astrologically speaking, they are a sign of change.

### Solar Eclipse

The Moon is between the Earth and Sun, a new Moon, the Moon blocks out the Sun, switching off the light, taking away the connection. Imagine it as reboot but do you select the same old, or do you go with the changes on offer?

### Lunar Eclipse

During a Lunar Eclipse, Full Moon, the Earth is between the Sun and Moon. We see our own shadow, which is why the Moon can sometimes appear a different colour, it's reflecting Earth. Here's your shadow self, what emotions can you admit to, what do you



## The Lunar Return



- Every month, as she moves around your chart, she will visit each house and every planet, in turn. Check which sign she's in daily and what planets she impacts, but how?
- Get a Moon diary, a Moon calendar, if she's in Taurus where is that in your own chart, if she's pulling up alongside your natal Mars for her monthly meeting, what habit, what cycle does this show you?
- Personally I am useless when she's on my Scorpio rising, I also have Neptune on that degree, so when the Moon moves in for her monthly visit I'm emotionally very, very tender and am best left in the cave! And if she's full in Scorpio, let's just say a spa day is my best option.





# It's Elemental

Each sign is linked to an element, knowing which element you're working with is essential in practical magic.

Fire – Aries, Leo, Sagittarius

Earth – Taurus, Virgo, Capricorn

Air – Gemini, Libra, Aquarius

Water – Cancer, Scorpio, Pisces

# Fire and Water

**FIRE** is perhaps the most ancient symbol of divinity. Fire is a living principle of duality, providing light and heat to aid humankind, while at the same time being a force of death and destruction. The ancients believed that fire could lie hidden in a piece of wood. By rubbing two pieces together the fire could often be coaxed from the wood. It's also in you when you get 'fired up' by a creative project, get angry with someone who isn't listening, it's fire, in the form of desire. It's, Aries, Leo, and Sagittarius.

**EARTH** is the element of form, binding and manifestation. The element of earth is the lowest in vibratory rate of the four elements, you're standing on it. It's practical and steady, it supports and allows for growth. It's about health, wealth and wellbeing. When someone is very earthy, they can sometimes be described as being stubborn, immovable or, perhaps, caught up in making money at the expense of everything and everyone one around them. It's also about food and cuddles – we just can't do without it! It's Taurus, Virgo, and Capricorn.

# Air and Water

**AIR** is commonly associated with mental activity, communication and chatting. It's the element that governs the thought patterns you produce and the images you create in life. We have all heard that every thought is a thing; that thing would be carried in the wind. Someone who is talkative, could be termed as being air, but airy-fairy is something completely different! Someone who lives eternally in their head will not come down to earth too often, not recommended for practical matters. It's Gemini, Libra, and Aquarius.

**WATER** is an element associated with emotions. Think about tears, they come when we get emotional. It's also deceptively strong; water will always win, even against rock it will gently carve its way through and get to where it wants to be. Water, your emotions, is a very powerful force and when you listen to them they can guide you using water's biggest tool: your intuition. This is the land of your subconscious mind, it's Cancer, Scorpio, and Pisces.



# The Moon and Tarot

The Moon card in Tarot represents the astrological sign of Pisces  
The Moon herself is represented by The High Priestess  
The Sun card represents The Sun

- 
- Aries – The Emperor
  - Taurus - The Hierophant
  - Gemini - The Lovers
  - Cancer – The Chariot
  - Leo – Lust/Strength
  - Virgo – The Hermit
  - Libra – Adjustment/Justice
  - Scorpio – Death
  - Sagittarius – Art/Temperance
  - Capricorn – The Devil
  - Aquarius – The Star
  - Pisces – The Moon



Image: Lumina Tarot  
By Lauren Aletta and Tegan Swyny

# The Moon through the houses

- If you know your chart you will be able to see which area your Moon is in and where the current Moon will affect most.
- So if you have Scorpio in area 7 for example, the Scorpio Moon will be more about relationships.
- If you have it in area 2 it could be about money.



# How to work with the information

## New Moon

Consider where the Moon is, what does the sign tell you about it's influence, what's the element?

Which area of your own chart is she in when she goes new?

How is it showing up in your life, what new projects or opportunities surround you?

What do you want to gain from the new Moon energy?

How does she make you FEEL?

Get super clear on how you're going to proceed, use the dark of Moon to go on an inward journey, reduce your schedule, rest and contemplate.







# Full Moon

Consider where the Moon is, what does the sign tell you about it's influence, what's the element?

Which area of your own chart is she in when she goes full?

How is it showing up in your life, what's coming to an end?

What do you want to release under the full Moon's energy?

How does she make you FEEL?

Get super clear on how you're going to proceed, be ready to not only for the ritual but for opportunities to say your farewells; especially on the Witches Moon, the day after the full Moon.



# Notes on Rituals and Altars

## What you will need, what you may want to include

- A Moon Journal, have one for new Moons and one for Full
- Table, windowsill, tray?
- Cloth – think about the colour, make it relevant to what you're doing
- Icon
- Candles x 4 (you can add as many as you want for ambience, but minimum 4)
- Candle holders x 4
- Candle lighting tapers/matches/lighter
- Bell or Singing Bowl
- Incense, gum, stick or spray if you prefer
- Music
- Tarot or Oracle cards
- Wand or Athame if you have one, a favourite crystal perhaps?
- Flowers
- Crystal
- Symbols
- Magical tools



# Preparing Your Ritual – putting it together

November 7<sup>th</sup>

15 Degrees Scorpio

If you have planets at or around seventeen degrees Aquarius, Taurus or Leo, this Moon will affect you more than most. It's likely to bring matters that have been brewing for a while, things that need clearing so healing can begin. It's also a great time to plant ideas that establish deep connections and truths in your life.

Los Angeles – Wednesday 7<sup>th</sup> 08:01

New York – Wednesday 7<sup>th</sup> 11:01

London – Wednesday 7<sup>th</sup> 16:01





## Extra notes, search for other astrological factors

---

- This Moon is a very interesting one, not only because it's the most intense of the year as we clear the way for new growth by burning and the death of the old, this one is also accompanying the move of Jupiter into Sagittarius. This is a once every twelve year cycle, Jupiter will spend the next 13 months in his home town creating expansion and growth where his journey through Scorpio may have felt like anything but for many. Use this link in your ritual, use it to boost the new Moon's power and be super clear, this one is not one to be lazy with the details. Get into it





# For your altar

Journal

The Tarot card for Scorpio is Death

The High Priestess card for the Moon

Element is Water

Symbols: scorpion, eagle

Gems: obsidian, ruby

Groups of 8

Incense: patchouli

Flowers: chrysanthemum, heather, chilli plant

Animal: scorpion, eagle





# Ritual

New routines, bringing into manifestation your dreams and goals through the use of the principles of Scorpio: power, depth and the ability to work in the shadows with tenacity. Check in with your own chart, where is it affecting your life?

As you prepare for the New Moon, make sure everything you do is well considered, thought out, planned to the highest degree, this is a real alchemist's Moon.

1 Cleanse the room physically as well as through smudging, incense or diffuser, leave time for a personal cleansing ritual too, salt bath for example; very important!

2 Set an intention and a time for your ritual. Intentions around speaking your truth, working deeper and magically.

3 Write the running order for your ritual; open, burn incense, music, chant, prayer, time to channel, do a reading, whatever you feel drawn to but do add planting something on this one, a seed or a small tree in your garden perhaps? Growth in your practice comes through the nurturing of this magical plant. Or float your intentions down a river using biodegradable paper.

4 Perform your ritual, feel it from the depths of our being, put all the feels into it!

5 Make a list of what you want to grow, what new things do you want in your life.



# Resources

- Find the Moon phase daily:  
<https://www.timeanddate.com/moon/phases/>
- 10% off a reading with me code MOONU book  
@ <https://davidsdiary.as.me/>
- Astrology websites: <https://cafeastrology.com/>
- Apps are available to track the Moon or buy a diary/wallplanner



# THANK YOU

- BONUS: Moon meditation will be sent to you



LUCY  
SHERIDAN