

Cycles of the Moon



Mystical Moon
Rituals

Welcome

I'm Emma, it's wonderful to meet you!



I am super excited that you have found my little world here! I've been teaching and supporting people on their spiritual journey since 2017 and it always brings me so much joy to see the transformation in my clients as they become more confident and start to manifest their dream lives!

I had my spiritual awakening in my early 30's, my relationships had failed, my job made me miserable and I was in a downward spiral. Then a friend handed me my first book on the law of attraction and things started to change.

I rediscovered my yoga practice, trained to teach and absorbed all I could about the law of attraction, magic and manifesting. I went on to qualify as a moon circle leader and have since incorporated a deeper level of astrology into my offerings and practices.

I want you to love yourself body, mind and soul.

My mission is to create the space and the tools for you to develop your own spiritual practices. I want to empower you to choose the paths that are right for you, to choose the way you practice along with the when and the how.

This is the beauty, there is no right or wrong way. I aim to offer all of my experience and knowledge so that you can choose for yourself, without judgement.

This ebook is designed to teach you the basics of working with the moon cycles so that you can tap into the energies of each phase of the moon to support your life and your manifestations.

I want to create one thing for all of us overall.

Easy magic

Because life is busy.

mysticalmoonrituals.com

Moon Phases



New Moon

new beginnings, intention setting, quiet time, planting seeds, potential



Waxing Crescent Moon

new growth, clarity, awakening, visualisation, courage, inspiration



First Quarter Moon

balance, commitment, creativity, challenges, blossoming, faith



Waxing Gibbous Moon

abundance, confidence, fertility, patience, alignment, adjust



Full Moon

celebration, embodiment, evaluation, joy, peak of the cycle, expression



Waning Gibbous Moon

forgiveness, release, gratitude, soften, boundaries, grounding



Last Quarter Moon

balance, letting go, release, healing



Waning Crescent Moon

surrender, cleanse, rest, detox, recuperate, intuition

New Moon

New Beginnings



The New Moon is the part of the cycle when we begin to create the magic, to look to our dreams and see the potential in front of us. We can connect to our inner world and ask for the things that we really want from our lives.

It's a time to look forward and plan the future, remembering that anything is possible for us.

It's often described as being the time for planting new seeds of potential, the New Moon offering the fertile soil in which to plant those seeds and the cycle that is beginning offers them space and time to grow.



Action
Set your intentions



Waxing Crescent Moon

Visualise Your Dreams



As we move through the week following a New Moon the moon appears to grow in size making it's way towards the Full Moon. It's still a time of darkness, although the nights are getting lighter and lighter as we move through this phase.

This phase is a time for internal growth, to visualise and dream about the intentions we set coming true. See them as if they are already happened and begin to feel the feelings of your manifestations coming to you.

Even though this is a time to work on yourself, your beliefs and clarity around your dreams, make sure that you are still taking any aligned action that feels right at this stage too!



Action

Meditation & Affirmations



First Quarter Moon

Aligned Actions



We are now in the middle of the waxing phase of the moon, from here until the Full Moon is the real manifesting phase, it is the point in the cycle when we can really call our visualisation into reality.

It may seem at this point that the universe is throwing you a curve ball or two, our reactions to these are key. We can either let them fill us with doubt or we can rise above them and keep our faith.

Sometimes what we thought we wanted doesn't really align with our true self and values, other times we can notice that we are not asking for something for the right reasons. The Universe just wants that check in with us.



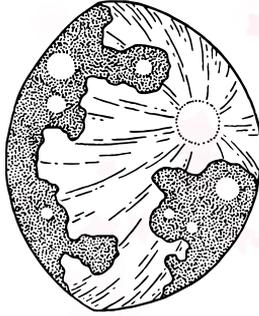
Action

Create a To Do List



Waxing Gibbous Moon

Trust Your Intuition



This week is all about taking action. We have a week left until the peak of the cycle and this is our chance to really push towards our goals and dreams.

The moon is growing in the sky and with it our manifestations are also growing. Notice the signs that the Universe is sending your way.

Taking aligned action means that we are trusting the nudges from the Universe as well as our own intuition. Say yes to the things that will get you closer to your dreams and yes to the things that feel good to say yes to!



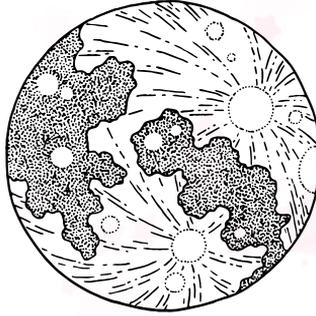
Action

Take aligned actions towards your goals



Full Moon

Gratitude



Full Moon is the peak of the monthly moon cycle, when the moon is the brightest in the sky. This is generally a time for celebration and gratitude.

At this point in the cycle you may have already manifested your New Moon Intention, or have seen signs that the manifestation is on it's way. If this is true for you at this point then indeed it is a time for celebration and to express gratitude for the magic you have created.

If your New Moon intentions have not yet manifested or you seem to have faced many blockages and obstacles during the waxing phases of the moon, find gratitude for all of the experiences and lessons you have had.



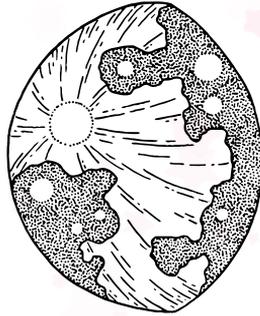
Action

Write a gratitude list



Waning Gibbous Moon

Forgiveness



As the moon now begins her journey back towards the New Moon, this half of the cycle is about releasing and healing.

This week especially is about forgiveness, think about who you need to forgive as well as making sure you forgive yourself.

This is an important step, more so if you have come up against doubt and blockages this month. It helps us to identify our mental blocks and begin to move past them.

These practices help us to gain a deeper trust in the manifestation process, so when we set our New Moon intentions we are stronger.



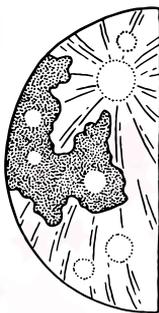
Action

Make a forgiveness list



Last Quarter Moon

Letting Go



We have now reached the final phases of the monthly moon cycle. With this Last Quarter Moon we practice letting go.

It is an extremely important phase as the work we do at the Last Quarter Moon and the week leading up to the New Moon will set us up for starting the new cycle feeling fresh and ready to manifest.

Letting go means releasing attachment to the outcomes of the things we are manifesting. If we try and manifest out of need or lack, we are putting the wrong energy out into the Universe. It is only by releasing and letting go, being ok with any outcome, that we truly move from a place of trust and flow.



Action

Release and let go
of attachments



Waning Crescent Moon

Rest



You've heard the expression 'You can't pour from an empty cup' before, right?

This week is all about rest and relaxation, the work has been done and now we care for ourselves before planting the next seed of intention.

Cancel plans if you need to, schedule time to take long baths or read a book. Do the things you know nurture your soul.

What feels like self care to you? What activities make you feel rested and fulfilled?



Action

Take time out to
nourish your soul



And That's It!!

The next phase begins again with the New Moon

Each month I offer an online New Moon Magic Hour that is open to anyone who wishes to learn a little bit more about manifesting with the moon cycles.

On or before the New Moon we gather to learn about the astrological influences of the cycle ahead of us, how to make it more personal by looking at the birth chart and set our New Moon intentions together.

If you'd like to join us to deepen your connection to the moon, live by the lunar cycles and support your manifesting journey you can check out my next Magic Hour here

[New Moon Magic Hour](#)



Have a magical day

Emma xx

