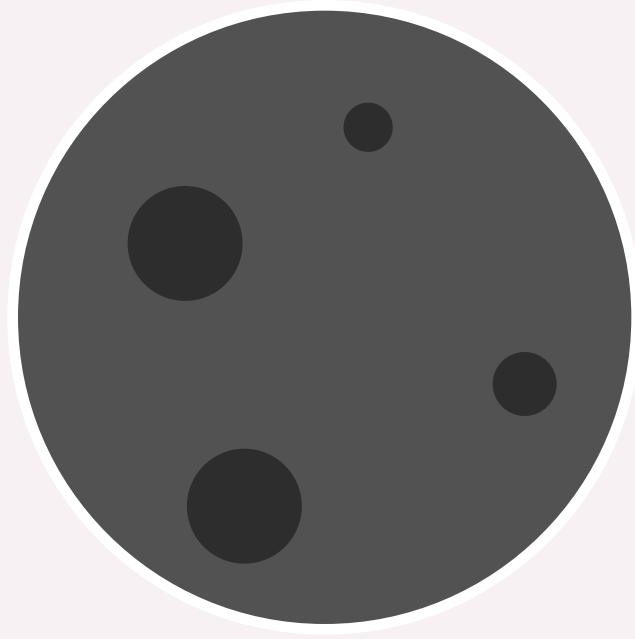




MOON PHASE

REFLECTION

JOURNAL



New Moon

A time of new beginnings and setting intentions

The new moon marks the beginning of a cycle. It's a quiet time for introspection and looking deep within yourself to learn what you want to focus on and manifest for the duration of the cycle. This is known as setting your intention.

On the new moon, find a quiet space to sit in silence and connect with yourself. Focus in on what your desiring at this moment and ponder what will help you achieve or fulfill that desire.

What will bring me more joy, love, and happiness in my life?

What can I change or commit to in order to bring it into fruition?

My intention for this cycle is:



Waxing Crescent

Get excited and curious about new possibilities

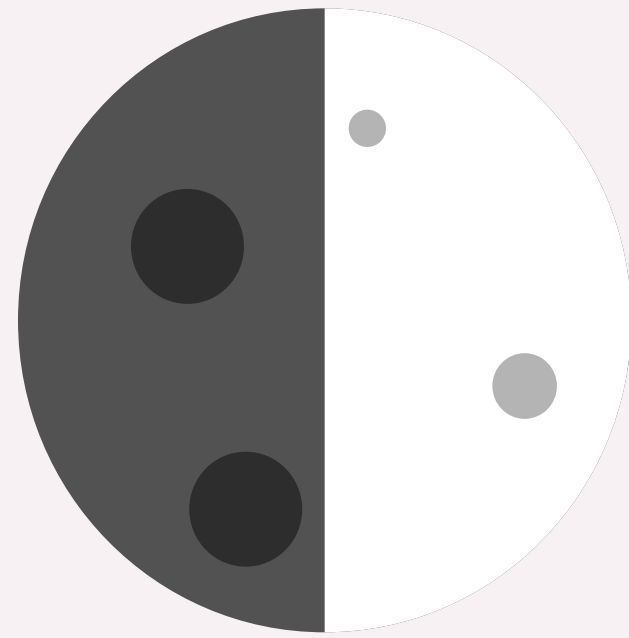
The waxing crescent phase can be seen in the night sky as a small sliver of light. This is a time of fresh energy as we begin to water the seeds of our intentions that we planted during the new moon!

Begin thinking about the path towards fulfilling your intention. Declare to yourself that what you desire is already on its way to you. Be with these thoughts. Feel them deep inside your body.

Get excited! How does it feel to imagine receiving what you're desiring?

How can you incorporate those feelings into your daily practice?

What fresh new ideas and energy do you want to incorporate this cycle?



First Quarter

Take action and build momentum towards your intention

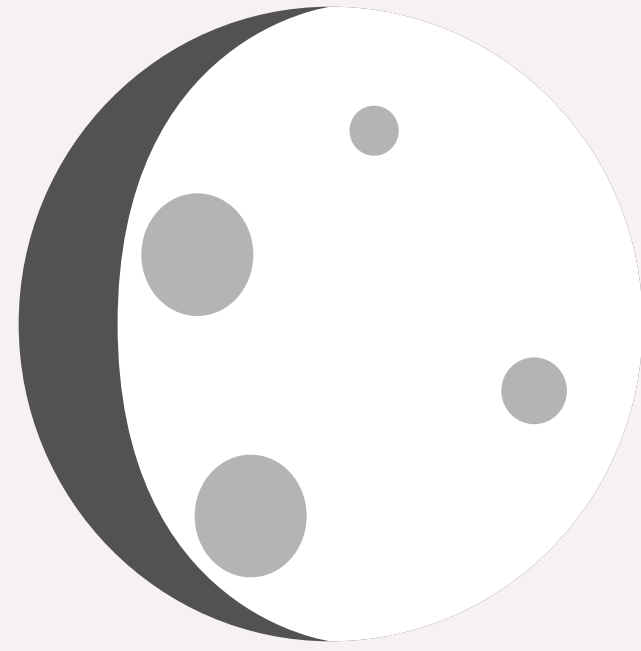
The moon has reached its first quarter of the way around the Earth. It is half illuminated and half shadowed. This is a time of strength, dedication, and unwavering energy.

Get clear on the objectives that honor your intention and prioritize them. Take time to look closely at the challenges you face. Use discernment to understand which of these obstacles you need to avoid or push straight through.

What inspired actions related to your intention are you ready to take?

What challenges are blocking your path towards fulfilling your intention?

How will you discern between what is hard and what doesn't serve you?



Waxing Gibbous

Refine your course and make improvements where needed

The waxing gibbous is the final phase leading up to the peak of the full moon. It offers us a few final chances to take action towards our intention.

Things should start to feel like they're aligning and coming into form. Though it can also be a time of uncertainty and doubt. If that's the case, trust in your intention and follow what feels good. Your patience and persistence will take you exactly where you need to go. Even if it's not where you expected.

What final actions or communications feel exciting to take?

Where do you feel uncertainty and doubt coming up in your life?

How can you release control over a specific outcome and trust the process?



Full Moon

Celebrate and release what no longer serves you

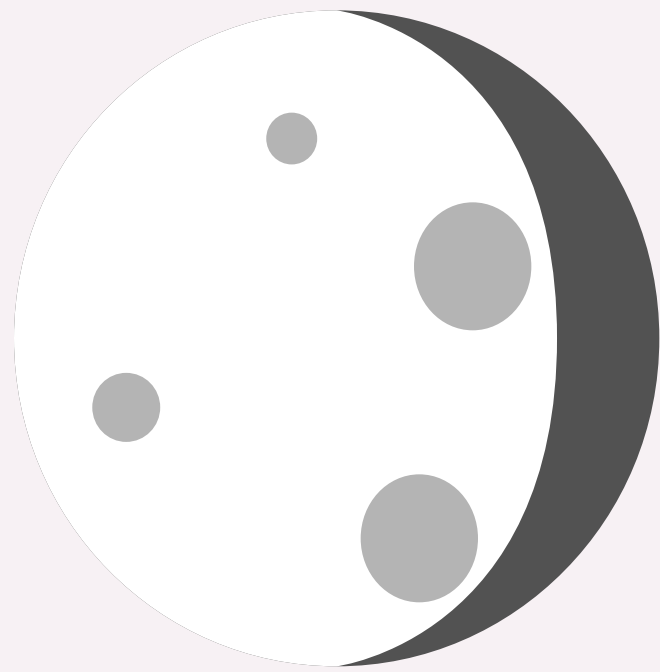
The moon has reached its peak illumination as a big, bright, beautiful orb in the sky. This is the most exciting and energetically packed phase of the cycle!

Take time to celebrate yourself and your hard work thus far. Keep in mind, everything is amplified during the full moon. You may feel extra emotional or have peak creative breakthroughs. Whatever the case is, be gentle on yourself and embrace the feelings that come through with gratitude.

List all the magical ways you can celebrate your progress:

What emotions or creative breakthroughs are coming up? [just acknowledge]

What is no longer serving you? How can you thank & release them?



Waning Gibbous

Receive benefits with immense gratitude

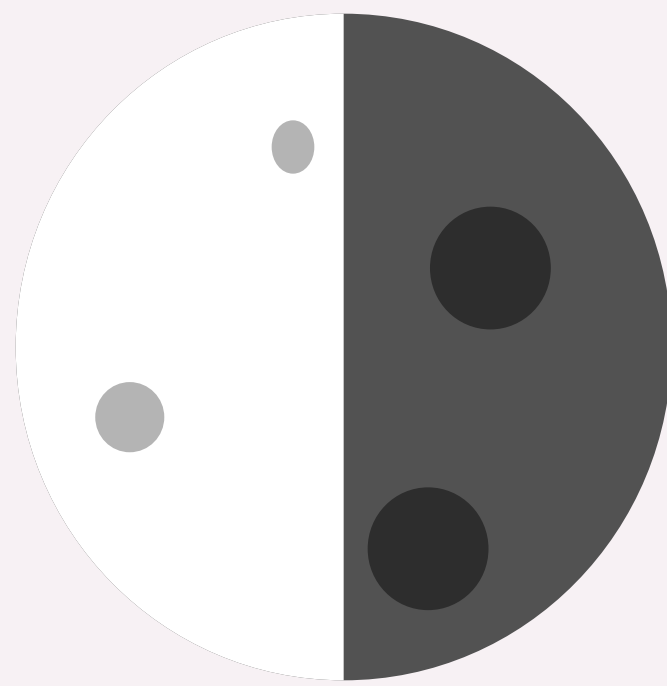
The moon now begins its descent in this Waning Gibbous phase. Give yourself a chance to rest after the intense emotions a full moon can bring up.

This phase is all about opening up and receiving with immense gratitude. Take note of the opportunities that present themselves. Even if they're not directly related to your intention, notice what is surrounding you. This is also a great time to share your progress with trusted loved ones.

Which opportunities have been presented to you (related to your intention or not)?

What are you grateful for today? Expand that gratitude throughout your entire body.

Who can you reflect with? How does it feel to share what you learned?



Third Quarter

Give back from a place of abundance

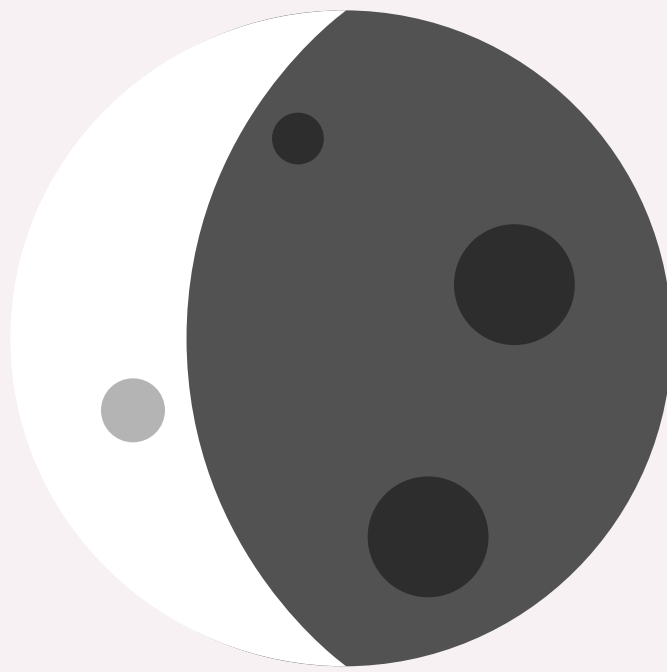
This marks the last quarter, where the moon is half lit on the left side. Now that we've spent time receiving with an open heart, this phase invites us to acknowledge all the help and support we've received along our journey.

But don't let this feel like work - it should be joyful and nourishing! Find your unique expression of giving back, whatever it looks like for you. This is also a good time for deepening your awareness and daily reflection on your journey.

What receiving techniques from the last phase were most impactful for you?

Who were the people who helped and supported you this cycle?

How can you give back in a way that feels joyful and authentic?



Waning Crescent

Rest, restore, and listen to your intuition

The moon is shining its last sliver of light during this Waning Crescent phase. This is a perfect time to reflect on the whole lunar cycle and restore your energy.

Reread the intention you set during the New Moon. Sit with it during a peaceful meditation. Think about everything that's come through for you and how you've grown. Allow your body, mind, and soul to rest and restore its energy in preparation for the next cycle to come!

What did this practice teach you about yourself and your connection to the moon?

What were the range of feelings you felt during the entirety of the moon cycle?

What are you feeling drawn to focus on for the upcoming moon cycle?



Happy Moonifesting!

First and foremost, thank you for being a part of the Moonifest community!

I created Moonifest to help you connect with the universe, align with your intentions, and ultimately come into a place of full goddess confidence by manifesting with the moon.

I hope you'll continue to grow your moon practice and reflect on all the seasons of change there is to come! I'm always available if you have any questions.

I love you and I'm rooting for you,

Samantha Shaibani

Co-creator and Founder of Moonifest



@moonifest.co



hello@moonifest.co



www.moonifest.co