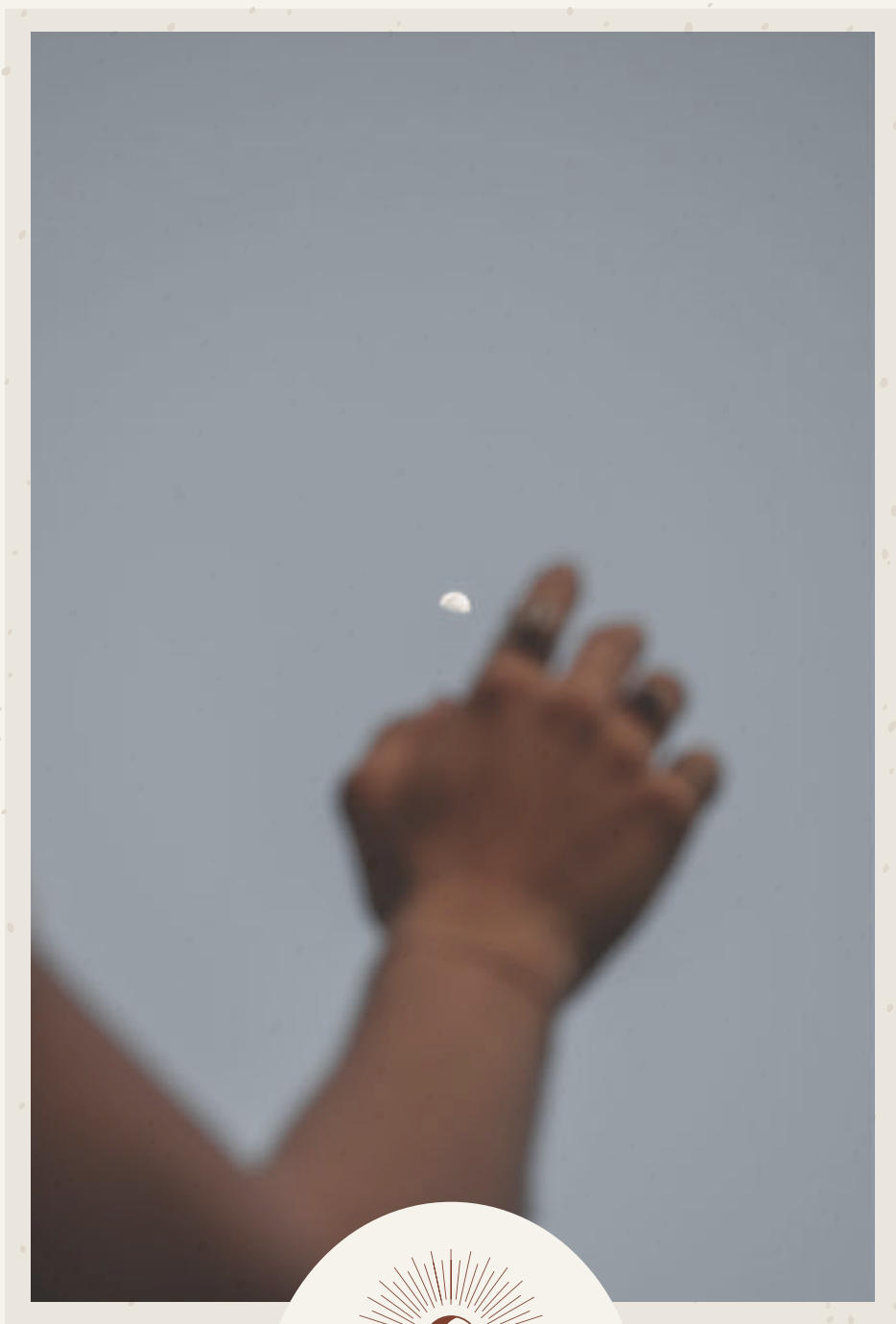


# Free Moon Phases + Rituals

ALIGN YOUR LIFE WITH THE COSMOS



ELYSIUM RITUALS

BY TWO WANDER

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# INTRODUCTION

The Moon has always played a significant role in the lives of humankind. We have used it as an anchor of not only our farming season, but also our cyclical spiritual seasons of growth, fertility and abundance. It has the power to illuminate things previously hidden and unknown, and nurture us as we create our own path through the world.

The different phases of the Moon can be used for different intentions, whether that be manifesting abundance or releasing negativity; in this guide I'll show you how.

Combining your internal forces with the external support of the Moon is a really powerful way of adding a touch of magic to your life and can hopefully help bring a sense of peace and harmony to your personal cycles of growth.



01



PHASES OF THE  
MOON

# 01 | PHASES OF THE MOON

There are 4 *major phases* of the moon and 4 *minor phases*. The major phases are: New Moon, First Quarter, Full Moon, and Last Quarter.

The minor phases are: Waxing Crescent, Waxing Gibbous, Waning Gibbous, Waning Crescent.

In order they are as follows:

- **New Moon**
- **Waxing Crescent**
- **First Quarter**
- **Waxing Gibbous**
- **Full Moon**
- **Waning Gibbous**
- **Third Quarter**
- **Waning Crescent**

Generally, because of the potency of the moon during these times, rituals are mainly done on the New Moon and Full Moon, with optional "check ins" at the First Quarter and Last Quarter. During a lunar or solar eclipse, these energies are heightened even more and seen as inauspicious by the ancients.

# ENERGIES OF THE MOON PHASES

- **NEW MOON**

This is when the Sun and the Moon are “in conjunction” in the sky, and so their energy is combined and amplified, and the Moon appears invisible. When there is nothing to illuminate our night sky, it’s a yin time to turn inward. As such, New Moons signify new beginnings and are a time for planting the fresh seeds of intention.

- **WAXING CRESCENT**

The following days are a time for anchoring your intentions and making any necessary plans of action while the ground is still fertile.

- **FIRST QUARTER**

The First Quarter is when the Sun and Moon are at a 90 degree angle to each other, or in a “square off”. This can highlight any resistance you are facing and is the time for checking you are still on track and making any amendments, taking decisive action on your goal.

- **WAXING GIBBOUS**

Before the culmination of the Full Moon, energy is high and you may have a little perspective on how your intentions are going- now is also the time to give any last bit of effort needed.

# ENERGIES OF THE MOON PHASES

- **FULL MOON**

Here we enter the peak and will begin the descent of light. This is a time of letting go. There is a supportive energy in the air, perfect for shedding that which no longer serves you. It's also a time of rejoicing in gratitude and harvesting the abundance you have cultivated. The Sun + Moon are in opposition here.

- **WANING GIBBOUS**

This is the final time for taking stock of what you are ready to release and embracing this dissolution- a little self-care goes a long way now!

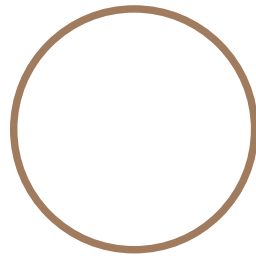
- **THIRD (LAST) QUARTER**

At another square off, this is the period when limiting beliefs, frustrations or impatience may arise- these triggers are teachers and signal where you can still do some work.

- **WANING CRESCENT**

The final phase is where we start to turn inward again and assess how the cycle for our intention went- is it something you still want to work on or are you ready to move on? The last days before the next New Moon are known as the Dark Moon where the time is ripe for thinking about how you want to grow next.

# New Moon



A NEW MOON happens when the "yang" Sun and the "yin" Moon align in the sky, causing the Moon to appear invisible from Earth.

Energetically speaking, their energy is combined and so this becomes a time to turn our outward facing personalities (represented by the Sun) inward to our emotional sides (represented by the Moon).

For Millenia of generations across cultures, the New Moon has been a time to literally plant the seeds of harvest.

Now, when there is nothing to illuminate our external night sky, it is a time to go within and explore what new intentions we would like to plant to align with our higher selves.

*ENVISION YOUR HIGHEST SELF*



# Waxing Crescent



FRESH BEGINNINGS

“

*Life shrinks or  
expands in  
proportion to one's  
courage.*

ANÄIS NIN

NOURISH THE SEED

DREAM

INITIATE

# First Quarter



The FIRST QUARTER MOON is formed when the Sun and Moon are at a 90 degree angle to each other. Astrologically speaking, this is regarded as a "square-off" and serves to illuminate that which is not working.

Use this time to review your plans and amend what needs to be tweaked.

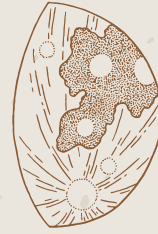
*align your goals*

Asses where you have faced resistance as this will be your greatest teacher for growth and show you where the work needs to be done.

It is also a time for checking in with your needs and making sure your actions are in alignment with where you want to be.

**KEEP ON TRACK**

# Waxing Gibbous

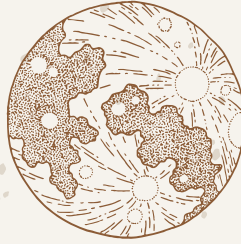


*"You can't use  
up creativity...  
The more you  
use, the more  
you have."*

MAYA ANGELOU

*FEED YOUR INTUITION  
AND SHINE, WE ARE ALMOST THERE...*

# Full Moon



*SURRENDER EXPECTATIONS,  
GO WITH THE FLOW AND RELEASE*

The FULL MOON is when the Sun and the Moon are opposite each other by exact degree and Sign, or in "opposition". This can be used to highlight what is ready to be released. Use this time to shed any limiting habits and that which no longer serves you. This could be relationships, situations, places, jobs, houses, or mindsets.

At the same time, it is when the night is brightest that we are able to harvest what we have sown.

For this reason, it can also be a period of revelling in our fertile abundance. A time for expressing gratitude for yourself, your loved ones and the sustenance of Mother Earth.

Use this moment to acknowledge how far you have come on your journey and appreciate all of your blessings.

This is particularly evident in the *Secondary Progressed Moon phase*, an important timing technique.

# Waning Gibbous



EVOLVE, BLOOM, AFFIRM

“

*keep watering  
yourself,  
you're growing.*

”

E. RUSSELL

---

REFLECT

EMBRACE

# Last Quarter

TAKE STOCK  
REAFFIRM



The final major moon phase, the LAST QUARTER MOON, is a time for being gentle with yourself and beginning to go within again to reassess where you're at with your goals and intentions- did they come to fruition since the last New Moon or do they still need some love?

Engage in self-reflection, lightness and appreciation at a cycle coming to an end. Beware of your shadow side coming up now- it can teach you what to work on.

The Last Quarter Moon is a time of quietening down and beginning to listen to our inner voice and guides again, perhaps taking some final action. Be gentle with yourself and practice plenty of self-care.

# Waning Crescent



"EVERY DAY  
HAS THE  
POTENTIAL TO BE  
THE GREATEST  
DAY OF YOUR  
LIFE."

*LIN-MANUEL MIRANDA*

*GO WITHIN, WE ARE ALMOST AT  
THE END, ONLY TO BEGIN AGAIN...*

# 02



RITUALS



# A NEW MOON INTENTION SETTING RITUAL

## YOU WILL NEED:

- PAPER + PEN
- A CANDLE
- INCENSE OR FEATHER
- A BOWL OF WATER
- CRYSTAL OR PLANT

**SET THE SCENE:** This can be done by smoke cleansing, diffusing essential oils, taking a few deep breaths or meditating to ground and centre yourself.

**CREATE A SACRED SPACE:** Surround yourself with the four elements- a feather or incense for Air in the East, a bowl of water in the West, a crystal or plant for Earth in the North, and a candle for Fire in the South.

**CREATE AFFIRMATIONS:** Journal what goals you would like to achieve or positive affirmations you wish to manifest. These can also be written as personal mantras. Envision what it feels like to already embody these qualities. When you're done, plant the paper in soil outside or in a plant pot, allow the candle to melt down and pour the water on your intention seeds to help them grow.

# First Quarter



Roughly a week after your New Moon ritual, create a vision board of what you hope to achieve by the next New Moon or corresponding Full Moon 6 months later (which is the cycle we are really working with) and place it somewhere visible (either digitally or printed).

This can include both literal representations of your desires, as well as any figurative images that evoke a positive feeling within you. If you like, you can also create an alter with objects that embody your dreams.



# A FULL MOON CLEANSING + RELEASING BATH RITUAL

## YOU WILL NEED:

- CRYSTALS (*check out our Crystal Guide to align the properties*)
- EPSOM SALTS, SEA SALT AND/OR PETALS
- TEA (OPTIONAL)

1. Run the bath and add any bath soak ingredients you have. Leave 2 jars of water in the Moonlight overnight so you have some charged Moon water to add to your bath next time and to drink in the morning.

2. Hold your crystals and envision a bright white light emanating from your hands as you imagine releasing what you wish to let go of.

3. Place the crystal in the water and see its nourishing energy cleanse and heal you while you soak.

4. As you sip your tea and enjoy your bath, picture what your life will look like after your dream has manifested. Truly feel the gratitude and joy inside you. When you are ready to pull the plug, visualise any negativity and what no longer serves you flowing down the drain along with the water.

5. Thank yourself for taking this time out, as well as the Moon, water and crystals for their support. Hold your crystals and visualise the positive changes you wish to make. They are now charged and ready to assist you on your journey, keep them somewhere you will see them.

# Last Quarter

And finally, for the last week of your Lunar cycle, you can finish off by writing a gratitude list of 5 things, big or small, that you are thankful for, being as detailed as possible- don't forget to include yourself!

As a final ritual, you can pull some Tarot or oracle cards if you have any. Ground yourself by performing some breathwork or meditation, tune in, and ask your guides or higher self where there is any last bit of resistance and what advice you need on your final path of growth.

You can then pick a single card for a general theme to focus on, or a 3-card spread working with the past, present, future; situation, obstacle, advice, or any other layout that calls to you. *(Check out our Tarot Guide for more information!)*

## JOURNAL PROMPTS

# New Moon

1. I WOULD LIKE TO MANIFEST:
2. I SET THE INTENTION TO:
3. I AM:

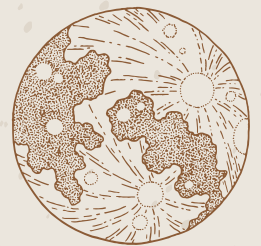


# First Quarter

WHERE AM I STUCK?  
WHAT IS WORKING WELL FOR ME?  
WHERE HAVE I FACED RESISTANCE?

# Full Moon

1. I RELEASE:
2. I AM GRATEFUL FOR:
3. I AM:



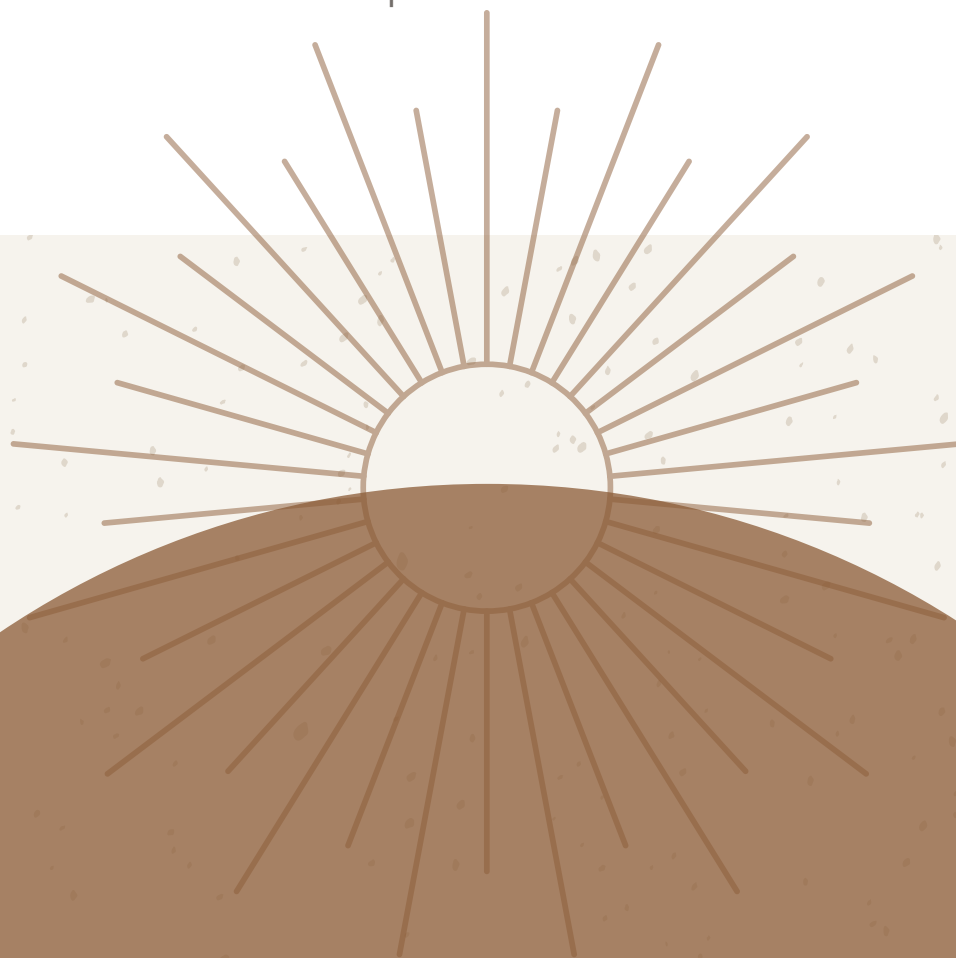
# Last Quarter

HOW HAVE I PROGRESSED IN MY GOALS?  
WHAT HAVE I LEARNT DURING THIS CYCLE?  
WHAT HABITS AM I READY TO LET GO OF?

So that's an overview of the Moon's phases and some rituals you can perform to sync yourself with its magic for greater alignment, manifestation, and abundance.

Keeping a Moon journal is a wonderful way to connect deeper. Note how you feel when the Moon is in the different Signs and in its different phases.

Connect to your own Moon Sign for even deeper soul nourishment.



*Align*



# ELYSIUM RITUALS

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