



Follow the moon

Living with the flow of the moon

The moon has a great influence on our life, it follows eight phases every cycle. Curious to know more?

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Moon calendar 2021

Download a printable moon calendar for 2021 to see which day of the moon cycle we're on today!

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Moon calendar 2021

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



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The moon has a huge influence on our daily life, more than most people realise.

You can see it in the tides of the ocean and sea, but also in human life.

The moon's energy is the strongest during the new moon and full moon phase, that's why there are a lot of people who sleep restless during the full moon phase. Her explosive energy results in brought up emotions and because of that, it can be hard to fall asleep, you can feel restless or have intense dreams. If you would like to sleep better during the full moon phase, then try to use your energy during the day and don't go to bed too late.

It seems that the full moon also affects other things in nature, seeds grow more easily, in plants the sap flow seems to accelerate and animals can become restless.

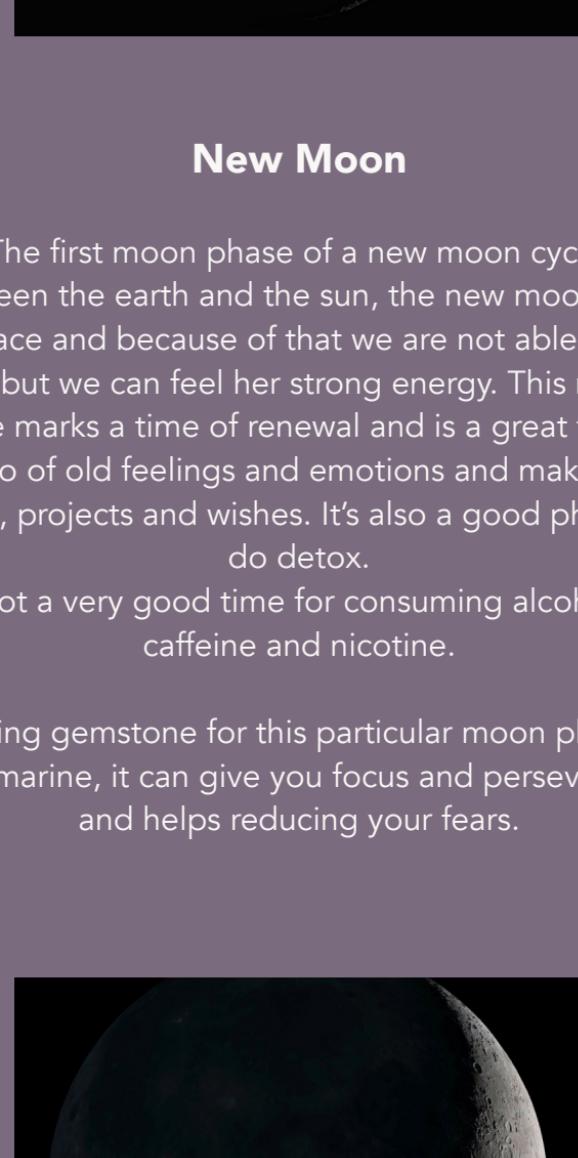
The energy of the moon can be divided between Yin and Yang, Yin stands for relaxation, intuition, self-examination and withdrawal. Strength, expression and action / activity belong to the Yang energy.

Especially for women the moon has extra influence, namely on the menstrual cycle.

The Latin word mēnsis is the foundation of the word menstrual cycle, month and moon, there is a cohesion between the moon cycle and the menstrual cycle. Depending on the duration of the menstrual cycle of a woman, it can be that ovulation always is around the full moon and the period starts with the new moon. This is possible with a menstrual cycle of 28 days which is the same length as the moon cycle.

As far as I know there is no scientific prove but sometimes a peak is seen in births around the full moon and new moon phase.





New Moon

The first moon phase of a new moon cycle. Between the earth and the sun, the new moon finds its place and because of that we are not able to see her, but we can feel her strong energy. This moon phase marks a time of renewal and is a great time to let go of old feelings and emotions and make new plans, projects and wishes. It's also a good phase to do detox.

Not a very good time for consuming alcohol, caffeine and nicotine.

A fitting gemstone for this particular moon phase is aquamarine, it can give you focus and perseverance and helps reducing your fears.



Waxing Crescent Moon

We are able to see a small slice of the moon again, as is said there is light in the darkness. This is the moon phase that stands for courage and faith and it is the phase where you can clearly express your wishes, so take action. It is also a good time to work on your relationship, work, study and health. Now is a good time to do sports, but not to lose weight.

In this period, you can feel the increasing moon energy, it can take effect in your dreams.

The gemstone for this moon phase is rose quartz, it boosts your willpower, creativity and phantasy.



First Quarter Moon

The first quarter moon is also known as half-moon. This moon phase is a good time to make decisions, it is also the time that resistance can come. If you made plans, projects or wishes during the new moon it can be that doubts arise, it is important to look over your intentions and don't be discouraged.

Make a to-do list of what you need to do to reach your goals (plans/projects/wished) and remove the obstacles you encountered.

Carnelian is a gemstone that can help you in this period of the moon cycle, it works grounding, activation and vitalising. It can help you make decisions and can help you focus on finishing what you started.

Waxing Gibbous Moon

The waxing gibbous moon is the phase to refine your intentions. If things don't seem to work out as you planned, adjust them. Sometimes the universe will give you small hints for example in your dreams.

Sit down and be aware of those chances, be grateful for them. Consider what you yourself can do to bring yourself closer to your set intentions, add things to the to-do list you made. It is the time to keep faith, meditation can help with that.

Emotions will grow more intense during this moon phase.

The tiger's eye gemstone is fitting for this waxing gibbous moon phase, it provides insight and increases consciousness, it can also protect against negative external influences.

Full Moon

With the full moon, the moon and the sun stand on opposite sides of the earth. It is a phase of plenitude and in this phase the moon energy is on its peak. That's why a lot of people have sleep problems around this time of the moon cycle. It is the time to harvest and an excellent time to socialise, make love, get pregnant and to push yourself to achieve your goals. As said, this is not the best time for sleep due to the moon energy which can peak emotions.

The moonlight in this phase is also great to load gemstones with energy the moonlight brings. Oligoclase is the perfect gemstone for the full moon period, it cheers you up and it helps you to cope with the intense emotions of this moon phase.

For this moon phase the gemstone quartz is best fitting, this stone can give comforting and healing energy which helps with the cleanse.

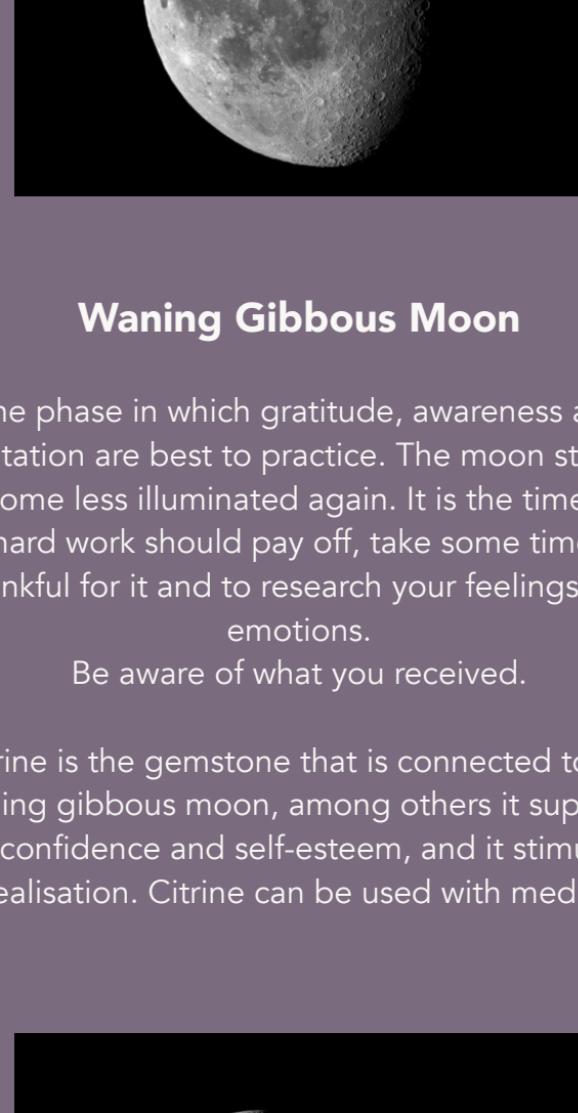


Waning Gibbous Moon

The phase in which gratitude, awareness and meditation are best to practice. The moon starts to become less illuminated again. It is the time that your hard work should pay off, take some time to be thankful for it and to research your feelings and emotions.

Be aware of what you received.

Citrine is the gemstone that is connected to the waning gibbous moon, among others it supports self-confidence and self-esteem, and it stimulates self-realisation. Citrine can be used with meditation.



Third Quarter Moon

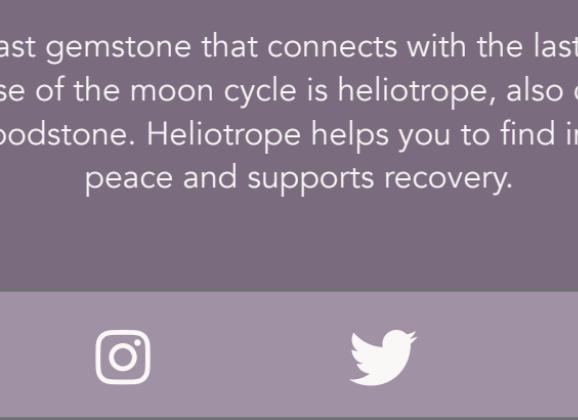
Third quarter moon, again half-moon also called last quarter moon. This is the time to do some research, see what still fits you, make space, and clean up.

Best not to start new projects in this part of the moon cycle, but let bad habits, bad thoughts, bad relationships and negative energy go.

Forgive yourself and others!

So, a cleanse is a great way to prepare yourself to the coming moon cycle and another new moon.

For this moon phase the gemstone quartz is best fitting, this stone can give comforting and healing energy which helps with the cleanse.

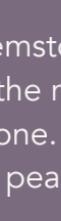


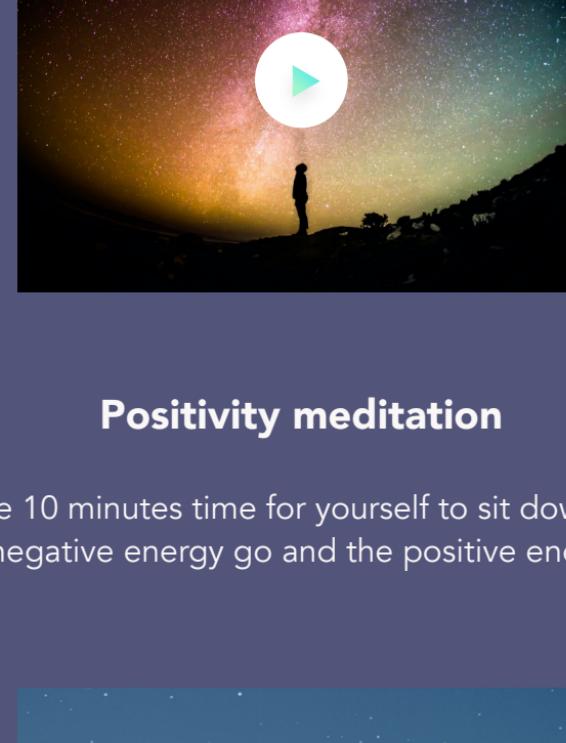
Waning Crescent Moon

As this is the last moon phase before the next new moon it is the time to relax, to recover and to accept life as it is.

Everything in life comes when the time is right for it, be aware of that and take care of yourself!

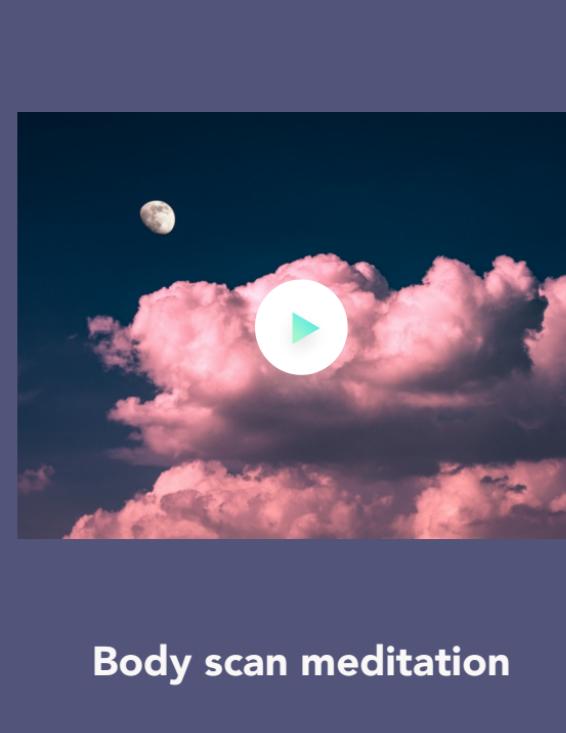
The last gemstone that connects with the last moon phase of the moon cycle is heliotrope, also called bloodstone. Heliotrope helps you to find inner peace and supports recovery.





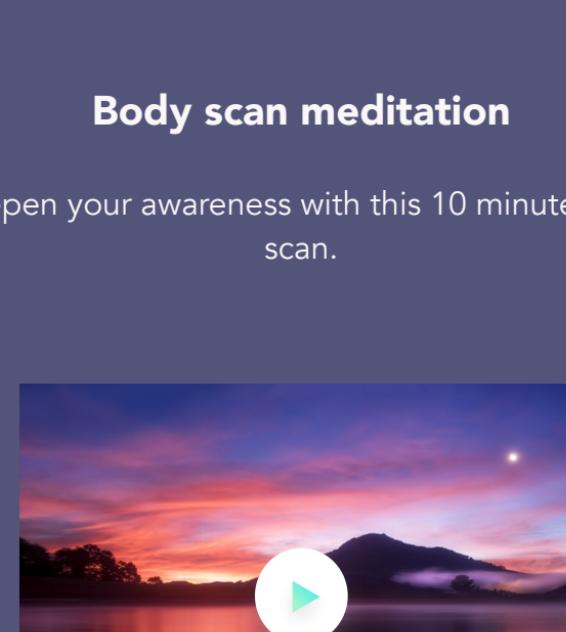
Positivity meditation

Take 10 minutes time for yourself to sit down, let the negative energy go and the positive energy in.



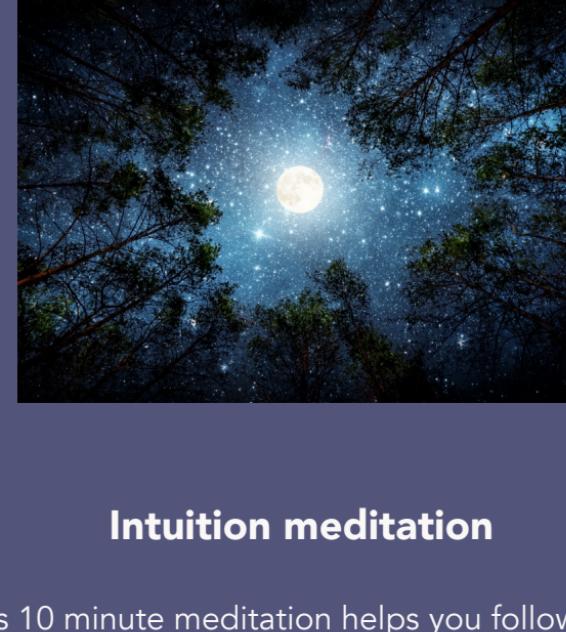
Confidence meditation

A 10 minute meditation to help you regain your confidence.



Body scan meditation

Deepen your awareness with this 10 minute body scan.



Gratitude meditation

Sit down and take the time to be grateful.



Intuition meditation

This 10 minute meditation helps you follow your intuition.

