



Moon Phases and Correspondences

Ancient cultures measured time by the moon.

With the demise of matriarchal society and rise to power of sun-worshipping tribes, the passage of time came to be measured by the solar day.

By the moon, time is measured in months, by the sun, in days.

A lunar month is 29 days, 12 hours, 44 minutes and 28 seconds

Women were traditionally considered to increase moon energy and presided over lunar festivals.

The three faces of the moon are waxing crescent, full, and waning crescent, for which the Triple goddess is known.

The moon phases are divided into 4 quarters; new, full, waning and dark.

New Moon: The virgin, maiden, vulnerable, innocent, unrealized potential - put new plans in motion. New moon's 'horns' face left. You will see her expand in light to the right. Action is best. Her color is white.

Full Moon: The Mother, ripe, fertile, abundant, illuminated, harvest of dream seeds - the Feminine in her highest power. She signals safe journeys, across water and land. Most potent magic is three days prior to full moon, day of, and can extend to day after. Her color is silver.

Waning Moon: Ruled by Hecate and other Dark Moon Goddesses, the waning moon is the time of purging, casting away, the gaining of insight and connecting with ancestors. Her 'horns' face right, and she is illuminated on her left side. Her color is light blue.

Dark Moon: The Crone, the Sacred Pause. Possibly the most important phase of Luna, when all retreats to the Underworld, rest, renewal, meditation, contemplation, intuition, and the seeking of wisdom. No action is best. Her color is black and red.

Facts, Myths and Mystery

Our Great Mother Moon has been bathed in mystery, since the beginning of time.

Thought to be the same age as the earth, and only 2,170 miles across, She exerts a gravitational pull on our planet which controls our weather, tides, crops, and electro-magnetic field, not to mention the cycles of the Divine Feminine.

There are many theories as to what else may be happening on the moon, many who believe that we are being controlled by unseen and malicious forces operating from beneath and atop the moon's surface... whatever the 'truth' of that, we can choose to hold Luna in her innocence, her intention to serve Gaia with her waxing and waning, in how she lights our path at night and mirrors our own journey from light to dark, from new to full, from birth to death to re-birth.

We are part of each other in a beautiful, sensual relationship based on faith that She will rise each evening and set each morning, just as we rise and set in our emotions and many lifetimes.



Our 'Moon-time' is the tugging of Luna's force on the mystery of fertility. Women, mothers and daughters are infinitely bonded through the phases of the moon. Whether we ever give birth to a physical child or not, our creativity flows with Luna's waxing and waning, and we birth magic every single day simply by Being in her gravitational pull.

Rain (our tears), storms (our emotions), earthquakes (our growth) are all in a mysterious dance with the moon's powerful influence. Neither Gaia nor we can survive without Mother Moon as our comfort and our guide.

Luna personifies our Feminine wisdom, mystery, wild, intuition and instinct. She is irrational, emotional, sensual, creative and collaborative - sometimes destructive. She is secretive yet illuminating, regenerative, immortal. Just like the Mother archetype.



Her elliptical orbit pattern means that we will only ever see one side of her, the other in shadow. We orbit in the same pattern emotionally. She reflects the light of the sun to us faithfully, except on the Dark Moon where she rests in a sacred pause.

The sun-moon conjunction creates the phases we see, her many faces, but when she is in alignment with the sun, she is full and fertile with possibility.

Notice your moon cycle... or later, your emotional cycle, it takes 29 days, 12 hours, 44 minutes and 28 seconds to complete one orbit around Gaia... you flow with her, as she orbits your Beingness.

Goddesses from cultures far and wide which represent Luna, are portrayed as double-sided, unpredictable, as the sacred womb and cauldron of creation.

When the moon is waxing, we and She are in our masculine aspect. When waning, in our feminine. We can learn so much from the symbolism of the moon, to understand in more depth, ourselves and the world we live in.

In some cultures, such as Lemurian, Sumerian and Mexican, the moon was seen as masculine, a god entity. There is a balance, as with the hemispheres of our brains and the planet. We may choose how we see Luna, what she represents and how we resonate with her energy.

There are no absolutes, it is up to us to decide where she fits in our lives.