



ALUNAR PHASES DECODER

BY YASMIN BOLAND

TRANSFORM YOUR LIFE WITH THE MOON PHASES



A message from
Moonology's Yasmin Boland:

Connecting with the Moon means becoming aware of where in the lunar cycle she is at any time of the month. So start working with the Moon in the most general way possible – by following her through her eight phases. This information could quite possibly change your life!

You almost certainly already know the names of at least two of the eight phases – the Full Moon and the New Moon. And now read on...

“Knowing
how the 8
main Lunar
Phases work
is like having a
key to the
Universe and
how it works.”



The New Moon

- Plant the seeds of your future dreams.
- This phase begins 1-3½ days after the Balsamic Moon.
- Keywords of this phase: a clean slate, potential, dreams

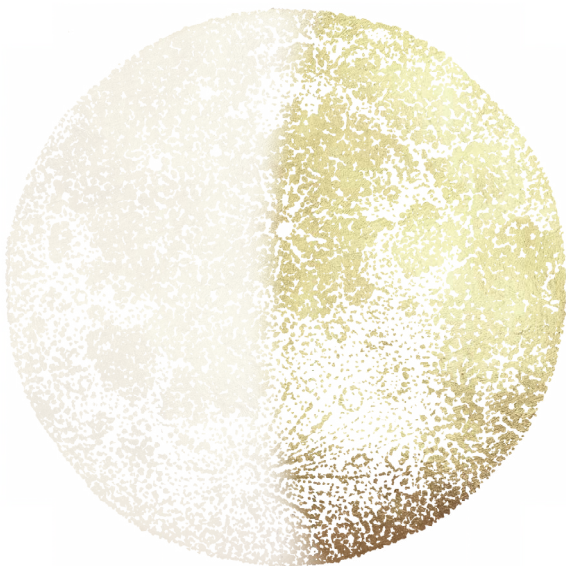
This is arguably the most exciting part of the lunar cycle. It might feel like a quiet time, when things are brewing, but in fact it's when you start to manifest your dreams – or not. This is a time to look forward to; to plan for; to make time for. Creation takes time. Reciting the mantra 'I am blessed' at this point in the lunar cycle will really help you.



The Waxing Crescent Moon

- Explore your dreams.
- This phase begins 3½-7 days after the New Moon.
- Keywords of this phase: courage, moving forwards, faith

This is the time to allow your dreams to blossom and flourish. If it doesn't sound too poetic, think of yourself and your dreams as a flower that's opening up. Remember, the Moon is moving from being invisible to full power, and it's the same for your dreams. Right now you might not be able to see what you're going to manifest, but before too long they will start to show up, just as the sliver of the Waxing Crescent Moon is showing up in the skies.



The First Quarter Moon

- It's time to commit.
- This phase begins 7-10½ days after the New Moon.
- Keywords of this phase: challenges, confidence, commitment

This is when the Moon looks like a 'Half Moon' on the way from New to Full. At this point in the cycle, you may start to have a few doubts about your ability to manifest your dreams. Perhaps your resolve and/or commitment are being tested? If you know in your heart that you're no longer so wild about, or committed to, your old wishes, do yourself a favour and let go of them.



The Gibbous Moon

- Stay on course.
- This phase begins 10½-15 days after the New Moon.
- Keywords of this phase: tweak, hone, adjust

As the Moon gets closer and closer to fullness, it's time for stamina. Don't give up. Don't allow your ego, or fear, to spoil your plans. Stay open to whatever life is teaching you. If you know you need to make some changes to achieve your goals, make them now. Gibbous means 'bulging', and that very nicely describes the phase of the Moon when hopefully, life feels bulging with potential!



The Full Moon phase

- It's make-or-break time!
- This phase begins 15–18½ days after the New Moon.
- Keywords of this phase: results, forgiveness, gratitude

The Full Moon is the high point of the lunar cycle. Things come to a head now, and we know it instinctively. If one of your wishes is to come true, it may well manifest at this point in the cycle. Or perhaps you will simply get a strong sign that it's on its way. Some wishes take time. Check in with your emotional guidance system – how do you feel about your dreams now? Feeling encouraged is recommended. Think the best thing you can about whatever you want. Feel good. Count your blessings.



The Disseminating Moon

- B-r-e-a-t-h-e...
- This phase begins 3½–7 days after the Full Moon.
- Keywords of this phase: cycle: relax, accept, regroup

After all the intensity of the Full Moon, it can be tempting to fall into a slump. If things didn't work out for you then, what next? A lot of energy has been expended and you may want to relax a little during this part of the cycle. If that's the case for you, then do it. You will find that the more you work in accordance with the lunar phases, the more easily life will flow.



The Third Quarter Moon

- What do you know?
- This phase begins 7–10½ days after the Full Moon.
- Keywords of this phase: re-evaluate, balance, trust

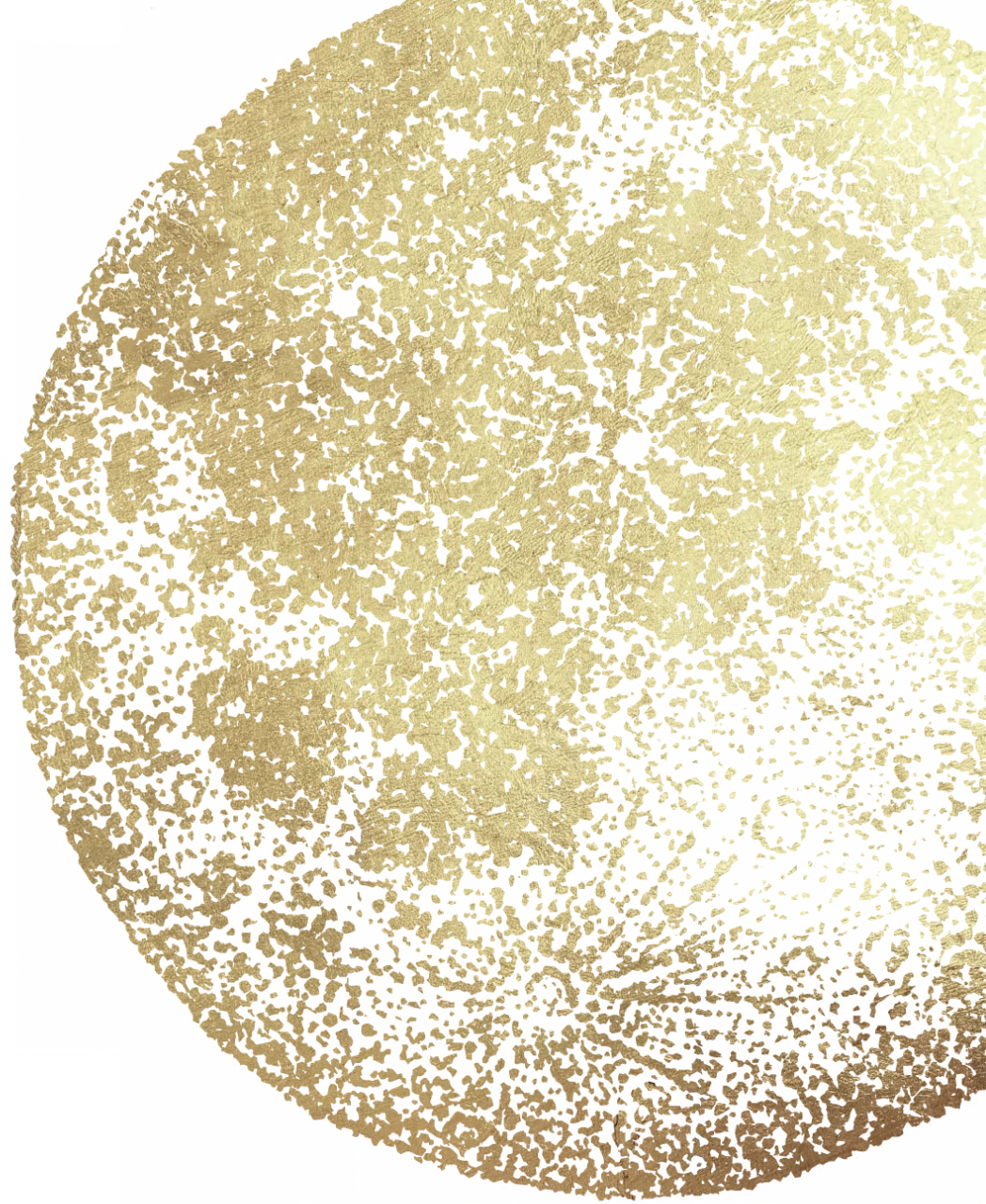
This Moon phase can be awkward. It's the halfway point between the wonder of the Full Moon and the potential of the New Moon. On some level, we know that what didn't work for us in the past has dissolved on an etheric level. It's time to reorientate ourselves. Although we might feel tired during this part of the cycle, this is no time to stop, or to rest on our laurels. There's tension at this time: a result of the hard angle between the egotistical Sun and the emotional Moon.



The Balsamic Moon

- And release...
- This phase begins around 10½ days after the Full Moon, and continues to the beginning of the New Moon.
- Keywords of this phase: healing, soothing, surrender

The word 'balsamic' comes from the word 'balsam', which means 'anything healing or soothing'. And that's what this 'last part' of the lunar cycle (before the New Moon) is all about. We have moved from hopes and dreams to explosions of potential: to realizations of what can and cannot be, to acceptance and forgiveness and surrender... and now comes the healing and the soothing. Go easy on yourself.



A message from Yasmin Boland

I hope you have found this useful and enjoyed it!

My aim is to help people realise their amazing and innate powers by working with the Moon.

I would love to stay in touch!

You can find me at www.yasminboland.com and on social media where I offer constant astro-updates.



If you want to take your Moon magic further, click [here](#) to find out about the Sun, Moon & Stars membership portal where we consciously create with the Moon as our cosmic timer every month!

Remember, you're just one wish away!

Yasmin Boland

