

Moon Phases and Their Energy



When it comes to crystal elixirs, the two strongest influences over your elixir results are your specific intention, and the properties of the crystal. However, moon energy has a strong influence too. That's the reason we put the elixir beneath the moon in the first place.

But, not all moons are created equal.

Moon energy can either support or detract from your intention, depending upon where the moon is in its cycle, and how that moon's characteristics align with your intention.

Each phase of the moon has useful characteristics. There is no such thing as a "good phase" or "bad phase." However, there is such a thing as a "best phase" to infuse complimentary energy into your elixir to enhance its potency. The "best phase" to choose depends upon what you want to accomplish...it depends on your intention. I have found that an easy way to remember how moon phase characteristics align to intentions is to think of the moon cycle like the seasons of the year.

Waxing Moon is like *Spring* - out of dormancy, renewing, planting, launching.

When Spring comes, you can feel energy coming to life: flowers begin to bloom, trees bud out. Spring is the appropriate time to plant seeds in the garden. Waxing Moon is the appropriate time to plant intentions. The appropriate time to "plant" our plans, dreams and ideas so they can be ready for later harvest.

- Good for new intentions and new actions
- Renews commitment to clarified action. Clarity is crucial for beginnings. Just like planting a garden.
- Encourages specificity. Get specific about your intention. If you want to grow corn...intentionally plant corn. But not just corn...do you want popcorn or sweet corn? Be specific about your end-in-mind, then plant the specific intention. If you want to grow your friendships, set the intention firmly to grow friendships with particular traits. "I call into my

space, friendships with like-minded people, who are also focused on spiritual clarity, and are excited about and capable of mutual enrichment.”

- Waxing or Full Moon are both suitable to bring love or wealth.
- Elixirs made during Waxing Moon bring springtime’s launching energy.
- Waxing Moon is the best moon for “I begin...”, “I call...”, and “I renew” intention statements.

Full Moon is like *Summer* - the fullness of creation.

Bright, warm and beautiful, Full Moon reinforces the sense that what you desire is already forming around you.

- Creates a complimentary vibration for an intention of “fullness”
- Good for intentions like improved health, increased abundance, warmer love, sharper skills, clearer spirituality, and stronger self-empowerment
- Full Moon can also be about fully releasing in a loving way (New Moon is more like an eviction).
- Elixirs made during Full Moon will bring the energy of full fruition
- Full Moon is the best moon for “I create...”, “I strengthen...”, “I increase...”, “I lovingly release...”, “I call forth...” intention statements

Waning Moon is like *Fall* – a welcome completion from the intensity of Summer.

People who love Fall as their favorite season will most likely resonate with the energy of Waning Moon. Waning Moon energy is best for loving release.

- Encourages introspection, reflection & re-evaluation for the future. The harvest has come to completion.
- Honors what was while gently releasing old habits, letting go of things.
- Good for releasing grief, guilt and shame. They no longer serve on your path forward. Keep the wisdom, release the baggage.
- Good for lovingly releasing relationships that no longer serve. Waning Moon brings in the energy to move forward, honor the path of the person you release, just as you honor your own path enough to release them.
- Don’t use Waning Moon if you intend to bring in love or wealth, or to increase anything really. Waning Moon’s diminishing energy conflicts with a “bring” or “increase” intention.
- Elixirs made during Waning Moon will bring the energy of completion that comes with Fall harvest.
- Waning Moon is the best moon for “I lovingly release”, “I let go of...”, “I forgive...”, “I bring to completion...” intention statements

New Moon is like *Winter*...a pause, between what was and what’s to come.

New Moon is about clearing space, releasing the old, aggressively clearing the way for newness...new life, new intentions, and new beginnings.

- New Moon releasing energy is very strong. Whatever you choose to release with the New Moon will be released in a firm, uncompromised

way. It's more of a "lop off" than a "let go." Never choose to release with New Moon when you are angry, hurt or under any kind of emotional escalation. That's good advice in general, but especially with New Moon. Releasing under the New Moon is serious stuff...go into that decision only after giving it clear-minded, rational consideration.

- New Moon is useful for house cleansings, as long as the cleansing is a step toward another step, not the end goal. The cleansing should be followed afterwards by filling the cleansed house with an energy aligned with love or lightness. Like taking old, dirty, worn-out furniture out of a house...that's the right first step, but you would want to go back and fill the space with nice, new furniture before you can feel that you've accomplished what you intended.
- New Moon can also connect with deeply-buried seeds that will awaken with specific intention. Like good ideas, spiritual gifts, or intuition that have lain dormant or neglected: those are buried treasure, wanting intention as their map and shovel. New Moon provides the best energy to set a very solid intention around dormant ideas, gifts and intuition.
- Elixirs made during New Moon will bring the stark bluntness of winter
- New Moon is the best moon for "I release...", "I eliminate...", "I truncate...", "I commit to activate..." intention statements

In Summary:

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| • Waxing Moon... | like <i>Spring...</i> | renewing, planting, launching |
| • Full Moon... | like <i>Summer...</i> | creating fullness |
| • Waning Moon... | like <i>Fall...</i> | completing and tidying |
| • New Moon... | like <i>Winter...</i> | a pause between was and to-be |

Align your intentions with each Moon's characteristics to enhance your elixir's potency, and its ability to help bring about your intention.