

The Foundations of Moon Magick



Welcome to the journey of moon magick! My hope is for this to bring more self-trust, magnetic power, and presence into your life.



This guide is divided into 4 sections:

Section 1 is a brief overview of how the moon expresses light, and what that means for you if you want to harness it for manifestation.

Section 2 gives tips for the 4 main phases of the moon: new moon, first quarter, full moon, and last quarter.

Section 3 offers helpful suggestions for clarifying new moon intentions.

Section 4 describes how to work with the Moon as an archetype, ally, or tarot card/ symbol.

Section 1: Overview

The moon is essentially all about light and dark.

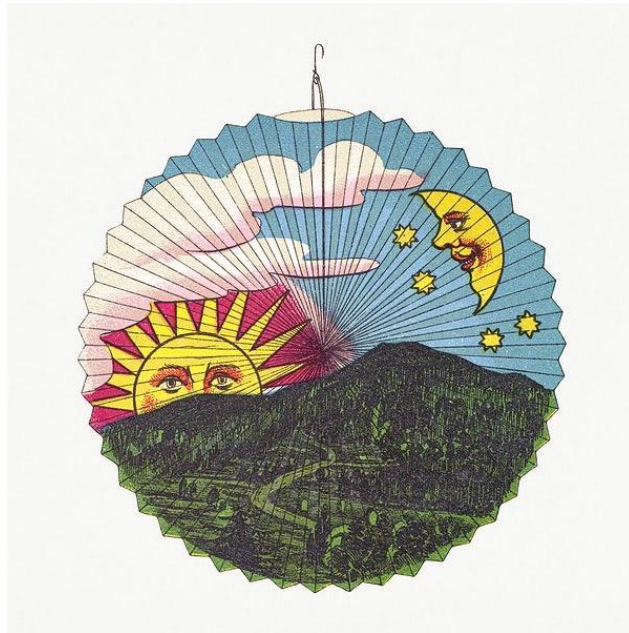
Light comes from the sun, it radiates light out the center of the solar system while all the planets rotate around it. The moon, however, is neither a star or a planet. It's a rock orbiting earth! Astronomers simply call it 'a celestial body' or a natural satellite.

Depending on where the moon is in its rotation, it reflects either a lot of light back to us (full moon) or no light (dark moon/ new moon) or some light (quarter moons).

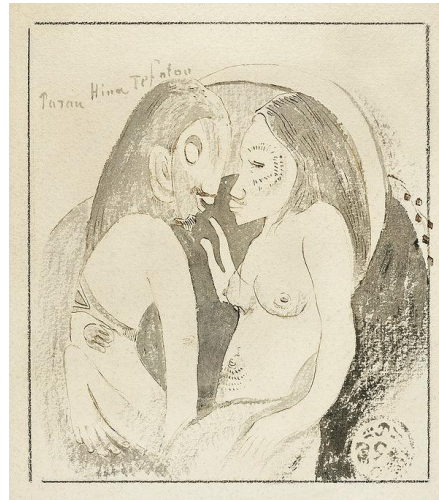
So...the moon is a RECEPTIVE expression of light. It's absorbing light and transmitting it back to us in a new, lunar way. If light is information, you could think of it as the moon having its own special kind of information.

The second thing about the moon is it has a pattern. There is a natural rhythm to this light and how it expresses, based on that rotation/ orbit. From that pattern we get 8 moon phases, which I like to look at as 4 main phases- *new moon, waxing moon, the full moon, and waning moon.*

Waxing is receiving light, growing in light! Waning is losing light, or you could say receiving shadow, receiving dark- the unknown aspect of what we want to manifest. Right in between those you have the quarter moons- each are the midpoint of waxing, and the midpoint of waning.



The moon can teach us about being receptive but not passive. If we tune in with its pattern, we start to resonate with more yin energy and let ourselves be receptive to light (you can call it light or you can call it Divine intelligence). But not passive...there is an active energy to the moon too...for instance some plants grow at night, and it activates them under the moonlight. And while the moon is yin to the sun, it's actually yang to the earth- it activates the ocean tides and other nocturnal activity of wildlife.



Now let's look at magick. Magick with a 'k' is different from Magic with a 'c.' One is doing tricks and illusions, the other is about setting conscious intentions in our lives and acting on them.

Aleister Crowley came up with the new spelling of *magick* and he defined it as: "any act that brings someone closer to their 'true will' or purpose in life".

So you can think of magick as aligning the power of your will with the Divine, your heart's intelligence or Unconditional Love. Whatever that looks like to you!

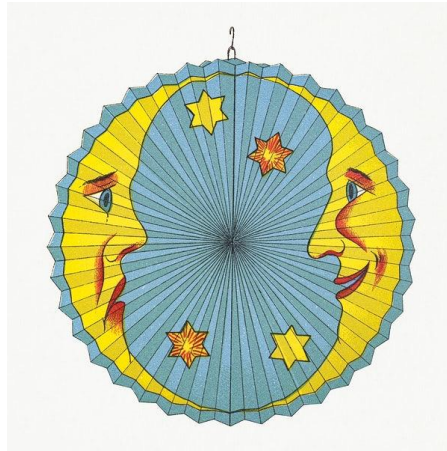
The key is you have to have faith in it, there has to be some devotion, or an emotional connection. For some people that connection is strong with nature and the elements, for others it's a religious god or deities, or saints, or it can be synchronicities that you just know in your heart are right, aka 'following the golden thread.'

The tarot has a card we can meditate on to better understand magick, the Magician Card! There we see the perfect example of someone aligning their will (the human) with what's above (spirit) and then tuning in, and receiving the guidance, they let themselves *receive* from the Universe, then they ground it into reality! As above, so below.

It takes courage to do this, to have the faith that your dreams will come true, and an open heart- that receiving piece. It's said in the Tantra Yoga tradition that when you

have a longing, if that longing is genuine and sincere, then by the law of nature your longing will be met. But it has to be genuine.

So how does magick go together with the moon? When we state our desires within the moon's pattern, surrendering to that pattern of receptive intelligence we start to tune into that energy ourselves and we begin to receive new information from the Universe!



It could be new synchronistic events in our lives, or it could be something in the energy body that's new and changes our behavior, could be downloads that we get to act on, or write and speak about. We get a kind of evidence of our desires being put into motion.

But again, the desire has to be integrated with an awareness of the moon pattern, and there has to be faith/ devotion, it must come from the heart to really accelerate!

By practicing moon magick you are setting intentions AND being willing to watch them grow in this moon pattern which has its own intelligence. You are willing to surrender to it and receive its guidance. It teaches much about dancing with nature's rhythms and letting yourself receive.

Section 2: 4 Main Moon Phases



The New Moon

This phase is a very fertile time for ideas, visions, spiritual downloads, and intuitive hunches, and new moon energy is wonderful for setting intentions for what you'd like to see grow over the next 29 days. Dedicate some time to planning, and seal your plans with a little blessing energy. Here are some ideas:

- Create a sanctuary for yourself with pillows, yoga mat, tea, journal...and meditate/ reflect on your intentions for 10 minutes to an hour, whatever feels right :)
- Have a meditative bath- listen to meditation music while enjoying a relaxing candlelit bath and reflecting on what you wish to manifest
- Journal out your intentions and play a tibetan singing bowl over them, let them soak up the vibration of love
- play a love song off Spotify...close your eyes and let the energy of the song bless your intentions as if the Divine is singing it to you.
- Write down your intentions on paper and bury them in the dirt (you can get seed paper to make it environmentally friendly)
- Find a tarot card that matches your intention and visually contemplate it, set it out on your altar or sacred place where you can revisit it all month, or keep it in your pocket or sleep with it under your pillow if you wish.
- Bring in the 4 elements- a bowl of water (water), a candle flame (fire), incense smoke (air), and a bowl of salt (earth). Repeat your desires out loud and ask the elements to support you and help you stay balanced as you begin manifesting.
- Pray for pure motive around your intentions: Say "May these intentions be out of self-love, the desire to know the truth, and for the benefit of all beings"



Some other new moon tips:

- Don't worry about taking actions or making decisions at this time
- Avoid being overactive in work
- This would be a good time to make a pact with a loved one, or set goals with a team
- This is a great time to make new connections, meet new friends
- Avoid physical labor and instead try to stick to mental tasks/ planning

- This is a wonderful time for relaxation. Schedule a massage, reiki, movie night, self-care time, or some general down time
- A few days after the new moon when it starts waxing is a good time to release a new project into the world, or announce something new, or initiate contact with someone, or share the beginnings of a creative vision. Take a first step, make a little push, get the word out, get the ball rolling, get yourself moving on whatever it is you desire.

First Quarter Moon

You can think of the First Quarter Moon like a pregnant belly or the Empress card- fertile, developing, and growing toward something. There is action happening now, but not by forcing things, rather by allowing a natural momentum to energize you to do things. This natural surge of energy can help you magnetize your true desires. The momentum may feel really strong now and you may naturally feel a push toward action/ ambition which is appropriate for this phase!

Again, it's not so much about forcing, fighting, or penetrating your way into things as it is about tapping into what's naturally pulling/ penetrating you and expressing yourself/ acting on the momentum there.



Some tips and things to be aware of at the First Quarter Moon:

- Rationality/ logic are strong at this time, use it to clarify your intentions and communicate your needs to others.
- This is peak time to focus on work or outward goal
- Personal crises or mini-crises may appear to assist in personal growth at this time, it's important to choose to see any crisis as a gift. In Tantric tradition it's taught that all emotions (even negative seeming ones) are the goddess and when she shows up it gives us an opportunity to honor her (the emotion) and ask her what she has to teach us.

- This is the best time for overcoming an obstacle
- If you feel confused now, look back over what you've been doing the past week and journal on it, try to find a theme emerging. Can you make a connection between now and what you planned at the new moon?
- You may feel a turning point here, like you're being given the chance to face some fears
- There may be 'an edge' to you, or to life now. Let yourself be pushed out of your comfort zone, go to your personal edge.
- Observe how you respond to the obstacle...are you giving up, letting your mind become negative? Or are you trusting in the magnetic power of your longing/alignment with the Divine?

Full Moon

The Full Moon energy focuses on receiving, celebrating yourself, and just being/ integrating what's coming up. It's a great time to focus on self-compassion and the natural radiance of your being.



Full Moon Tips:

- Let go of an obligation, let yourself drop the ball on something. The full moon is a very illuminating time. You'll naturally know what needs to get done. Things that you feel pressured to do, or that are unnecessary can usually be dropped at this time as a way of working with the full moon's natural momentum, since this stage initiates the 'release' phase of the cycle.
- Be gentle with yourself. The body tends to be more sensitive during the full moon. This means you might want to eat vegetarian or lighter than usual and do more gentle types of movement if you work out.
- Don't make any big decisions during the full moon as emotions tend to be heightened and you risk doing something purely on feeling or a bit impatiently.

- In business let yourself enjoy/ receive what information comes during this time. Go with the flow.
- In relationships/ communication focus more on listening and deep belly breathing before speaking.
- Whatever makes you feel most magical, now is the time to engage with that- whether that's writing, art, mothering, exploring your sexuality, studying, playing with fashion, having conversation with friends, dancing, baking a cake, being in nature, or whatever else you can dream up!
- Notice if any gifts, Divine support, or synchronicities come in. Focus on gratitude, and make the intention to really appreciate the good things showing up in your life.
- The Full Moon energy lasts about 5 days (2 days leading up to it, 2 days following it)

Last Quarter Moon

The energy of this phase is about forgiveness, digesting emotional energy, and processing what's come up in your psyche. This phase also alerts us that the moon is waning/ losing light and we are winding down/ gearing up for that darkness/ stillness until we rebirth into the new moon phase again.



Tips for the Last Quarter Moon:

- Cleanse/ detox (some examples might be a juice fast, liver detox tea, or eating more vegetables and soups/ broth, switching to just water)
- Cut the cord from unhealthy relationships, break ties with people that drain you
- Take showers, immerse yourself in water as a cleansing ritual
- Journal around themes of forgiveness, and practice self-forgiveness
- Journal around themes of shadow integration
- Clean your house, declutter, get rid of stuff that overwhelms you
- Let yourself have an emotional release
- Prune/ trim plants, pull weeds

- Get a haircut, let go of an old part of yourself, get rid of old pieces in your wardrobe that you don't wear.
- Be gentle with yourself as the physical body tends to feel more tired/ weaker around the waning moon. Give yourself rest.

Some possible questions we can ask now:

What is ready to be forgiven?

What no longer matters?

What is truly important?

What change must I embrace?

What will carry me forward?

Section 3: Tips on Setting New Moon Intentions

If you don't know what intentions to set, you can use the elements to help you decide- think about **earth, water, fire, air**:

Earth intentions would have to do with personal resources, skills, and value/ self worth- your time, your work, family, ancestors, productivity, finances, body care, and domestic life/ the home.

Water intentions have to do with relationships, connecting with others, romance, attraction, bonding, spirituality/ fine arts and music, and the art of love.

Fire intentions have to do with creativity, passion, sexuality, business, leadership, ambition, travel, and forward moving action.

Air intentions have to do with self-honesty, communication, intellectual pursuits, study, spiritual growth, learning new truths about yourself or others, processing and assimilating self-knowledge, and overcoming conflicts that have been holding you back.



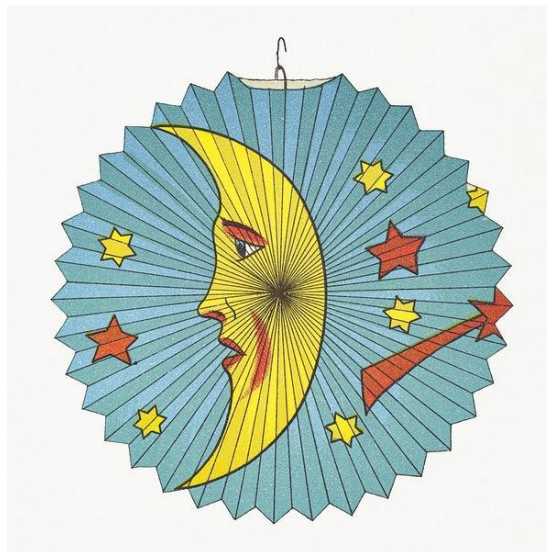
Bonus: Full Moon Surprise Manifestation Game

If you really want to explore magnetizing things to you with the moon pattern, you can try this experiment. During the New Moon silently wish for a surprise gift, and on the days leading up to the Full Moon hold the intention to receive whatever this gift might be, trusting fully that the Full Moon will deliver it. Some people who follow the moon closely and teach this trick have reported that a surprise always shows up! I have experienced this a few times as well, receiving a gift in the mail, some positive communication, or a romantic surprise.



Section 4: Working with the Moon as an Archetype or Ally

One of my favorite methods of working with tarot cards is to use an 'ally' card, as taught by Alejandro Jodorowsky. He recommends this method for when you have an obstacle or problem you're trying to work through and need support. You simply draw a card, and ask it to reveal guidance to you over the next few weeks or months. You can sleep with it under your pillow or wear it in your pocket. In this way, the card or archetype becomes your friend, your ally.



If you wish to experiment with the Moon archetype as an ally here are some things you can begin contemplating about it:

Moon as an Ally or Archetype

Power doesn't force, it magnetizes. So, whereas of course you can work on physical health, strength and self-individuation, the moon card asks you to do it through receptivity- getting the mind quiet, recovering what's in the subconscious, digesting emotions. In this way we cultivate a nourishing strength.

You can align with the moon by starting to pay attention to your dreams, to see what your subconscious is telling you. You can start to notice how the moon pulls on you and shifts the inner tide of your psyche, feelings, and mood.

Challenge yourself to go out at night (where you feel generally safe of course) under the moon and feel it all, not as scary, but as mystical. If that feels weird just try staying up

late one night by yourself and seeing if you can listen to the late night sounds, enter into deep quiet, and take in the mystery of it all in a blissful way, not a fearful paranoid way.

Often in standard tarot decks the Moon card symbolizes a Dark Night of the Soul in which you have to go into the unknown of your psyche, but there you can make super important discoveries. So embracing this Moon archetype can give you great clarity about yourself if you're willing to go the depths.

The Moon is all about navigating change in yourself by plunging into the subconscious-facing your fears, allowing this 'dark night of the soul' feeling, and letting your instincts pull you toward an outcome yet accept that that outcome is uncertain, and instead of try to control things mentally, let your mind be 'bathed' in healing, imagination, and creativity while waiting for an answer to be revealed.



Some major aspects of the Moon card:

Facing your fears

Uncovering your fears, blocks, shadow behaviors. This is the stuff we resist owning because it's painful, and then when we finally do look at it it feels very emotional. Still, it's an important process for growth and self-compassion/ integration with our soul/ life force.

Examining the subconscious

This means taking inventory of the behaviors that are generated automatically, from some unknown force in us, noticing what they are- being brave enough to peer into them, uncover them. The stuff we ruminate on, or think about...the emotions behind it, these indicate our blocks and what we resist/ run from. What type of movie characters annoy you? What people do you run from or delete on social media and why? What kind of people leave you feeling rejected/ abandoned? This might be a clue to where you abandon yourself- shadow parts of yourself to be uncovered and embraced/ looked at/ held.

Becoming aware of your dreams

Notice if there are any recurring themes or people who show up in your dreams? What symbols show up and are memorable when you wake up? A dream journal would be a wonderful way to jump into this healing archetype, even if you simply try it for one week and compare all the mornings to see if you find any common thread.

Navigating confusion/ fantasy

Just as the moon casts shadows at night when we're in our shadow we cast projections onto people and the world around us, and things may seem different than they truly are. That's why the Moon card emphasizes a need for quiet receptivity, and not action. The Moon card is a warning to be very careful before making big decisions, a warning telling you to hold back- not in a repressive way, but in a quiet warrior way of facing yourself.

The Moon's wisdom is learning not to rush things, learning to wait, stop and just feel what's going on inside of you, and make that feeling your focus. You can make it a gift to yourself to be with it, sit with it, hold it and have compassion for it. Give yourself safe

space to process and listen to your intuition, to get to know it and befriend it. This is a path to power.



If you want to take a deeper dive into moon magick, I offer a program called Moon Journey which helps women integrate more magnetism, presence, and self-trust in their life via tarot readings, moon phase education, and embodied meditations. If it calls to you I warmly welcome you to contact me at tarawiththetarot@gmail.com or check out <https://tarakimes.com/moon-journey>