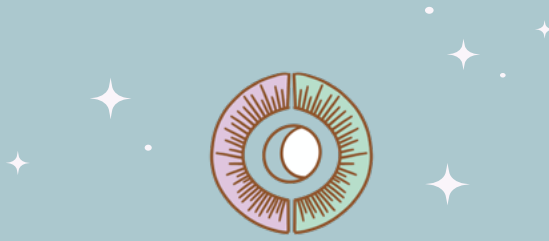


WEEK 4

The Moon Cycles.





The Moon Cycles

This week we will learn how to:


- Blossom with the moon phases
- Understand the moon phases and their Goddesses
- Create rituals & ceremonies
- Work with specific plants for each moon phase
- Prepare potions during each phase
- Work with the 4 Elements according to the moon and its phases: Earth, Air, Water, Fire


• TOOLS •

 Learning the alchemy of the Moon Cycles

• EXERCISES •

 Creating my own moon calendar

 Creating my own rituals

 Identifying what kind of magic is natural for me



The Moon Phases



NEW MOON:
Planting the seed.
Setting the
intention for my
projects.



FULL MOON:
Blossoming, where
there is more light
and visualization.



**CRESCENT
QUARTER:**
Watering the seed.
Take care of my
intention so that it
gets birthed.



**WANING
GIBBOUS:**
Harvesting the
fruits, celebrating
the first harvest.



FIRST QUARTER:
Seeing the first
leaves. Our seed is
starting to grow.



LAST QUARTER:
When the plant
begins to lose its
leaves. It is time to
start the letting go
process.



**GROWING
GIBBOUS:**
Witnessing the first
flowers.



**WANING
QUARTER:**
What must die
must be let go, and
the seeds return to
the earth to restart
the cycle.



PICK A CARD

The Seasons



1



2



3



4



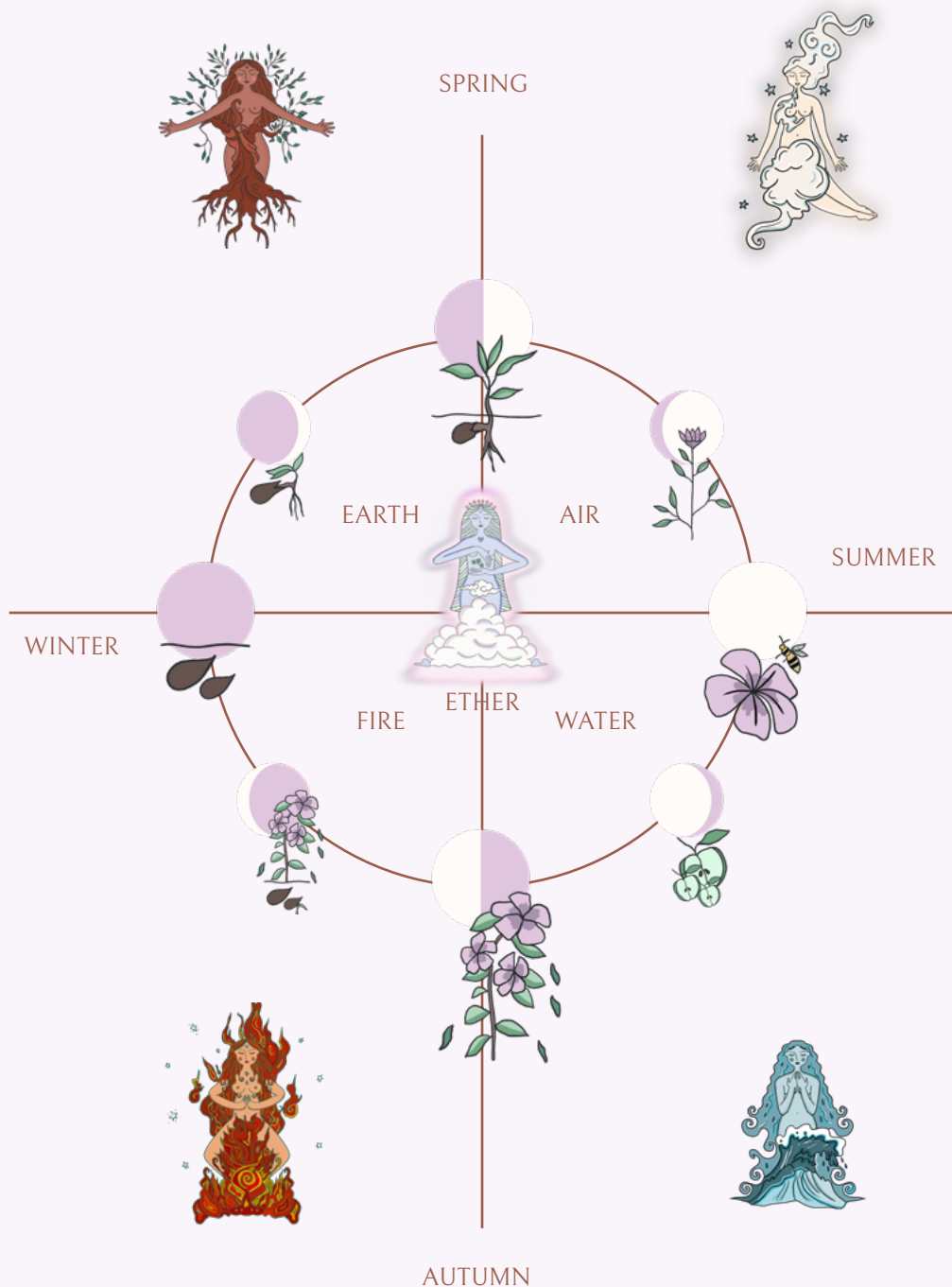
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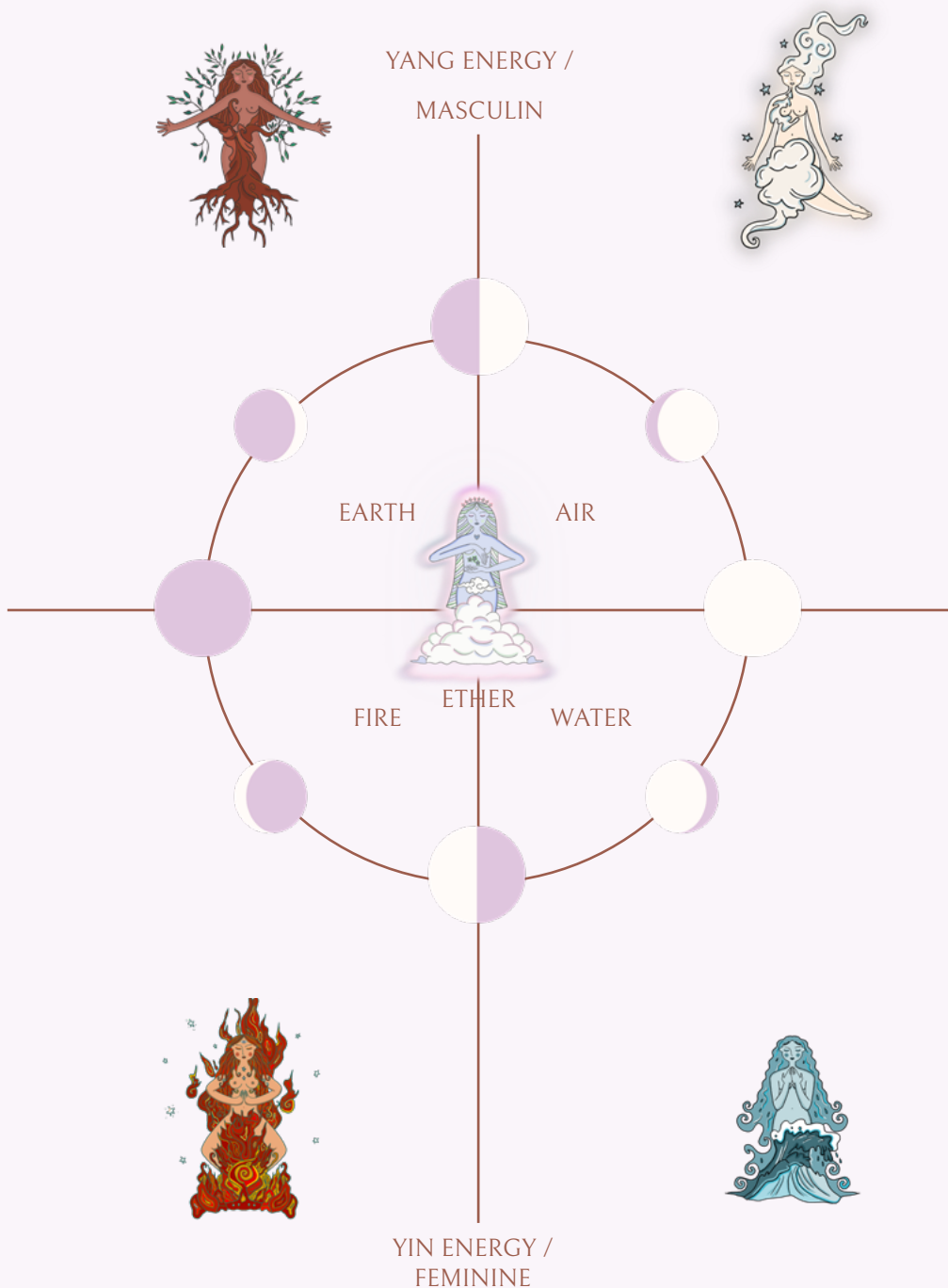
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VIEW THE RESULTS AT THE BACK OF
THE BOOK

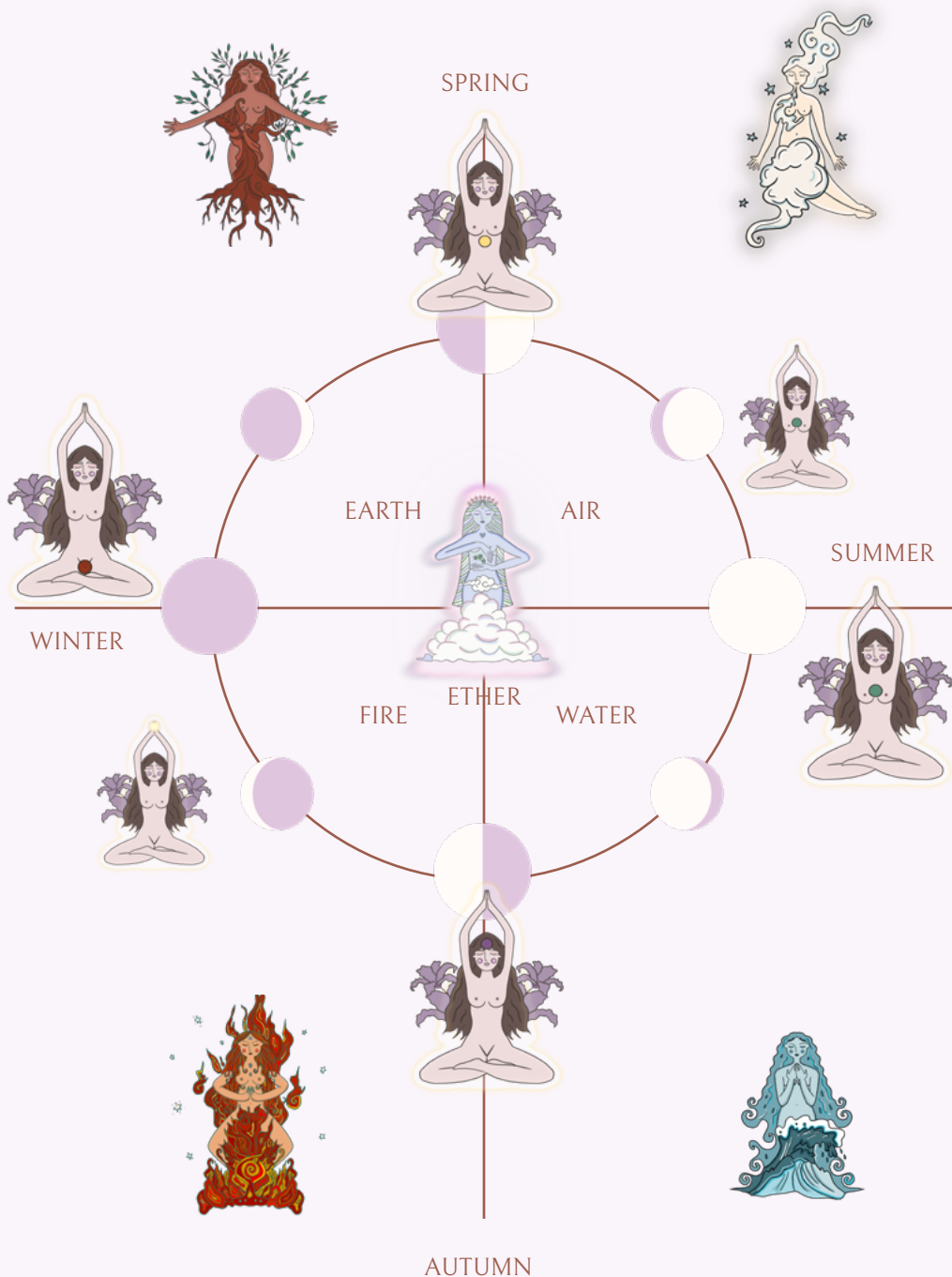
The 4 Seasons



The 5 Elements



Activating the chakras



The Goddesses

1

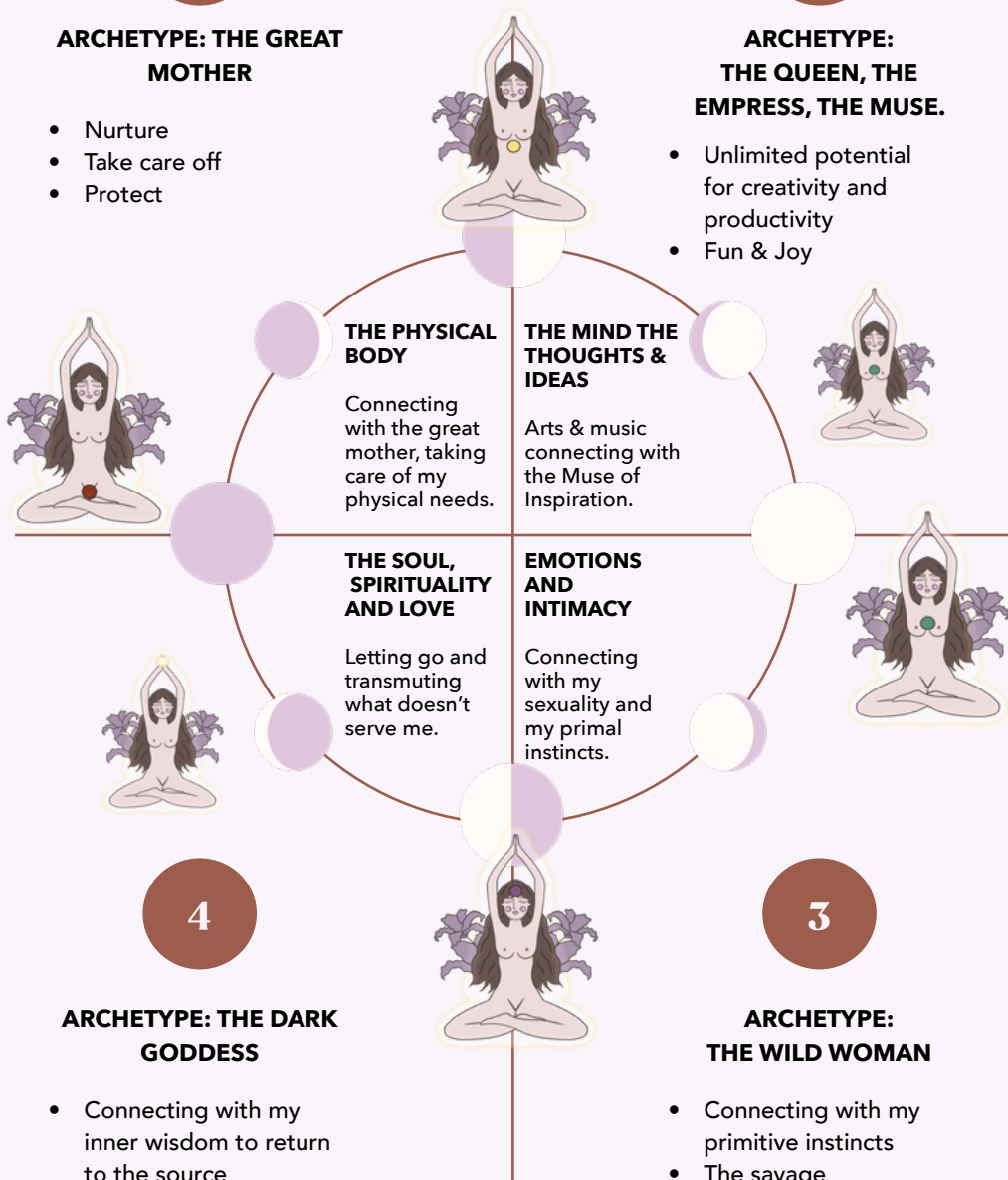
ARCHETYPE: THE GREAT MOTHER

- Nurture
- Take care off
- Protect

2

ARCHETYPE: THE QUEEN, THE EMPRESS, THE MUSE.

- Unlimited potential for creativity and productivity
- Fun & Joy



4

ARCHETYPE: THE DARK GODDESS

- Connecting with my inner wisdom to return to the source

3

ARCHETYPE: THE WILD WOMAN

- Connecting with my primitive instincts
- The savage



PICK A CARD

The Moon Phases



1



2



3



4

VIEW THE RESULTS AT THE BACK OF
THE BOOK

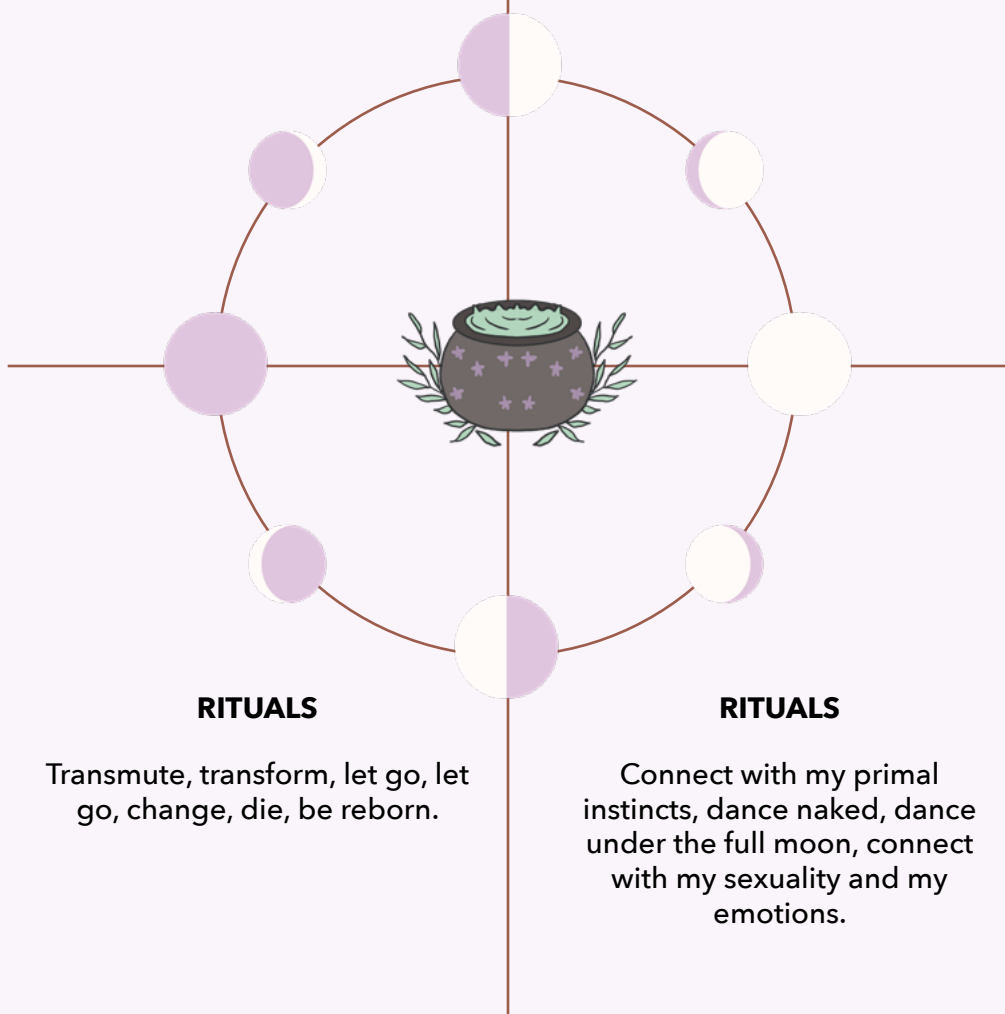
Rituals & ceremonies

RITUALS

Initiation, beginning, nurturing, nourishing, planting, calling, intention.

RITUALS

Connection, creativity, inspiration, celebration, conversation, sharing.



RITUALS

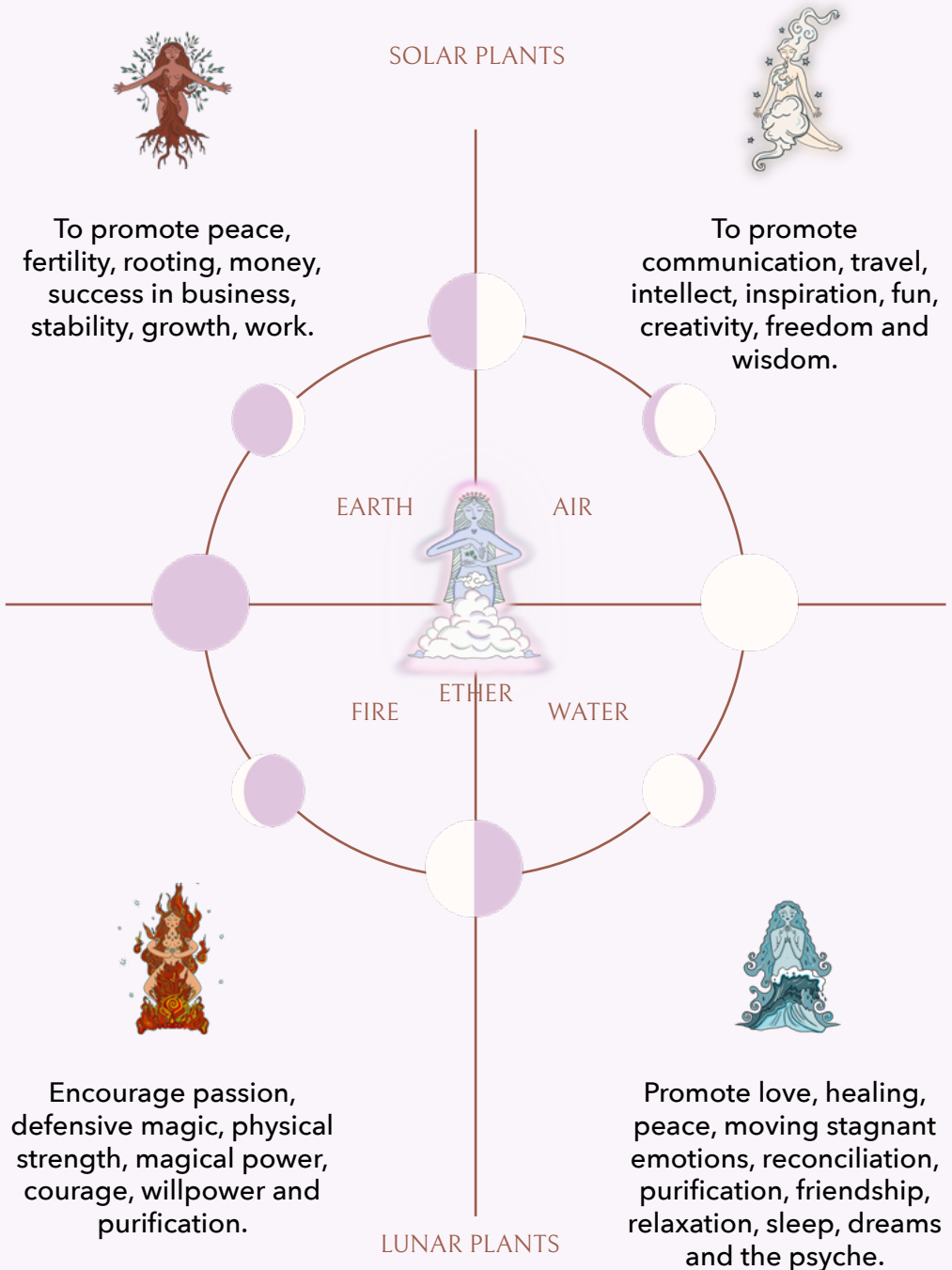
Transmute, transform, let go, let go, change, die, be reborn.

RITUALS

Connect with my primal instincts, dance naked, dance under the full moon, connect with my sexuality and my emotions.



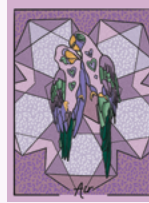
Potions & herbs



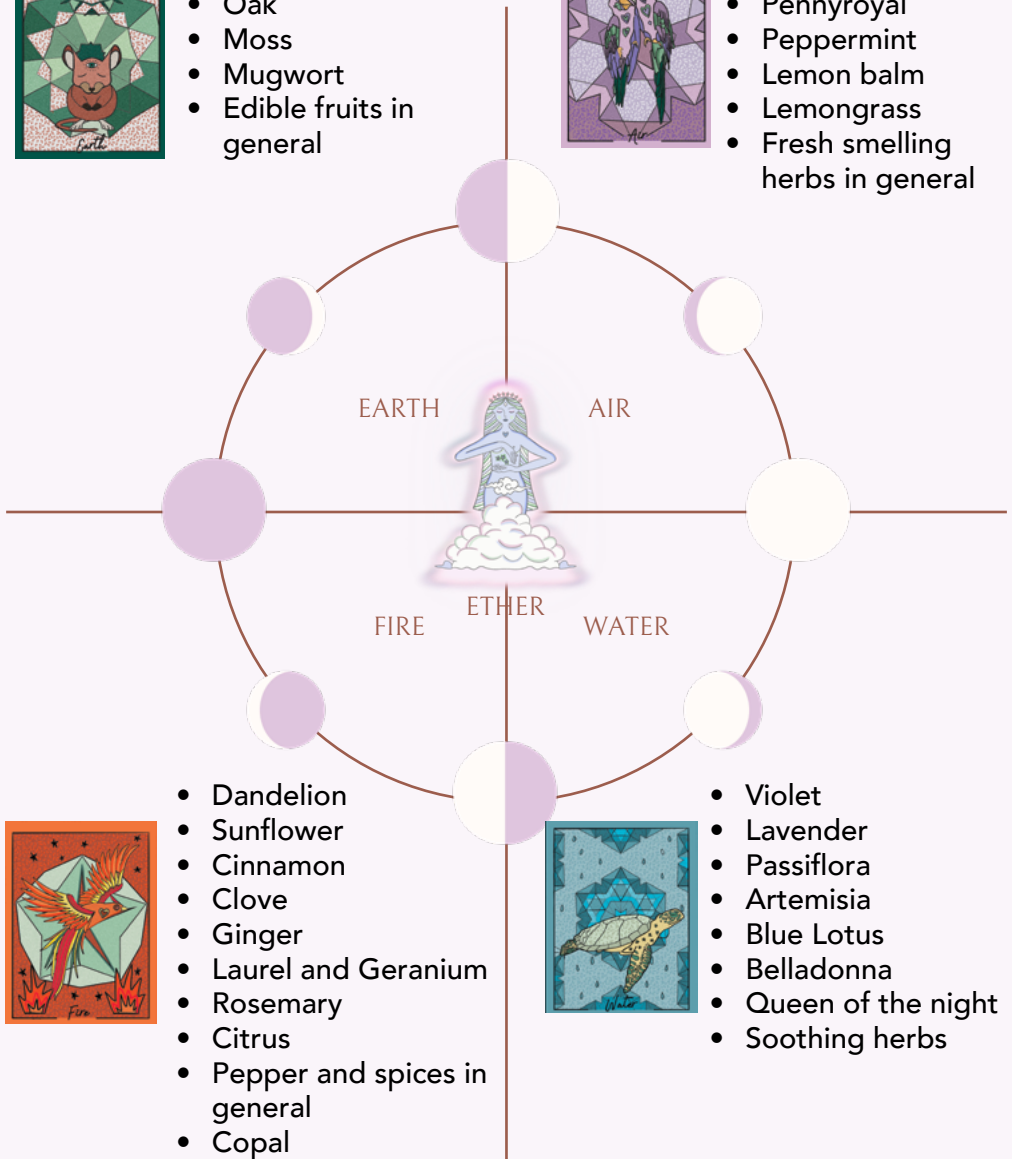
Potions & herbs



- Patchouli
- Cedar
- Oak
- Moss
- Mugwort
- Edible fruits in general



- Eucalyptus
- Peppermint
- Pennyroyal
- Peppermint
- Lemon balm
- Lemongrass
- Fresh smelling herbs in general



- Dandelion
- Sunflower
- Cinnamon
- Clove
- Ginger
- Laurel and Geranium
- Rosemary
- Citrus
- Pepper and spices in general
- Copal



- Violet
- Lavender
- Passiflora
- Artemisia
- Blue Lotus
- Belladonna
- Queen of the night
- Soothing herbs



Exercise 1

How to create an Intuitive Potion

Set an intention: Love, money, abundance, transformation, etc.

1

Look in the moon calendar when is the best day for your intention.

2

Look for herbs that could help manifest what you are looking for.

3

Play and combine different types of herbs, according to your needs.

4

Connect to your intentions and talk to the plants. (Take your time to set the intention before drinking, take your time to smell them, allow all your 5 senses be filled with the magic).

Make a tea, a brew or any type of food.

Drink the potion my recommendation is to drink it for a period of time until your wish has manifested.





Love Potion

Love Potion Waking up sensual desire

Goddess: Aphrodite

Date: Third Moon Quarter

WHAT YOU NEED:

Herbs:

- Damiana
- Rose
- Black Cardamom
- Green Cardamom

WHAT TO DO:

- Brew your tea
- Infuse your intention (Blow on it)
- Drink up and let your potion do the magic



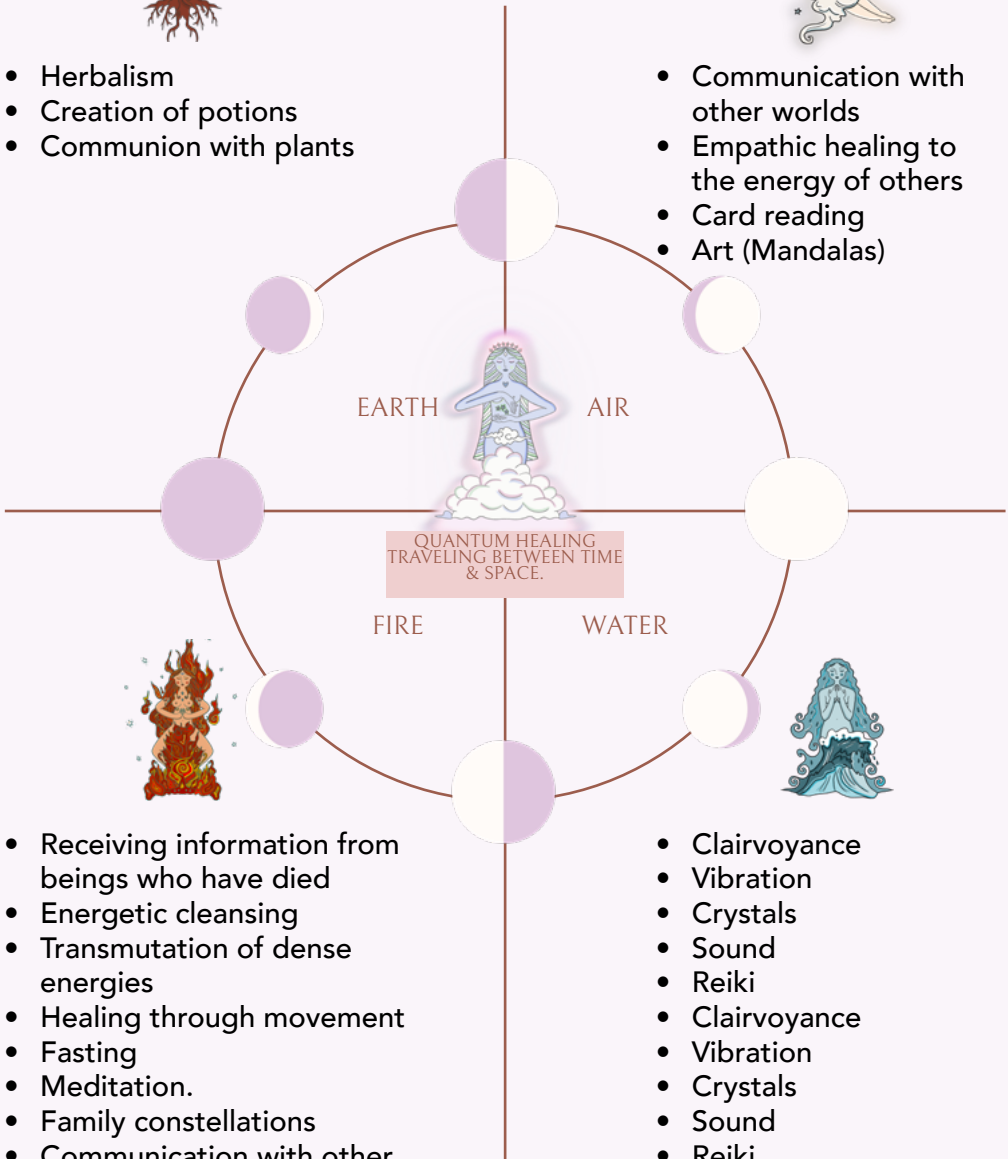
Natural magic for me



- Herbalism
- Creation of potions
- Communion with plants



- Communication with other worlds
- Empathic healing to the energy of others
- Card reading
- Art (Mandalas)



- Receiving information from beings who have died
- Energetic cleansing
- Transmutation of dense energies
- Healing through movement
- Fasting
- Meditation.
- Family constellations
- Communication with other worlds

- Clairvoyance
- Vibration
- Crystals
- Sound
- Reiki
- Clairvoyance
- Vibration
- Crystals
- Sound
- Reiki

