
ASTROLOGY HUB *presents*
LIVING BY
the light of
MOON
A PATH FOR MAGIC & MANIFESTATION IN YOUR LIFE
ASTROLOGY HUB
www.astrologyhub.com
2025

LIVING BY THE PHASES OF THE MOON

As the Moon circles the Earth over the course of the month, its changing relationship to the Sun creates the ocean tides and other biological rhythms. While all life on Earth depends on the rays of the Sun for energy, it also requires the Moon for both churning and stabilizing the "Waters of Life."

This eternal dance of Sun, Moon and Earth creates the phases of the Moon. Like cosmic tides, their astrological significance springs from the subtle symbolism of their ebb and flow.

Mystery and magic are the Moon's middle names. The Moon collects the Sun's rays, then ensouls and materializes them. The "Lady of the Night" governs our etheric body, our mind as a medium for experience, our memory, and our emotions. She speaks to how we nurture ourselves and how we seek to meet our needs.

The Moon takes approximately 27.3 days to travel around the Earth, but because the Earth and Moon move together around the Sun, it takes about 29.5 days between each New Moon and the next. The Moon grows from crescent to full, then slowly wanes in light until it vanishes, reappearing a few days later.

In modern Western culture, we usually talk about the **Moon's eight phases,** four of which are still noted on many calendars (new, full, first and last quarters). Since you can walk outside and see the Moon's phase, this is an ideal place to start working with the Moon.

TIPS FOR WORKING WITH THE MOON'S PHASES

Each month the Moon moves through a pulse of birth, fullness, harvest, decline and rebirth. It's a pattern common to all natural processes – all things are born, live and die. How you move with this process says much about your ability to grow and change gracefully, no matter what life brings.

What would it be like to live in harmony with this cycle in your work life or personal life?

Here's where a Moon Journal and your own meditative process come in handy. Use them to understand your own experience of the Moon and create your own unique experience of its movements.

NEW MOON

(Moon conjunct Sun)

When the Moon is New, it's invisible to you, lost in the glare of the Sun's rays. Yet this is the moment you are star-seeded – When new ideas and inspiration flood your being.

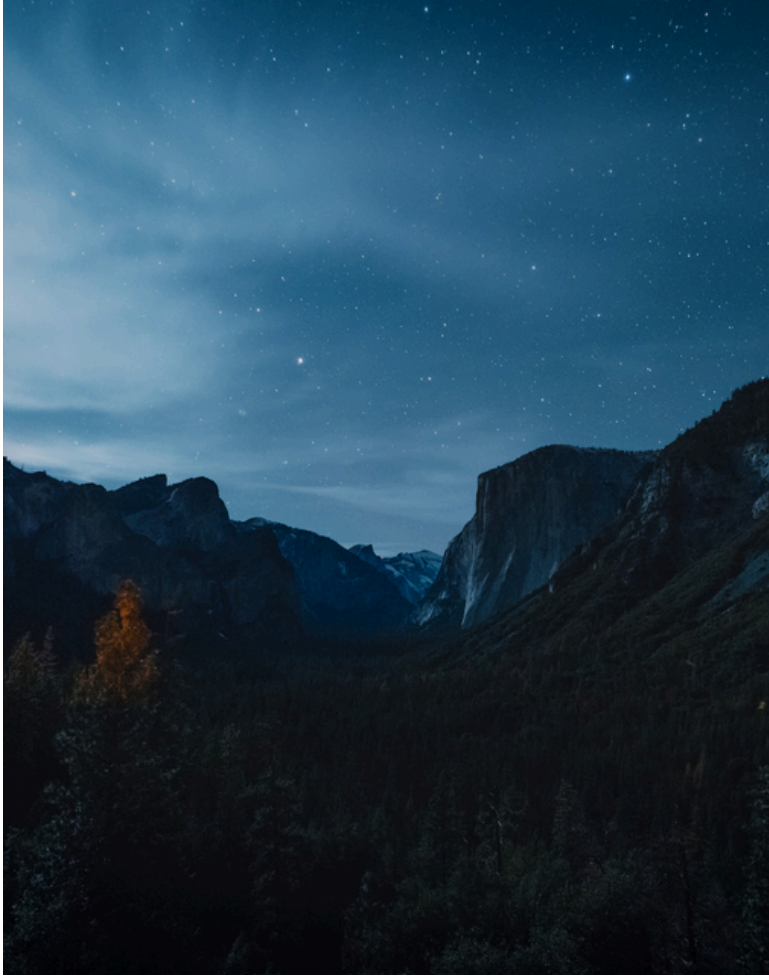
Around the dark of the New Moon, you are wise to turn away from the bustle, make space for deep work, and to dream. It's the perfect time to ask questions, meditate and listen for answers. A journal started under a new Moon is a potent vessel for inspiration.

WAXING CRESCENT MOON

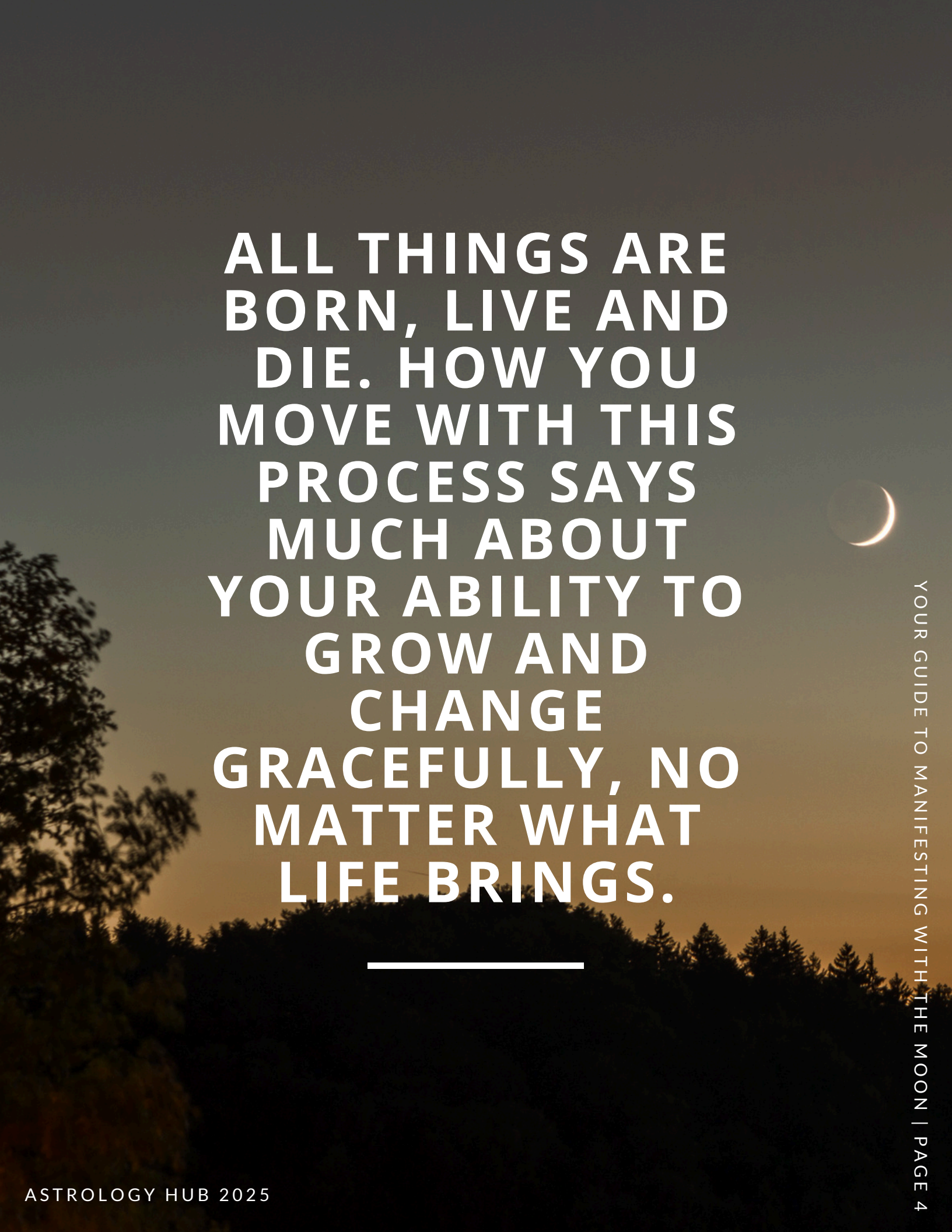
(Moon sextile Sun)

When the crescent Moon first appears low in the Western sky after sunset, she's a gleaming beacon of promise. Just a few days after the New Moon, you'll see evidence that your questions have been answered, that the seeds you have planted will sprout.

It's the perfect moment for brainstorming, creating a vision board, or starting an action plan. From work to relationships, the energy is new and innocent. All things seem possible.






ALL THINGS ARE BORN, LIVE AND DIE. HOW YOU MOVE WITH THIS PROCESS SAYS MUCH ABOUT YOUR ABILITY TO GROW AND CHANGE GRACEFULLY, NO MATTER WHAT LIFE BRINGS.

FIRST QUARTER MOON

(Moon square Sun)

There's a disturbance in the force when the half Moon hangs high overhead at sunset. Manifesting your ideal, is rarely simple. It takes tenacity and creativity to overcome obstacles. At the first quarter Moon, you must exercise patience and persistence to find solutions. It's the first proving ground to see if your ideas have merit and are worth working for.

If you feel irritable, or uncomfortable in your own skin, just remember the sensation spurs you to keep moving forward. Honor it.

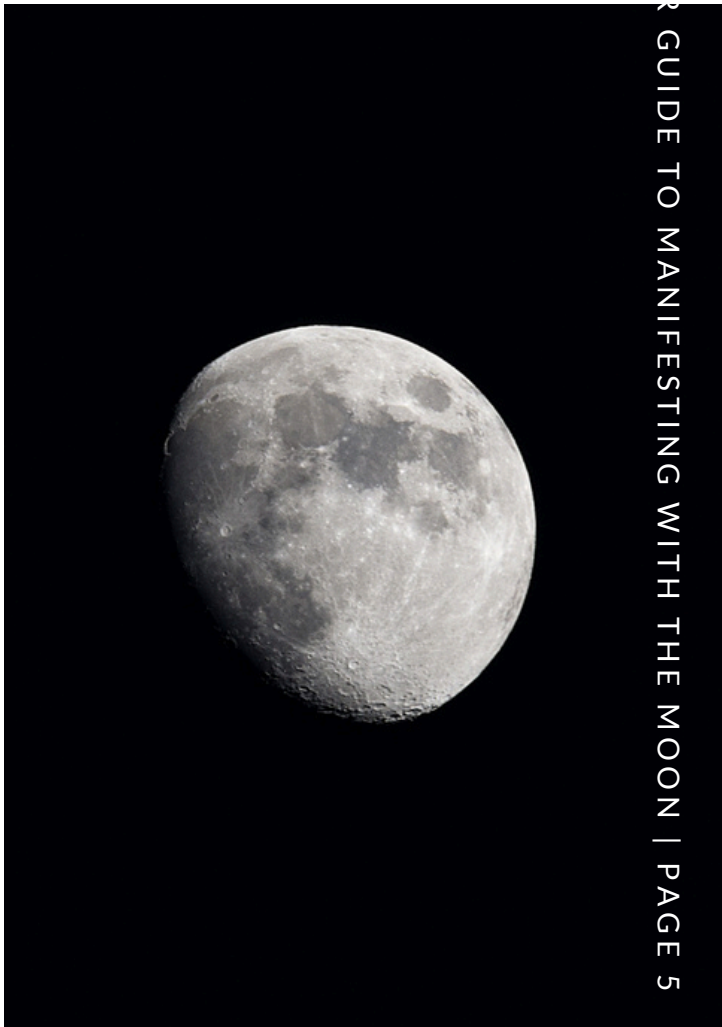


WAXING GIBBOUS MOON

(Moon trine Sun)

Momentum is the hallmark of the gibbous Moon, now racing toward fullness. Fulfillment is at hand; you can almost taste its sweetness. Eagerness, anticipation and celebration hang in the air.

Don't rest on your laurels; now is the moment to channel your passion and emotions for the final surge ahead. Breathe deep and enjoy, but stay focused.





FULL MOON

(Moon opposite Sun)

Who isn't captivated by the luminous Full Moon? Rising in the east just as the Sun sets in the west, all eyes are drawn toward her by her magnetic spell. The days just before and after the Full Moon are a time of romance and magic.

You're invited to harvest the fruits of your labor, and drink deep of life's pleasures. The veil between worlds becomes razor thin, weaving an altered state of consciousness. Inspired genius, or madness, the choice is ours to make.



WANING GIBBOUS MOON

(Moon trine Sun)

After the ecstasy comes the laundry. Not out of drudgery, but out of a need for something profound to reconnect you to the basics of life, you must share your bounty with gratitude during the Waning Gibbous Moon.

Your knowledge and experience is valuable. It's also a time to say thank you to those who helped you along the way. After all, you do nothing alone.

LAST QUARTER MOON

(Moon square Sun)

There's a sadness with every goodbye, even when you know it's time to move on. At the Last Quarter Moon, you may be tempted to try and hang on a little longer. But here you must remember the Buddhist practice of non-attachment: life is impermanent, grasping will only generate suffering.

Consider what you've created and experienced. Release the bits that no longer serve. Grieve, then move on.



WANING CRESCENT MOON

(Moon sextile Sun)

What have you learned? Where do you go from here? These are the questions to ask yourself under the waning crescent Moon. Our emotional storms have passed, leaving a quiet clarity conduciveto self-reflection and observation.

Measure your results, and figure out how to improve what's working. Finish up old business. Prepare yourself and your space to dive deep and begin the next cycle at the coming New Moon.





ELEMENTAL TIPS FOR WORKING WITH THE MOON'S SIGN

Like a thrumming bass line, the Moon's sign changes every two days but the **basic elemental pattern remains the same:** fire, earth, air, water. A 'New Moon-Full Moon' pairing in fire and air, is followed by one in earth and water.

You'll need an astrological calendar, an almanac, or an app to follow the Moon's sign day to day. ***Here are some of the apps we love:*** *Luna Solaria, iLuna, and Deluxe Moon Pro.*

This will help you discover more about yourself as you learn more about the Moon. Include the Moon's sign in your journal, and over time you'll see patterns emerge.

If you've got tasks to accomplish, you can also plan them for days when the Moon will be in a complementary sign:

- **Fire** for inspiration and initiation,
- **Earth** for stamina and manifestation,
- **Air** for thinking and communication,
- **Water** for feeling and being still.

Living in alignment with the cosmic rhythm will help you find flow more quickly, and reduce feelings of frustration and burnout.

FIRE MOONS

(Aries, Leo & Sagittarius)

Fire ascends. It heats you up, and illuminates the way. It brings hope, ashes of inspiration and insight. Action-oriented, and future-thinking, fire Moons are least likely to get caught up in the past. But it's also impatient, and quick to anger.

When you need to bring in some spirited and inspirational energy, a fiery Moon is your ally. Or, especially if you're feeling stuck, they can cheer you on to take some positive action.

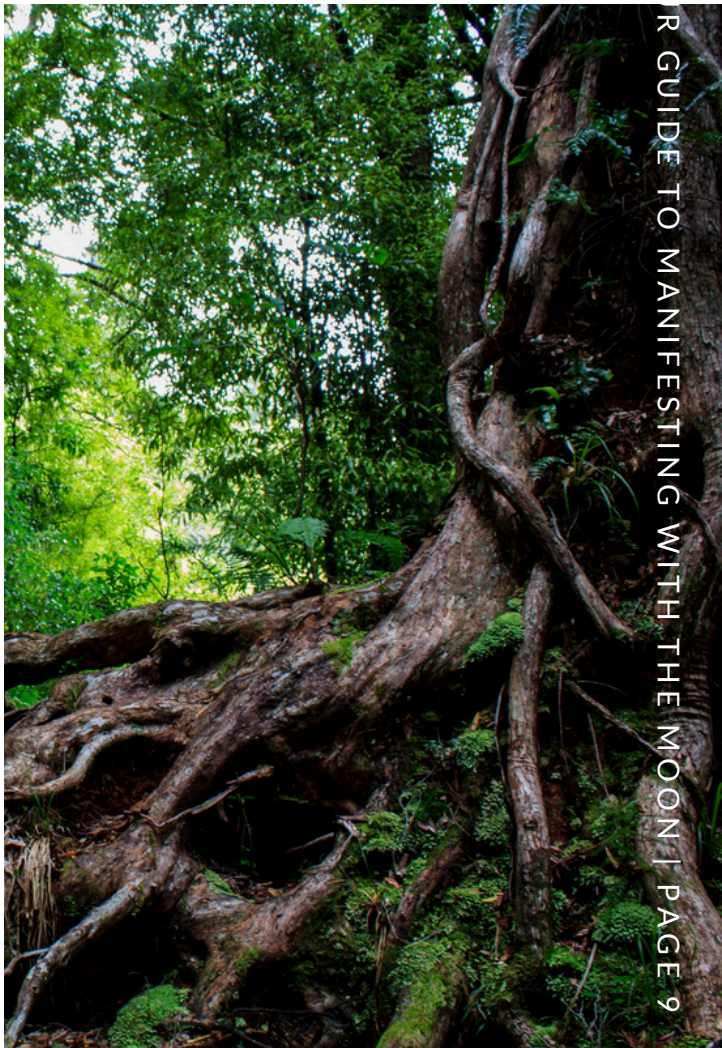


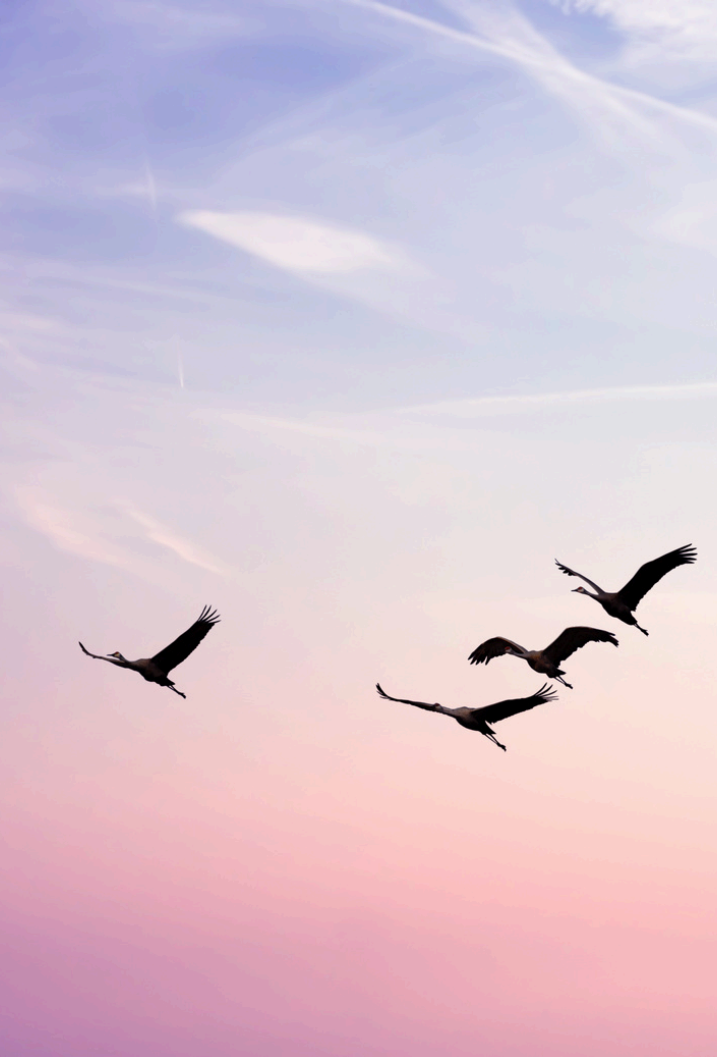
EARTH MOONS

(Taurus, Virgo & Capricorn)

Earth descends. It crystallizes and grounds energy. Earth gives form to your dreams in physical reality. Sensuality and pragmatism are its favorite pastimes. But too much Earth and you could feel at or depressed. When you need focus and stamina, Earth is your ally.

If you need to quit spinning, or say "no" to melodrama, an Earth Moon comes to the rescue. It brings practical know-how to get things done, and a little magic to make things manifest.



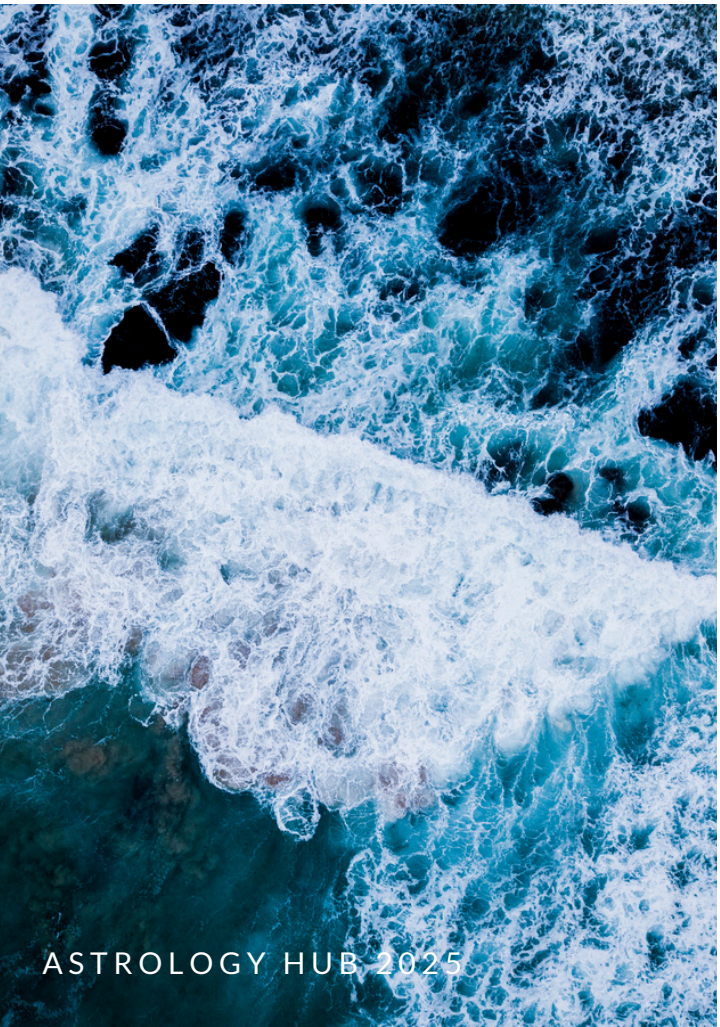


AIR MOONS

(Gemini, Libra, Aquarius)

Air spreads out in all directions. It connects and communicates. It ponders possibilities and points of view. Social media and smartphones are special favorites, but it also loves books, movies, and the Internet. Its curiosity stimulates and invigorates. Its vice: a cacophony of distractions.

When you need to brainstorm, or find a fresh perspective, Air is your ally. It can help you write and share ideas. It inspires you to move past shyness and make new friends.



WATER MOONS

(Cancer, Scorpio, Pisces)

Water is fluid, always adapting to fill the shape of its container. Like the sea, its mood shifts from placid and serene, to stormy and tempestuous. Water experiences and understands by feeling and merging. It craves depth and connection, but also needs time and space to allow such things to grow and thrive.

Water is your ally for affairs of the heart and soul. “Slow down and feel,” is water’s siren song. It brings dreams, fertility and deep healing.

CREATING RITUALS BY THE MOON



Moon remains a simple reminder of Nature's gentle, cyclical rhythm. **Aligning with her means going with the flow**, rather than constantly fighting against it.

Working with this natural rhythm is one of the things we focus on in our Inner Circle program each month.

As the celestial Mediatrix, the Moon carries the light – and intentions – of all the other planets down to the Earth. And so shamans, magicians and wise women appealed to Luna for aid in all areas of life. Especially their magical workings.

But her **favorite activities** are those which remind us of the Moon herself. Things such as...

- changing gracefully,
- gathering things together,
- remembering the past,
- feeling safe and protected,
- relaxing,
- sleeping,
- dreaming,
- following your intuition,
- and working with your subconscious.

And so while she's willing to aid all our efforts, it's activities such as these that she's especially happy to help us with.



AS THE CELESTIAL MEDIATRIX, THE MOON CARRIES THE LIGHT – AND INTENTIONS – OF ALL THE OTHER PLANETS DOWN TO THE EARTH.

THE MOON'S FAVORITE THINGS

When seeking the Moon's aid during a ritual, it's appropriate to choose items which incorporate her favorite things:

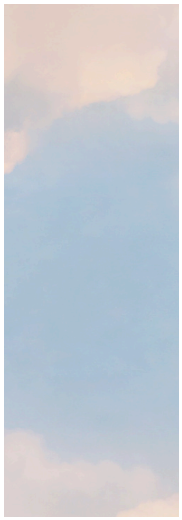
Favorite Colors:
White, light blue, light purple, misty grey

Favorite Plants:
lemon balm, gardenia, jasmine, lotus, poppy, sandalwood, coconut, watermelon, palm, anything watery.

Favorite Minerals: Silver, moonstone, crystal, beryl, selenite, pearl, opal, alabaster. Soft stones.

You may also want to time rituals on the Moon's sacred day, Monday, or when she was in her home sign, Cancer.

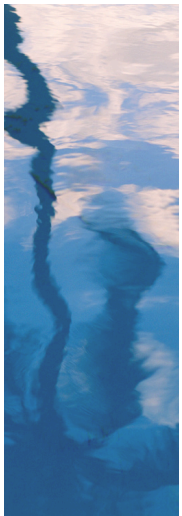














8 STEPS FOR DESIGNING YOUR OWN RITUALS

The most powerful rituals occur when you are in FLOW. Flow just means that you understand the HOW of a ritual, and have gone through the motions so many times, that you are able to actually transcend the actions and move into an altered state of awareness.

You'll find examples for each step in the parenthesis but please use these as a guide only and feel free to bring in your own spiritual traditions and practices into the mix.

1. Clear the space.
(clear your calendar, physical space as well as the energy in the room with the use of sage)

2. Invite your allies.
(spirit guides, ancestors, animal guardians, etc.)

3. Create the container.
(create a physical or energetic circle around you using lights, salt, flowers etc.)

4. State your intent.
(make it simple and unambiguous: what do you want the outcome to be?)

5. Give thanks & offerings.
(express your gratitude and place some of the moon's favorite things on your altar with a candle)

6. Close the container.
(reverse what you did to create the container)

7. Dismiss your allies.
(say thank you and goodbye to the allies you invited in)

8. Ground yourself.
(do something that helps you connect to your physical body)





PRACTICES FOR THE NEW MOON

The New Moon is when the night sky is at its darkest. It's a time to tune in and turn in to discover what you want to build in the coming weeks.

A journaling practice that is aligned with the movement of the moon is a great way to make the space needed to think about all areas of your life over the course of a year.

Think about each New Moon as a miniature New Year.

What resolutions, goals, aspirations, dreams, and plans will you make this New Moon?

When the Moon is dark, you might feel like you're more on edge than usual, or have trouble sleeping.

- Unplugging,
- decluttering,
- restorative yoga
- and meditation

...are all very supportive practices during this time. <3

Once you've done so, you'll be ready to do your New Moon Intention Ritual!

PRACTICES FOR THE FULL MOON

Each day, the Moon churns the waters of the Earth, causing high and low tides. During Full (and New) Moons, these tides run higher or lower than usual. If the Moon can have such an effect on billions of gallons of water, it's not hard to imagine that she affects us.

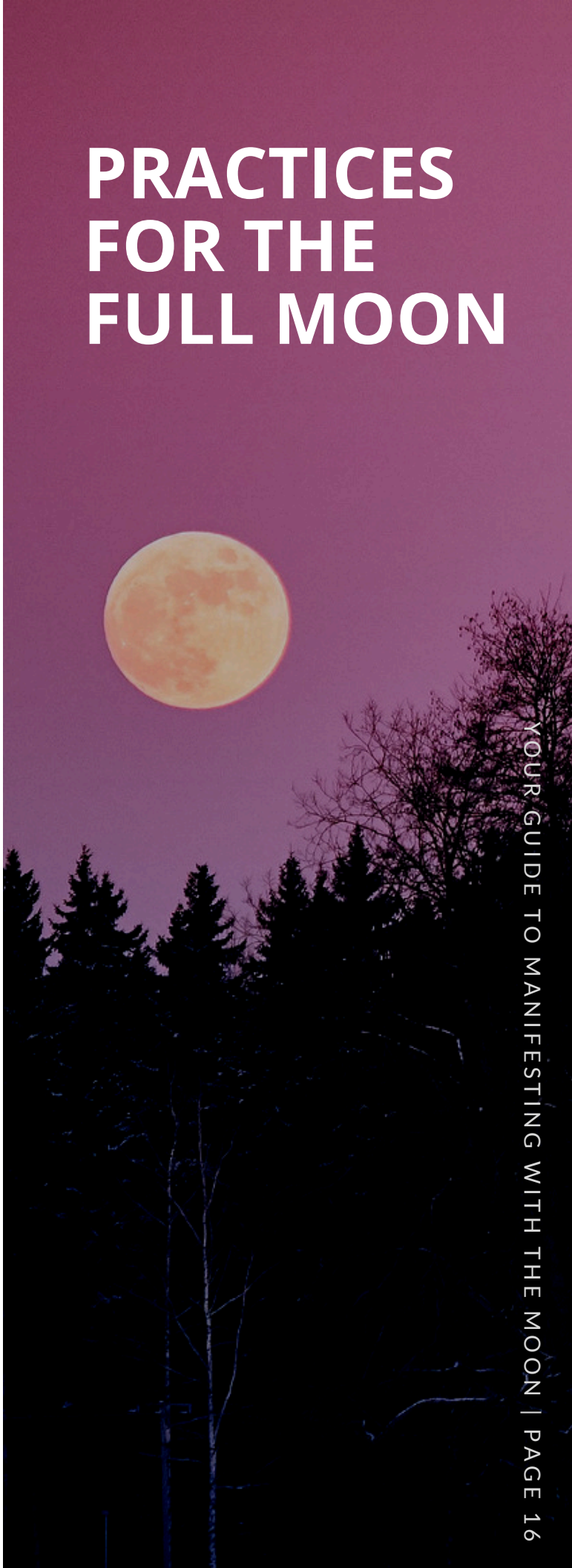
Our bodies are mostly water, and the Moon rules over water and all watery things. She pulls us all the way down to a cellular level. Hospitals report a higher number of births, police a larger number of emotionally-charged incidents.

The Moon also governs our etheric, subtle body as well. Her passage stretches and contracts us on an energetic level. Her light stimulates us; we become more psychically open and charged.

For those who are already sensitives, were born under a Full or New Moon, or are already over-stressed, this energy surge can be difficult to cope with.

Fortunately, there are a few simple techniques you can try to find relief from Full Moon overload (or any intense Moon, for that matter):

- drink plenty of water,
- go out in nature,
- stretch,
- bathe
- and meditate.



BONUS

HOW TO FIND THE MOON IN YOUR BIRTH CHART



ASTROLOGY HUB 2025

Tracking the Moon's transits through your chart adds a powerful layer of intentionality to your manifestations and helps you connect real-life events to your natal placements.

When we talk about a transiting planet, we're referring to the relationship between a planet in your natal chart and its current position in the sky—reflecting an unfolding energy pattern in your life.

Because the Moon is the fastest-moving celestial body, it transits your entire chart each month, completing the full lunar cycle and influencing all aspects of your life over time.

WHY YOU SHOULD TRACK THE NEW & FULL MOONS IN YOUR CHART:

1. **New Moons plant seeds for new beginnings in a specific area of life.** Knowing which house the Moon is activating each month allows you to set aligned intentions and work with the natural flow of energy.
2. **Full Moons bring clarity, realizations, and culmination.** By tracking which house the Full Moon is transiting, you can anticipate where things are coming to fruition or resolution—helping you navigate transitions with more awareness.
3. **Aligning with lunar cycles enhances manifestation, emotional processing, and personal growth.** When you know which area of life is being activated, you can plan, reflect, and take intentional action in harmony with the Moon's rhythm.

HOW TO FIND THE TRANSITING MOON IN YOUR CHART

If you're new to this process, we recommend watching this short tutorial video, where we walk you through how to find the Moon's current placement in your chart.

In this tutorial, we use the free software on Astro.com, but if you already have an astrology app or software you prefer, the video will still be helpful. We've also listed the steps below:

1. Obtain Your Natal Chart.
You'll need a circular chart or software that lists which sign is on each house cusp.

2. Find the Moon's current position.
You can do this by casting a transit chart (explained in the tutorial) or checking an ephemeris to see where the Moon is today.

3. Locate the Moon in your chart (by sign & house).
When we talk about "where" the Moon is in your chart, we're referring to both its zodiac sign and, more importantly, which house it's transiting.

A Note on House Systems:

- The topic of house systems can be complex, so if you're just starting out, we recommend using the **Whole Sign House system,** as it's the easiest to learn.
- Most astrology software allows you to change your house system in the settings or preferences.

How to Identify the House the Moon is In:

- In most cases, the sign the Moon is in will correspond to one of the 12 houses in your chart.
- Look for the zodiac glyph of the current Moon sign to determine which house it's activating in your chart.

On the next page, you'll find a reference guide for zodiac glyphs, a key to help you identify houses & Keywords for each house to help you align your intentions with the Moon's energy.





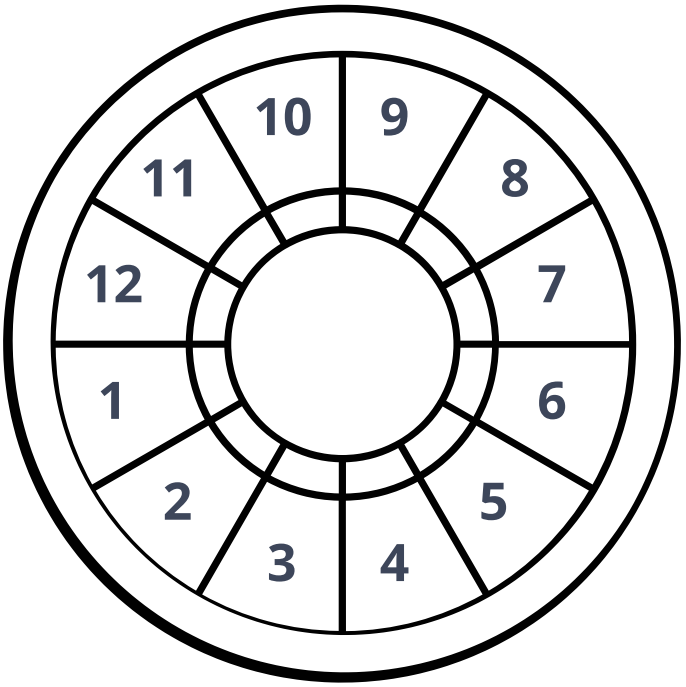
ZODIACAL GLYPH KEY:

Sign	Glyph
Aries	♈
Taurus	♉
Gemini	♊
Cancer	♋
Leo	♌
Virgo	♍
Libra	♎

Sign	Glyph
Scorpio	♏
Sagittarius	♐
Capricorn	♑
Aquarius	♒
Pisces	♓



ASTROLOGICAL HOUSES KEY:



HOUSE KEYWORDS

These keywords and descriptions provide a concise overview of the key themes associated with each of the 12 houses in astrology. They serve as a foundation for understanding how the houses influence various aspects of an individual's life and experiences.

House	Keywords
1st House	Psyche, Soul, Identity, Personal Goals, Physical Body, Outward Personality
2nd House	Finances, Money, Resources, Earning Potential, Security
3rd House	Siblings, Neighbors, Neighborhood, Communication, Early Childhood
4th House	Family, Roots, Lineage, The Father, Emotional Security, Ancestral Karma
5th House	Children, Creativity, Hobbies, Romance, Joy
6th House	Stress, Health, Sickness, Service, Routines
7th House	Intimate Partnerships, Contracts, Marriage Partners
8th House	Death, Shared Resources, Transformation, Mysteries, Commitment
9th House	Education, Foreign Affairs, Philosophy, Beliefs
10th House	Career, Legacy, Reputation, Authority
11th House	Friends, Networks, Social Groups, Hopes & Dreams
12th House	Isolation, Spirituality, Past Karma, Endings, Solitude, Subconscious

