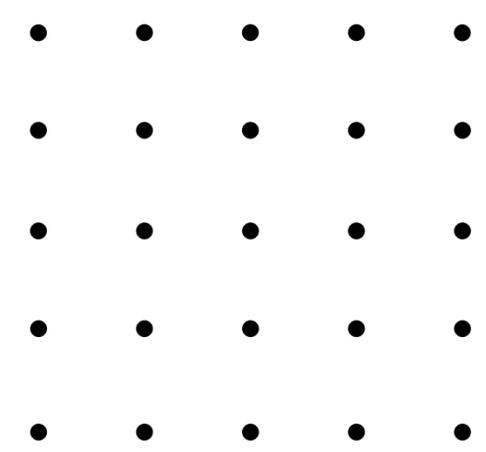




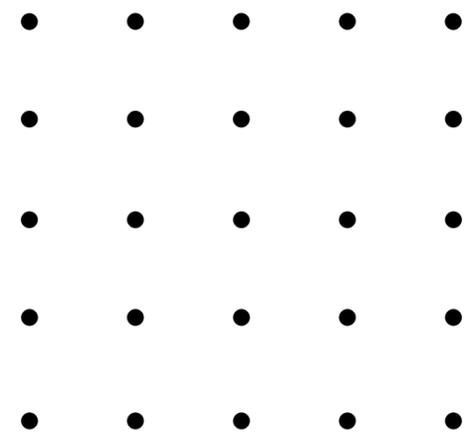
Goal Setting with the Moon

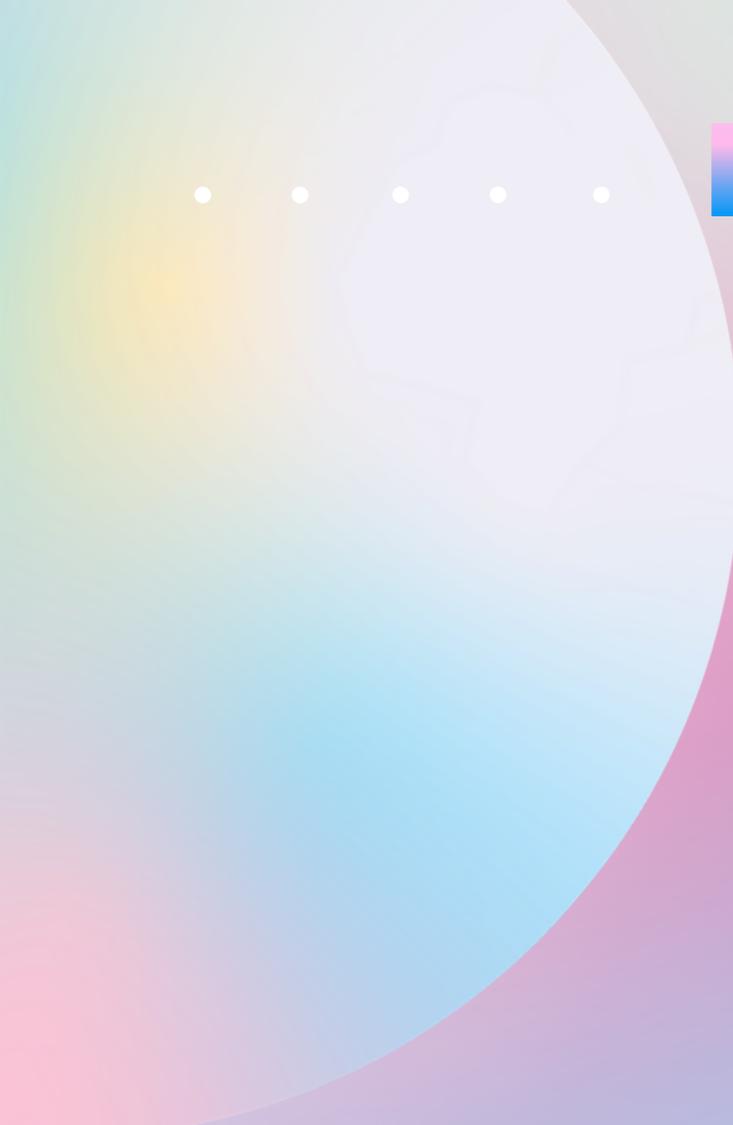


Hi, I'm Tanya



- + Used to work in publishing.
- + Trained as a life coach.
- + Ran goal-setting and mindset workshops and coached multi-passionates.
- + Then studied astrology, and the rest is history.





What we will cover

THE WHY

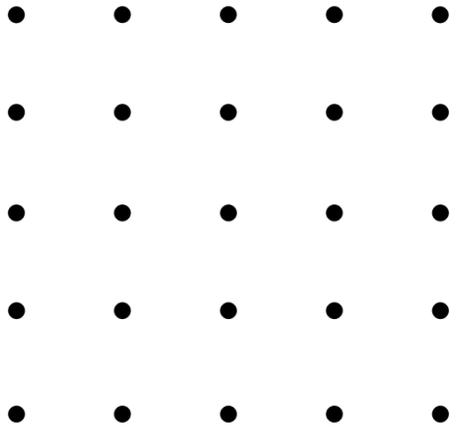
- + Why working with the moon is beneficial

THE WHAT

- + What to do during each phase of the moon's cycle
 - + What eclipses are and how to handle them
- + What it means when the moon is in a particular sign

THE HOW

- + How to set an intention at the New Moon
 - + How to release at the Full Moon

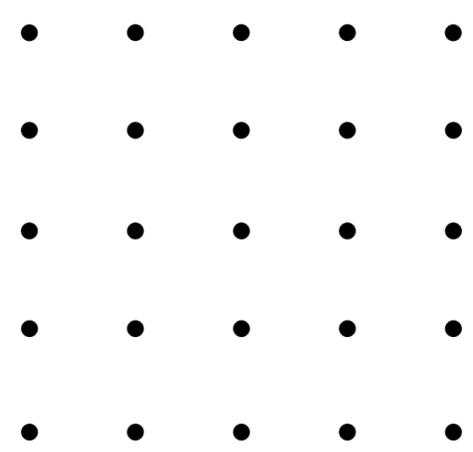


Why working with the moon cycle is beneficial

- + Connects us back to our natural rhythm.
- + Allows us to plot when to take action and when to rest (balance of yin and yang).
The rest helps us have more energy in the action phases, so we don't end up burning ourselves out.
- + You can easily keep track of where it's at (just look at the sky!)
- + It helps us connect to our intuition and how we feel.
- + We end up setting goals that are aligned with what we really want, rather than what we think we should do.



Yin and Yang



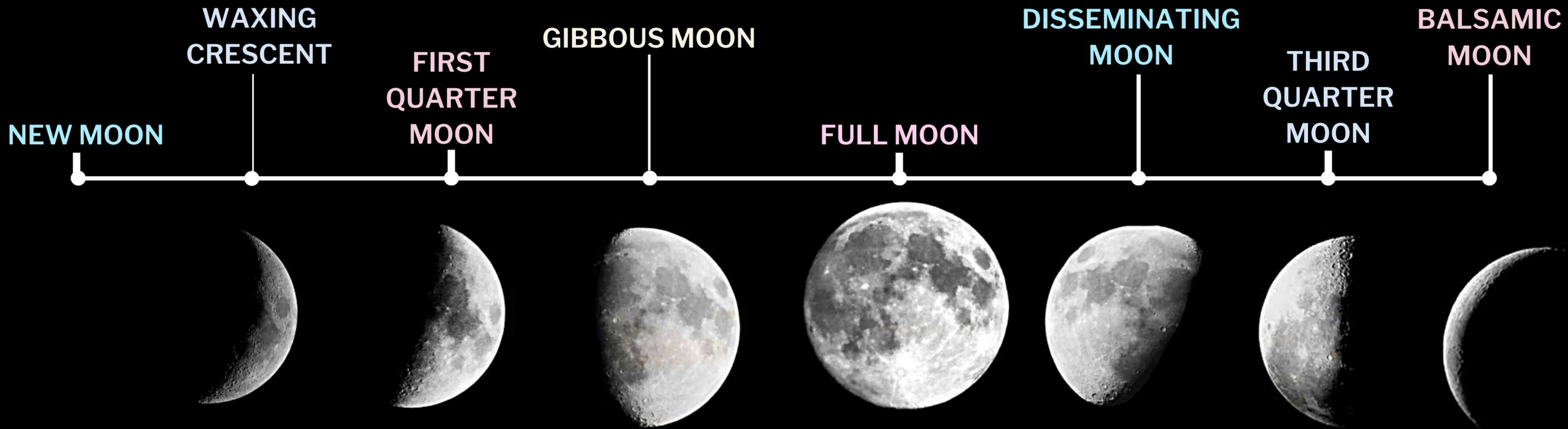
Yang is ...

- + Doing
- + Action
- + Initiating
- + Energising
- + Giving

Yin is ...

- + Being
- + Rest
- + Restoring
- + Relaxing
- + Receiving

Tip: When you can, schedule important meetings or working on big projects during yang phases, and less intense things during yin phases



The Moon's Cycle

The New Moon

NEW MOON



- + Astrologically, the Sun and Moon are at the same part of the sky/zodiac.
- + The sky is dark—there is no light for us to see by, so we go within.
- + This is when we plant the seeds for our goals/intentions.
- + Because we are choosing to set intentions, this makes it a yang/doing phase.

Waxing Crescent

WAXING
CRESCENT



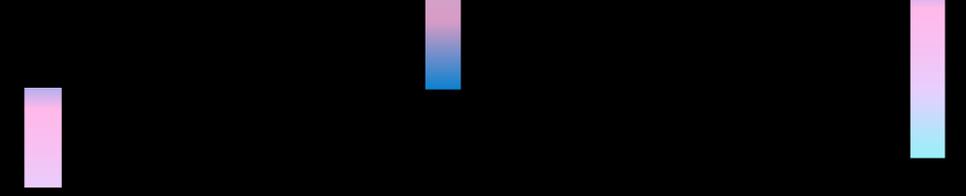
- + Occurs roughly 3.5–7 days after the New Moon.
- + Yin phase.
- + The Moon is moving from invisible to full power and it's the same for your dreams.
- + This is when we can start to explore the options available to us and plot the actions we are going to take.
- + Visualise and think about what you want—is it starting to feel real to you?

First Quarter Moon

FIRST
QUARTER
MOON



- + Occurs roughly 7–10.5 days after the New Moon.
- + Yang phase.
- + This is when we need to recommit to our intentions and start taking action.
- + Might find that you start to feel some doubts about what you are working toward or come across some road blocks.

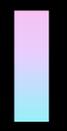


GIBBOUS MOON

Gibbous Moon



- + Occurs 10.5–15 days after the New Moon.
- + Yin phase.
- + Great time to start reviewing your plans and tweak, hone and adjust as necessary.
- + Ask yourself what's working and what isn't. You may find that you get more clarity around things at this point.



Full Moon

FULL MOON



- + Occurs 15–18.5 days after the New Moon.
- + Yang phase.
- + Astrologically, the Sun and Moon are at opposite points of the sky/zodiac.
- + The Full Moon means we have light to fully see, revealing hidden things we may not have been aware of.
- + A time to release, let go, express gratitude and forgive.

• • • • •

Disseminating Moon

DISSEMINATING
MOON



- + Occurs 3.5–7 days after the Full Moon.
- + Yin phase.
- + Rest after the peak energy of the Full Moon.
- + Accept and express gratitude for where you are and what you've learnt (even if what you want seems super far away still).
- + Open yourself up to receive.

Third Quarter Moon



- + Occurs 7–10.5 days after the Full Moon.
- + Yang phase.
- + Ask 'what adjustments do I need to make?' and tweak as necessary.
- + Allow yourself to let go of some old things to make room to receive the new.
- + What wisdom or knowledge from your experience can you pass onto others?



THIRD
QUARTER
MOON

Balsamic Moon

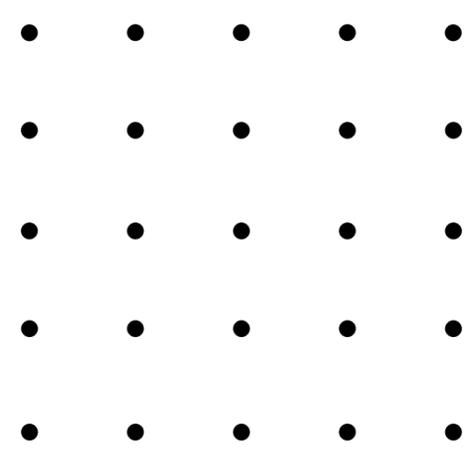
- + Begins 10.5 days after the Full Moon and continues until the New Moon.
- + Yin phase.
- + Comes from the word 'balsam' which means 'anything healing or soothing'.
- + Take time to really pull back and rest to get ready for the next cycle.

BALSAMIC
MOON





To find out what phase the moon is in ...

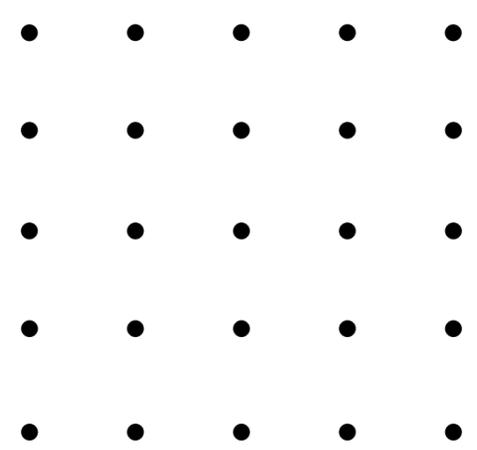


- + Head to www.timeanddate.com/moon/phases/
- + Simply go out and look at the night sky!

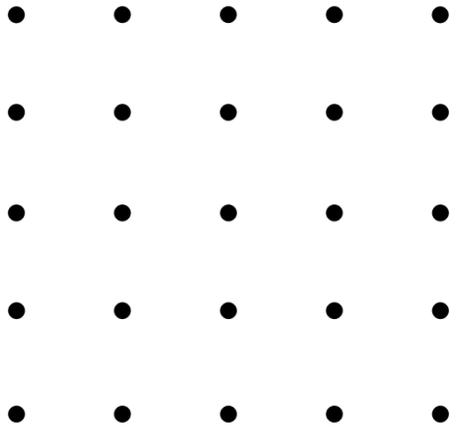




Eclipses



- + These happen every six months. We normally get two in a row but sometimes it is three.
- + A New Moon Eclipse is called a Solar Eclipse; A Full Moon Eclipse is called a Lunar Eclipse.
- + They kind super-power the moon.
- + Eclipses can bring sudden changes in your life: you may feel like something begins or ends without warning.
- + They occur in the same pair of signs for 18 months. At the moment they are happening in Gemini and Sagittarius.



New and Full Moon Rituals

- + A ritual is simply something we do with focus and attention on a regular basis.
- + Set up a space at your home—light candles, create a mood.
- + Do this at a park, beach, or any place you feel connected to and comfortable in.
- + Get together with friends and set/release your intentions.
- + Or something else! The most important thing is to have a consistent practise which works for you.
- + You can mix it up month-by-month depending on where you are or what you feel like doing.

- **MOVE**

Walk, run, hike, do yoga, box, lift weights, swim, have a bath—anything that makes you aware of your body and helps you feel present.

- **MEDITATE**

Find a quiet spot to sit and focus on your breathing. You may like to do a body scan meditation to help you focus on the here and now.



SETTING NEW MOON INTENTIONS

- **JOURNAL**

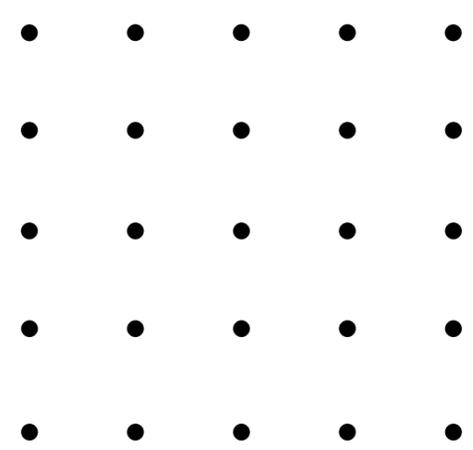
Free-write or use the prompts on the next slide. Try to give yourself at least 5–10min of continuous writing. The more you write the deeper you will scratch under the surface.

- **FEEL**

Review what you have written. What are the main themes that keep coming up? Visualise yourself having this. Ask yourself how having these in your life will make you feel. Where can you feel this in your body?



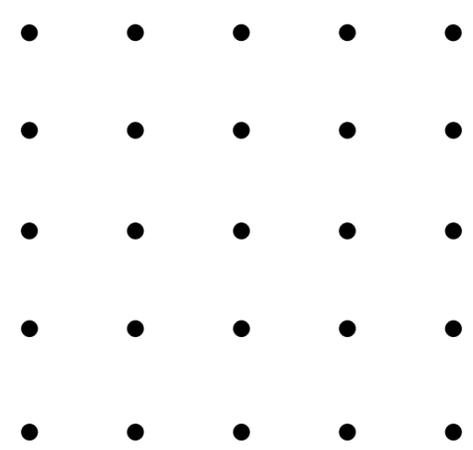
New Moon journaling prompts



- + This year I will ...
- + I am craving ...
- + The thing I want most is ...
- + What's missing from my life right now is ...
- + I want to feel ...
- + A positive thing I will do for myself is ...
- + What I will do this year that I didn't do last year ...
- + The ways in which I create are ...
- + I want to fill my life with ...
- + My perfect day ...
- + I am at my best when ...
- + I am calling into my life ...
- + Happiness to me looks like ...
- + I can best honour myself by ...

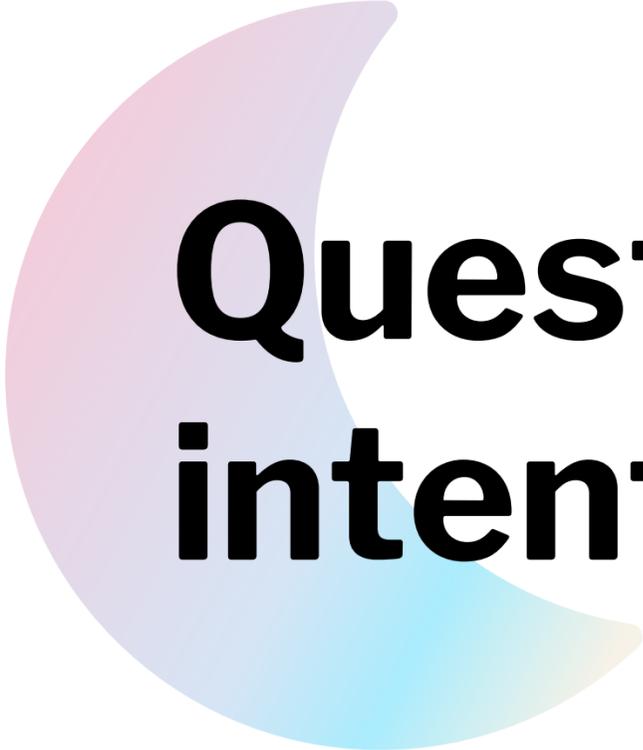


Some examples of intentions

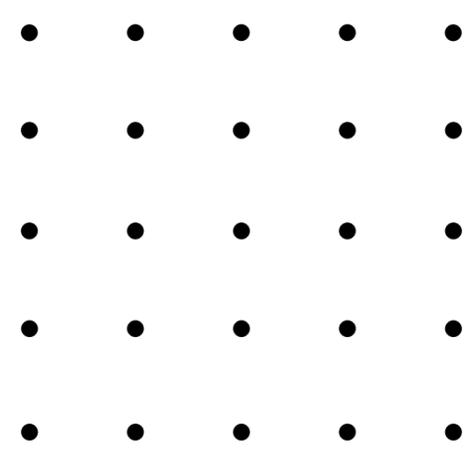


- + Be happy in a meaningful career
- + Take my career to the next level
- + Move with ease every day
- + Have a fun and active social life
- + Reignite the spark with my partner
- + Attract a loving partner
- + Be the most vibrant and healthiest I've ever been

- + Be creatively free
- + Travel around Australia
- + Be financially free
- + Save a deposit for my first home
- + Be friends with money
- + Love myself unconditionally
- + Find my true purpose
- + Live in spirit daily



Questions about intentions



+ Can you set more than one intention at a time?

YES!

+ Do I have to set a different intention every month?

NO!

+ Do I have to complete everything in one moon cycle?

NO!

- DANCE

Dancing helps move stuck energy and can help release things we're not even aware of!

- BURN

Write out everything you want to let go of and (safely) burn it. If you don't want to use fire you can tear it up or destroy it in a bucket of water.

• • • • •

RELEASING AT THE FULL MOON

• • • • •

- WASH

Swim (in the ocean is best), have a bath or take a long shower. Before you enter the water, state that you are washing away what you want to release.

- CRY

The Full Moon can bring up emotions, so if you feel like crying, do! You always feel better after a good cry.



Adding a layer ...

You may have heard someone talk about a New Moon in Aries or a Full Moon in Scorpio. This is referring to the sign that the moon is in at the time. The sign helps gives the moon its 'flavour'.

SIGN

NEW MOON

FULL MOON

ARIES

Invite: new beginnings, action, boldness, focus on you.

Release: being reckless, irresponsible, self-centered, impatient, aggressive.

TAURUS

Invite: money, self-love, sensuality, a sense of perseverance.

Release: being: materialistic, lazy, overcautious, stubborn.

GEMINI

Invite: clear communication, socialising, new information, day trips, siblings.

Release: restlessness, gossip-tendencies, being flighty, indecision.

CANCER

Invite: family, emotional security and nurture, a dream home-life.

Release: moodiness, insecurity, emotional dependencies, fearfulness.

LEO

Invite: courage, play, fun, children, flirting, creativity, confidence.

Release: being melodramatic, overspending, vanity, arrogance,

VIRGO

Invite: new processes, organisation, healthy habits, giving back.

Release: nitpicking, perfectionism, judgement, criticism.

SIGN

NEW MOON

FULL MOON

LIBRA

Invite: good relationships, beauty, balance, diplomacy, fairness.

Release: imbalance, fence-straddling, over-compromising, superficiality.

SCORPIO

Invite: transformation, regeneration, conscious sexuality, investments.

Release: grudges, obsessiveness, suspicions, cruelty, jealousy.

SAGITTARIUS

Invite: adventure, study, optimism, positivity, fun, meaning.

Release: blind faith, delusions, irresponsibility, self-righteousness.

CAPRICORN

Invite: healthy ambition, legacy, structures, consistent action, success.

Release: control, self-doubt, distrust, acting out of obligation or guilt.

AQUARIUS

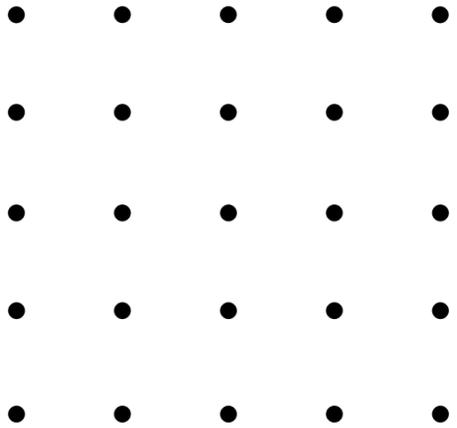
Invite: new inventions/discoveries, community, change, freedom.

Release: being detached, aloof, know-it-all, rebelling without a cause.

PISCES

Invite: dreams, spiritual connection, romance, compassion, imagination.

Release: being confused, chaotic, ungrounded, lack of faith in self.



To find out what phase or sign the moon is in

- + I send out New and Full Moon emails. To subscribe head to www.innerastrology.com.au You also get a free calendar when you subscribe.
- + www.timeanddate/moon/phases/ is good for the moon phase, and also the exact time.
- + Lots of great astrologers online also offer their interpretations.



Remember ...

- + New Moons are for new beginnings, Full Moons are for releasing.
- + The moon is there as a marker of time, helping to remind you to stay on track.
- + Rest is just as important as action. Allow yourself to balance the doing and being, yin and yang.
- + Make this process work for you. Create your own rituals and use this alongside other things you do.
- + This is meant to be fun!



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QUESTIONS?

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Thank you!

GET IN TOUCH

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