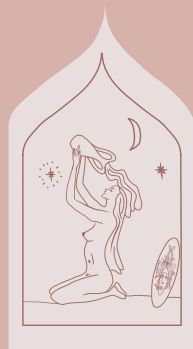


# Timing with the Moon

## Mini-Training

THE GUIDE TO MAKING THE MOST OF EACH DAY BY  
HARNESSING LUNAR ENERGIES



ATHENA'S APOTHECARY  
[WWW.ATHENASAPOTHECARY.COM](http://WWW.ATHENASAPOTHECARY.COM)



I believe in listening to your intuition and working **WITH** your natural energies and moods, not against them.

Have you ever dreaded waking up in the morning because you knew you had SO much work to get done, but your mind, body and soul were begging you for a rest? As much as you want to give up on all of your responsibilities, sometimes this just isn't feasible. This guide will run you through how to make the most of days like this, and more importantly, help you plan your month so you can avoid getting to this place of burnout in the first place.

Sound too good to be true? Keep reading :)

## And who in the world am I?

If it's got to do with mental, emotional and spiritual wellbeing, I'm your girl. I'm Ana, the owner of Athena's Apothecary: your one-stop shop for beautiful, feminine self-care resources. Most days you'll find me tactfully combining modern science and ancient knowledge into useful tools for the modern lady, thrifting up a storm, or learning how to DIY ANYTHING.

I teach women like you how to manifest the life of their dreams, while loving the life they live daily. I teach you how to develop compassionate self-talk and how to become your own cheerleader. I teach you how to weave ether into reality.

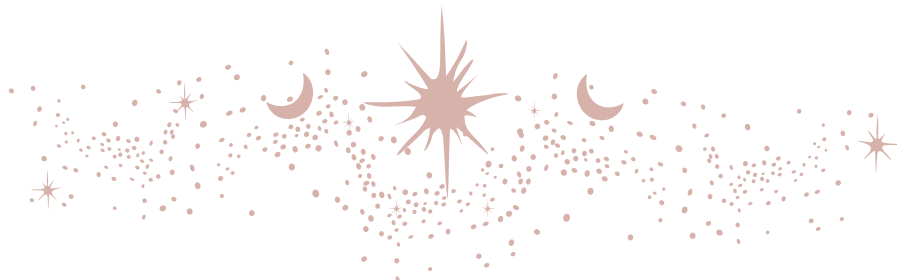
## This Freebie

This freebie is just a SMALL number of pages from my Sacred Cycles Seasonal Planner ([HERE](#)), a tool to help you live life intentionally, in tune with the natural cycles of the seasons and planets all while helping you plan and work towards achieving your wildest goals.

GET THE SACRED CYCLES SEASONAL PLANNER



But enough about me: let's talk about how to use the moon's energies to connect with your intuition, and to make the most out of each day.



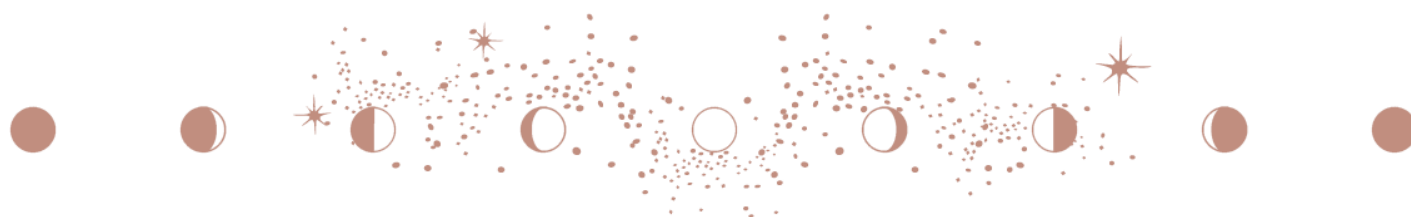


In astrology, the moon is said to have a very profound impact on our daily energies and moods because it's symbolically associated with our subconscious, intuitive and emotional urges. If we are not in tune with these "hidden" aspects of ourselves, one of two things can happen.

1. Our subconscious urges can begin to influence our conscious behaviours, and even sabotage our conscious goals.
2. We can learn to ignore or suppress our internal needs so much that we become out of touch with the internal cues our minds, bodies and spirits are trying to communicate with us. This can lead to feeling burnt out, unbalanced, or out of touch with who we are. Hello Impostor Syndrome (my old friend).

I don't know about you, but I'd rather be in touch with my internal cues so that I can use them to my advantage throughout the month, rather than being blindly driven by them. I'd rather regain my power to be in control and live life intentionally and on purpose.

Planning monthly activities around the influences of the moon can help us do just that.



## The Moon

But first, a little bit of information about what the moon actually represents. Symbolically, the moon is associated with **feminine** energies: with the aspects of ourselves that are **receptive** to our environments, to new information, or the energies of others. It represents our **intuition**, "gut feelings" and innate wisdom.

The moon represents our swaying **emotions**, inner energies, the types of activities we feel naturally drawn to doing on a daily basis, and the experiences and resources we need to feel safe.

It represents our subconscious realm, our **unconscious tendencies**, urges and **habits**, as well as our ability to **dream** about, imagine and visualize the limitless beautiful opportunities available to us.

It takes about one month (29.5 days) to complete a lunar cycle, with the moon changing zodiac signs every 2.5 days, representing how our emotional and inner energies seem to always be in flux. The length and phases of the lunar cycle also compare well with feminine menstrual cycles. We can align our activities and emotions with the moon in the following ways.

### PHASES

The moon changes phases throughout the lunar cycle, "growing" (waxing) from a new moon to a full moon, and "shrinking" (waning) from a full moon to a dark moon, with the cycle repeating once more each month. Each time of the lunar cycle affects us in different ways.

**WAXING.** As the moon waxes, it appears to grow in size. This represents our goals and intentions growing and progressing throughout the lunar cycle.

**WANING.** As the moon wanes, it appears to shrink in size. This represents habits, mindsets, relationships or things we'd like to gently release or let go of throughout the lunar cycle.



## PHASES

- **NEW MOONS.** New moons represent new intentions we'd like to manifest. We can "plant the seeds" of new intentions during new moons, and watch them grow and manifest as we tend to them throughout the lunar cycle. We can use New Moons as days for dreaming, planning, initiating new projects or starting new habits.
- **FULL MOONS.** Full moons represent our goals and intentions coming to fruition and manifesting in our lives. We can use full moons as a deadline to work towards for goals we set out to accomplish. Full moons are a time to celebrate our efforts and achievements, and be grateful for the fruits of our labours. We tend to have a lot of energy during full moons. (Full moons can be used as deadlines within a lunar cycle (month), a season (quarter), a six month period, or a year).
- **DARK MOONS.** Dark moons represent the days in our lives when we need to recharge our energies, and take good care of our minds, emotions, bodies and spirits. They represent the days when we feel like we have the lowest energies, and we just need to nestle up, relax, and treat ourselves with kindness. We can use dark moons as guidelines for when to schedule self-care, self-reflection or shadow-work days into our calendars. If possible, we should try and keep important, energy-intensive events out of our calendars during dark moons. Dark moons occur about 1-2 days before new moons, at the end of the lunar cycle.

## ZODIAC SIGNS

The moon changes signs every 2.5 days throughout the lunar cycle. We can use the energies of each sign to consider how our emotions may be affecting our energy levels each day, and consider activities that we may be naturally more drawn to engaging in.

Each individual zodiac sign represents particular energies we can harness. Consider scheduling appropriate activities depending on the zodiac sign of the moon with the following zodiac energies in mind.

♈ **ARIES.** High energy, motivated to start new projects, enthusiastic "can-do" attitude, feelings of optimism, motivated to engage in physical activities, fiery and passionate.

**ACTIVITIES.** Start new projects, allow yourself to explore and try new activities, high-energy physical activities or exercise, short tasks, steamy date nights.

**WATCH FOR** impulsivity, especially concerning important goals, having a quick temper you act upon, being prone to rage. Naive thinking, a tendency to neglect others due to only considering our own needs.

♉ **TAURUS.** Calm energy, determined to accomplish goals and projects, practical thinking, focus on what can bring stability in our lives. Comfort-seeking, creating a beautiful and comfortable home, slow living and slow eating, a focus on how to attract abundance into our lives, a focus on our material possessions and money-matters, an eye for design, increased creativity, sensual, pleasure-seeking.

**ACTIVITIES.** Work towards your goals, focus on making money, redecorate your home, make art, enjoy good food, abundance-attracting exercises, romantic date nights.

**WATCH FOR** being stubborn and rigid in your thinking, being excessively materialistic and self-indulgent, feeling overly lazy, being drawn to spend money excessively.

♊ **GEMINI.** Intellectual energy and increased intellectual capabilities, mental clarity, curious to learn and acquire new information, great communication skills, ability to express self clearly and eloquently, desire to socialize, flirty and fun attitude.

**ACTIVITIES.** Study, learn new things, write clear and concise messaging in emails or important documents, benefit from mental clarity, have intellectual conversations, socialize with friends, flirt, and have fun.

**WATCH FOR** spreading yourself too thin, scattered energies, feelings of restlessness, gossiping, emotional detachment, being unreliable.



♋ **CANCER.** Nurturing and gentle energy, emotionally-available, desire to be safe at home, desire to be with family and loved ones, increased intuition, and sensitivity to energies in one's environment.

**ACTIVITIES.** Get cozy, surround yourself with loved ones, journal, explore your emotions and allow yourself to feel, bake or cook a comforting meal, take a bath, have a spa day, emotional and mental self-care, nurture yourself, somebody, or something else.

**WATCH FOR** moodiness and lashing out due to feeling sensitive and raw, feeling irritable and clingy, avoiding confrontation, being susceptible to suggestibility.

♌ **LEO.** Creative energy, wanting to make things or bring something new into the world. Feeling generous, affectionate, and loyal towards those around us. Feeling brave, confident, and having increased leadership abilities. Determined and persistent.

**ACTIVITIES.** Unleash your creative energy through hobbies you feel drawn to, create new projects that are meaningful to you, begin new projects you'd like to benefit from persistence and determination, be a leader, show affection to those you love, steamy and romantic date nights.

**WATCH FOR** feeling self-absorbed and neglecting the needs of others, being overly dramatic or showing off, being bossy or stubborn.

♍ **VIRGO.** Methodical and organized energy, attention to detail, conducting meticulous work, craftsmanship, a focus on serving others, a focus on health.

**ACTIVITIES.** Conduct work where your attention is needed, sort, organize and categorize things, conduct work that needs a methodical and diligent approach, reorganize your home, consider how you can use your skills to help others, consider how you can care for your health and body.

**WATCH FOR** being overly critical and judgmental of yourself and others, getting lost in the details and losing track of the big picture, excessive worrying.

♎ **LIBRA.** Harmonious energy, a focus on cooperative partnerships, a quest for fairness and justice, increased tact and communication skills, increased charm and romance, an eye for design and beauty.

**ACTIVITIES.** Approach decisions and conversations where harmony, understanding, and cooperation is desired, socialize with friends or coworkers, focus on meaningful relationships, be creative, redesign your home, romantic date nights.

**WATCH FOR** being stuck in indecisiveness, an excessive fear of offending others, not speaking up for yourself, avoiding confrontation, increased suggestibility, being self-indulgent, excessive spending.

♏ **SCORPIO.** Mysterious energy, seeking intense and transformative experiences, exploring our shadow-selves and conducting personal psychotherapy, increased intuition and intuitive understanding of human nature, increased psychic abilities, intrigue with the magical realm, feeling seductive, sheer determination to achieve goals, feeling intense emotions.

**ACTIVITIES.** Conduct shadow-work and personal reflection, conduct research, use your intuition, work on goals that require deep determination, situations that require a deep understanding of human nature, magical and spiritual work, steamy date nights.

**WATCH FOR** shadow aspects of your personality coming out: vengefulness, ruthlessness, jealousy, suspiciousness, operating with ulterior motives and with a hidden agenda, a tendency to be manipulative.

♐ **SAGITTARIUS.** Optimistic energy, seeking adventurous and expansive experiences, feeling fun and humorous, seeking a higher meaning in life, feeling drawn to spiritual experiences, philosophical thinking, higher education, honesty, and leadership capabilities.

**ACTIVITIES.** Allow yourself to learn about interesting topics, consider philosophical concepts, spiritual practices, take long-distance trips, socialize with friends, and take advantage of a fun, humorous, and optimistic attitude.

**WATCH FOR** feeling distracted and scattered, neglecting responsibilities, being naively optimistic and careless, being overly blunt when expressing opinions.



♈ **CAPRICORN.** Practical energy, seeking ambitious goals, hard-working and practical attitude, patience, and follow-through with goals, seeking recognition for hard work.

**ACTIVITIES.** Get it girl: put on your business gal hat and put the work into achieving your wildest career goals. Benefit from a surge of motivation, drive, and practical thinking to tackle big goals, working slowly, methodically, and steadily towards them.

**WATCH FOR** being overly preoccupied with your social status, feeling pessimistic and hard on yourself, excessive worrying, feeling disappointed with your achievements to date, being overly conservative. You're doing awesome, keep working at it!

♊ **AQUARIUS.** Eccentric energy, feeling the need to be recognized for our uniqueness, a desire to be a part of social groups or involved with humanitarian causes greater than ourselves, feeling a rebellious need for change, a forward-thinking, inventive, and creative mind.

**ACTIVITIES.** Visualize your wildest goals and work on intention-setting, take part in groups and group activities, volunteer your time, work with humanitarian causes, socialize with friends, be creative, and inventive.

**WATCH FOR** having scattered energies, feeling unpredictable, and making spontaneous and rash decisions, acting on rebellious impulses, feeling emotionally detached.

♋ **PISCES.** Gentle, compassionate and kind energy, sensitive to the surrounding environment and the energies of others, increased feelings of spirituality and a connection to the divine, increased psychic abilities, increased creativity, viewing the world through an idealistic and dreamy lens.

**ACTIVITIES.** Make some art, use your intuition, surround yourself with loved ones and friends you care for, connect with your spirituality and mystical abilities. Self-care days where you identify and care for your own needs.

**WATCH FOR** increased suggestibility, excessively sacrificing your time, energy, or ideals for others (be balanced about it, take care of your own needs as well), escapist tendencies, avoiding confrontation, boundary-blurring, being unrealistic, being sensitive or emotional.

### VOID OF COURSE (VoC) MOONS

According to astrological concepts no new projects should be begun during void of course moons, as these matters won't ever reach completion, instead remaining in a state of limbo for perpetuity.

During these times, it is best to stick to routine day-to-day tasks, or things you don't want to ever reach a definite resolution (like filing tax returns you don't want to be audited for, or going to the doctor for a routine checkup).

WEAVE ETHER INTO REALITY...





## Putting It All Together (A Short n' Sweet Summary)

Work with the energies of the moon throughout the month to connect with your feminine energies, subconscious tendencies, and emotions.

You can work with the moon by:

- \* Planning your month around the moon's phases, zodiac signs, or void of course times to determine the optimal time work on different aspects of your goals.
- \* Using moon phases to boost whatever you're working on
  - WAXING MOON: When the moon is "growing" (New Moon to Full Moon)  
Goals and intentions we'd like to manifest and work on.
  - WANING MOON: When the moon is "shrinking" (Full Moon to Dark Moon)  
Habits, mindsets, relationships or things we'd like to release.
  - NEW MOON: "Planting the seeds" for our intentions, planning for and initiating new goals, starting new habits.
  - FULL MOON: Using Full moons as deadlines to work towards for achieving our goals, using full moons to celebrate our goals and progress.
  - DARK MOON: Self-care, self-reflection, slow living and quiet days.
- \* Using moon signs to boost whatever you're working on
  - ARIES, LEO, SAGITTARIUS: Invigorating energy, a motivation to start new projects, engage in physical activities, confidence in ourselves, increased abilities to lead and inspire others, an optimistic and adventuresome attitude, high energy.  
Impatience and an increased focus on ourselves, neglecting those around us.
  - TAURUS, VIRGO, CAPRICORN: Practical energy directed toward tangible results, a jolt of common sense and rational thinking, a focus on bringing tangible abundance into our lives and working towards material goals, a focus on money matters.  
Thinking and acting with excessive caution, being a tad materialistic and preoccupied with money matters.
  - GEMINI, LIBRA, AQUARIUS: Intellectual energy, directed towards learning, a focus on socializing with others and communicating clearly, mental clarity, a focus on gaining knowledge.  
Scattered energies, emotional detachment and feeling distant, as we consider concepts from a more rational, intellectual perspective rather than emotionally engaging with them.
  - CANCER, SCORPIO, PISCES: Emotional energy, a motivation to feel things fully, increased intuition and almost psychic abilities, spirituality, channeling creativity.  
Moodiness, emotional sensitivity, responding to life from an overly emotional place or excessively guarding out emotions. Let yourself feel your emotions in healthy ways.
- \* Avoid starting new projects during times when the moon is Void of Course.

If you're interested in setting meaningful goals and planning your month with the energies of the moon described above, consider grabbing a copy of the Sacred Cycles Seasonal Planner!

[GET THE SACRED CYCLES SEASONAL PLANNER](#)

