

OF SALT & SPIRIT



The Moon & You

Simple Moon Rituals for Reflection,
Release & Renewal



Begin where the tide meets you



UNDERSTANDING THE MOON

The Moon's Rhythm

Every 29½ days, the moon completes one full journey around the Earth. As it travels, we see different amounts of sunlight reflecting from its surface, creating the familiar phases; from the New Moon to the Full Moon and back again. Although the moon itself never changes shape, our view of its illuminated side changes throughout the month, creating a natural rhythm that has inspired people for thousands of years.

The Moon & the Tides

The moon's gravity gently pulls on the Earth's oceans, creating the rising and falling tides we see every day. As the moon moves around the Earth, the tides move with it, creating a steady rhythm that has shaped coastlines and for millions of years. Many people find comfort in this natural cycle, using it as a reminder that life, too, has seasons of growth, rest, release, and renewal.





UNDERSTANDING THE MOON CONTINUED...

The Moon and our Inner Seasons

For centuries, many cultures have noticed a symbolic connection between the moon's 29½-day cycle and the rhythms of a woman's life. While everyone's experience is unique, the changing phases of the moon can serve as a gentle reminder that we, too, move through seasons of growth, action, reflection, and rest.

Why Work with the Moon?

Moon rituals aren't about doing something perfectly. They're simply a way to create intentional moments to check in with yourself, celebrate your growth, release what no longer serves you, and choose where you'd like to place your energy next.

The New Moon marks the beginning of a new lunar cycle. It's a time to start fresh and be intentional with your energy.

The Full Moon is the brightest point of the lunar cycle. It's a time to pause and notice what has grown.





THE MOON AT A GLANCE

The moon and its rhythm:



New Moon Begins. *New beginnings.*



Waxing Crescent. *Hope & Growth.*



First Quarter. *Courage & Action.*



Waxing Gibbous. *Reflection & Refinement.*



Full Moon. *Illuminating & Releasing.*



Waning Gibbous. *Gratitude & Wisdom.*



Last Quarter. *Surrender & Forgiveness.*



Waning Crescent. *Rest & Restore.*

***Like the moon, we are meant to change, grow,
rest and begin again.***





FULL MOON REFLECTION & RELEASE

The Full Moon is the brightest point of the lunar cycle—a time to pause and notice what has come to light. It's an invitation to celebrate your growth, express gratitude for what is working, and gently release anything that no longer feels aligned with who you're becoming. There is nothing you need to force today. Simply take a few quiet moments to reflect, write honestly, and trust what comes forward.

1 What am I ready to celebrate this month?

2 What am I ready to lovingly release?

3 What would create more space for peace, joy and growth?

*There are no right or wrong answers, only an opportunity to
listen a little more closely to yourself.*



NEW MOON INTENTIONS

The New Moon marks the beginning of a new lunar cycle—a quiet moment to pause, look ahead, and plant the seeds for what you'd like to grow. Just as a tiny seed begins beneath the soil before anyone can see it, your intentions begin with a simple decision. This is a time to dream, set meaningful goals, and gently choose the direction you want to move toward. There is nothing you need to have figured out today. Simply take a few quiet moments to reflect, write honestly, and imagine what is possible.

1 What do I want to invite into my life?

2 How do I want to feel over the next month?

3 What small step can I take to support the life I'm creating?

*There are no right or wrong answers, only an opportunity to
reconnect with what matters most to you.*



YOUR MOON RITUAL

A Simple Monthly Moon Ritual

1. Light a candle (optional).
2. Take three slow breaths.
3. Read your worksheet.
4. Write honestly.
5. Sit quietly for a few moments.
6. Keep your worksheet, or safely release it if that feels meaningful.
7. Return again at the next moon phase.

There is no perfect way to work with the moon. Your intention matters more than any ritual. Come as you are, trust your own rhythm, and begin where the tide meets you.

**MAY EVERY MOON REMIND YOU THAT GROWTH
ISN'T ABOUT BECOMING SOMEONE NEW -
IT'S ABOUT REMEMBERING WHO YOU'VE
ALWAYS BEEN.**

With love, *Alexis*

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