
MOVING WITH THE MOON
A Gentle Guide to the Lunar Cycle
Healing by Bridget®



A Gentle Welcome

This guide is a place to pause and check in with yourself. As you move through the Moon's phases, you'll find small invitations to begin, tend what's growing, reflect, let go, and rest.

Start with the phase you're curious about, or turn to a page that speaks to what you need today. You can try the practice, write a few words, or sit with the question for a moment.

As you read, notice what feels useful in the life you're living right now.
A few quiet minutes with one page are enough.



The Lunar Cycle at a Glance

As the Moon orbits Earth, we see different amounts of its sunlit side. Follow the phases from 1 to 8, then return to the New Moon.



1 New Moon

2 Waxing Crescent

3 First Quarter

4 Waxing Gibbous



5 Full Moon

6 Waning Gibbous

7 Last Quarter

8 Waning Crescent

Waxing

More of the Moon's sunlit side comes into view.

Waning

Less of the Moon's sunlit side is visible.

Illustrated from a Northern Hemisphere perspective.

Phase reference: NASA Science · science.nasa.gov/moon/moon-phases/



New Moon

Begin Quietly

At the new moon, the Moon's sunlit side faces away from us. The night sky offers a quiet moment to ask yourself what you'd like to begin.

A Gentle Practice

Open your journal and write one intention in a few words. You might begin with "I'd like to make more room for…" Choose something that matters to you today.

What would I like to give a little attention to in this cycle?

For a longer practice, explore the New Moon ritual in Moon & Seasonal Rhythms.



Waxing Crescent

Take One Small Step

A thin crescent can be a reminder that a beginning can be small. Think of something you'd like to give a little more attention to.

A Gentle Practice

Choose one action you can take in the next few days. If you want more time to write, you might leave your journal where you'll see it and write one sentence when you sit down.

What small step would give my intention a place in my day?



First Quarter

Meet What's in the Way

You might have taken a first step and found it harder than you expected. This phase can be a moment to pause and notice what's getting in the way.

A Gentle Practice

Name one thing that made your small step harder. Maybe the timing was off, or you needed help. Choose one change that would make it easier to try again.

What would help me take the next step?



Waxing Gibbous

Tend What's Growing

Think about something you've started giving more attention to. Where has it begun to fit into your day? Notice what helped, even if you've only tried it once or twice.

A Gentle Practice

Choose one thing that's working and give it another chance this week. If part of your plan feels awkward, change one detail, like when you do it or how much time you give it.

What's worth continuing, and what could I adjust?



Full Moon

Notice What's Clearer

Let the bright moon be a reminder to pause and look at what's already here. Something you've been unsure about might feel a little clearer now.

A Gentle Practice

Think back to the intention you set or the small step you took. Write one sentence about what you see differently now. It might be something you need, something that's working, or something you're ready to change.

What has come into focus for me?

For a longer practice, explore Full Moon — Release & Return to Yourself in Moon & Seasonal Rhythms.



Waning Gibbous

Appreciate What You've Received

Think back over the past few days. Was there a kindness, a moment of ease, or something you learned that you'd like to remember?

A Gentle Practice

Write down one thing that supported you and name what it gave you. Maybe someone listened without rushing you, or you took a break and came back with a clearer head.

What have I received that I want to remember?



Last Quarter

Set Something Down

Think of one thing you've been carrying out of habit. It might be a task you always take on, an expectation you hold yourself to, or a promise that no longer fits.

A Gentle Practice

Choose one way to carry a little less this week. You might ask someone to share a task, give yourself more time, or let one thing be good enough as it is.

What could I set down or share this week?



Waning Crescent

Make Room for Rest

As the crescent thins, take a moment to notice what would make the end of your day feel quieter.

A Gentle Practice

Choose one thing you can leave unfinished for now. Then make room for something that feels restful. You might dim the lights, put your phone away, or sit with a warm drink before bed.

What can wait, and what would help me rest tonight?



Begin Wherever You Are

You can open this guide on any day. If you know the current moon phase, turn to that page and choose one prompt. If you're unsure of the phase, start with a practice that fits what you need today.

For example, if you're joining during the last quarter, turn to page 10 and ask yourself what you could set down or share this week. A few words in your journal are enough.

When you come back, you can pick up with the phase you're in then. Let the guide meet you where you are.



My Lunar Cycle Notes

Print a fresh copy whenever you'd like to check in. A few words are enough.

Date _____ *Moon Phase* _____

What I Noticed

_____

_____

_____

_____

_____

What I Want to Remember

_____

_____

_____

_____

_____



Looking Back on This Cycle

Think back over the past few weeks. Give yourself a moment to notice what shifted and what helped you along the way.

What changed, even a little?

What supported me along the way?

What would I like to carry into the next cycle?

Until the Moon Returns

Thank you for taking these quiet moments for yourself. As you close this guide, think of one thing you'd like to carry with you. It might be a small intention, a question that stayed with you, or a way of resting you'd like to return to.

Whenever you need another pause, open to the page that feels right for you that day.

I can begin again wherever I am.

With warmth,
Bridget

Find more practices in Moon & Seasonal Rhythms.

