DREAMING AND THE MOON

Forward Kind Heart

The moon is all about our subconscious, emotions, and intuition. We can invite our dreams to dance with the wisdom of the moon. Providing us with guidance, insight, and healing.



First quarter- action and commitment, taking action, think ahead, plan, actions Gibbous- refine, adjust, adapt, perfect, movement, patience

Full- illumination, transformation, growth, expansion, blessings, joy, celebration

Disseminating- acceptance, gratitude, release blocks, receive

Last quarter- reflect, readjust, transition, forgiveness

Balsamic-rest and restore, surrender

THE MOON PHASES

Moon Cycles can enhance dreaming when we use them to support us in creative endeavors as well as, healing aspects of our lives.

New moon- new beginnings, a time of planting seeds and setting intentions to manifest goals, unlimited possibilities
Cresent- set in motion, mobilizing energy, set intentions, declaration, details





MOON ELEMENTS

The element guide us in areas of our lives that ask for healing, expansion as well as, support.

Fire- energy, passion, inspiration, spirit Earth- practical, grounding, protection, body

Air- intellect, imagination, curious, mind Water- feeling, love, intuition, emotions



MOON MODES

The mode is the type of energy such as cardinal =initiating, fixed= sustaining and mutable= transferring.

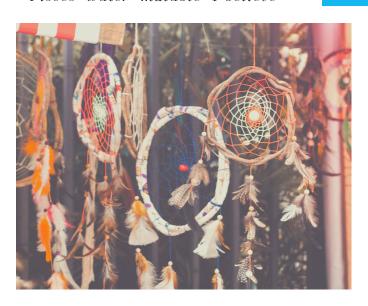
This can be beneficial when working with your dreams and the moon to explore what you are creating, sustaining or releasing.

PUTTING IT TOGETHER

Aires- fire -cardinal- I am
Taurus- earth- fixed -I have
Gemini -air- mutable- I adapt
Cancer- water- cardinal- I feel
Leo- fire- fixed -I will
Virgo- earth -mutable -I analyze
Libra- air- cardinal- I balance
Scorpio- water- fixed- I desire
Sagittarius- fire- mutable- I seek
Capricorn- eath- cardinal- I permit
Aquarius- air- fixed -I experience
Pisces- water- mutable- I believe



SWEET DREAMS



Moon Signs can support us knowing ourselves deeper. Understanding who we are, connecting with our soul. Honor aspects of ourselves and playing with our shadow side.

Use the different element, phases, modes and signs to invite your dreams to answer your questions, provide you guidance and support.