

# DREAMING AND THE MOON



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.



## 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

**Crescent-** set in motion, mobilizing energy, set intentions, declaration, details

**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



## 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

*Aries- 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.*