

WANING FALL THE WANING MOON IS A TIME FOR REFLECTION AND DEEP FEELINGS - A TIME TO DROP INTO THE ARCHETYPE OF THE TEACHER AS WE HARVEST FROM THE GARDENS OF PERSONAL EXPERIENCE AND EXPRESSION, COMMUNITY COLLABORATION, AND EARTHLY INTERDEPENDENCE, ALL OF WHICH WE HAVE CONTRIBUTED TO AND BEEN FED BY. WE FEEL OURSELVES IN THE CYCLE OF RECIPROCITY - BEING GRATEFUL FOR ALL WE RECEIVE AND ACKNOWLEDGING ALL WE HAVE GIVEN - AS WE IDENTIFY OUR GIFTS AND STRENGTHEN OUR BELIEF IN THEM. AS WE WAIT FOR THE DARK MOON, WE ARE CURIOUS AS TO HOW WE MIGHT GIVE AND RECEIVE DIFFERENTLY NEXT TIME.

FULL SUMMER THE FULL MOON IS A TIME OF EMBODIMENT - A TIME TO EXPERIENCE THE FULLNESS IN OUR BEING AND IN THE WORLD AROUND US AND TO EMBRACE WHAT WE FIND THERE, EVEN IF OUR EXPERIENCES SURPRISE US OR OTHERS. IT IS A TIME TO BE BRAVE AND BOLD IN OUR ACCEPTANCE OF AND COMMITMENT TO OUR OWN AUTHENTICITY AND HOW WE WANT TO SHOW UP IN THE WORLD. WE MAY NEED TO REMIND OURSELVES TO STOP AND REFLECT - TO MAKE TIME TO EXPERIENCE BOTH DISBELIEF AND DISAPPOINTMENT AS WELL AS FEELINGS OF WONDER AND GRATITUDE... AND TO WITNESS ALL THAT WE GIVE AND RECEIVE AND CREATE.

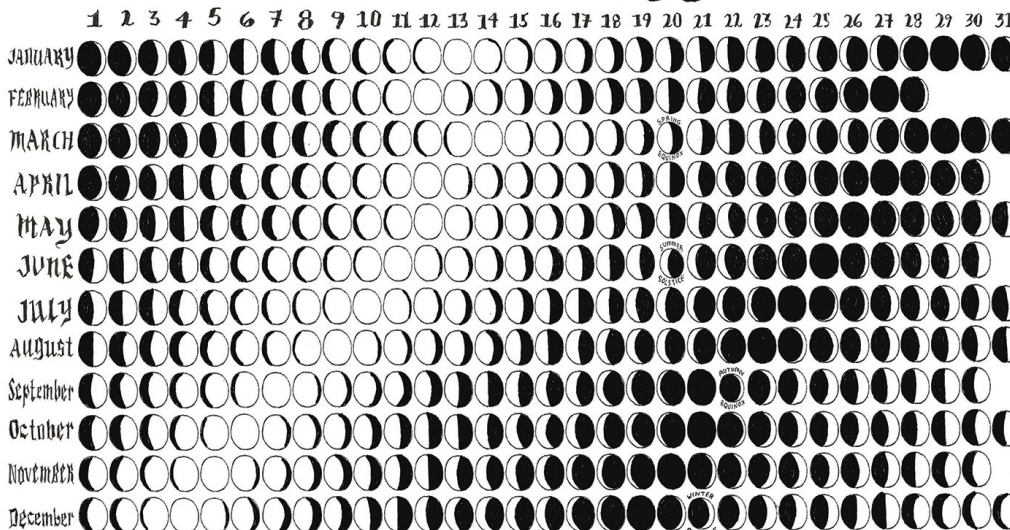
DARK WINTER

THE DARK MOON IS A TIME TO EMBRACE THE SPACES OF STILLNESS INSIDE OURSELVES AS WELL AS TO SEEK THEM OUT IN THE WORLD AROUND US, ALL WITH A SENSE OF CURIOSITY. CARVE OUT TIME TO JUST BE - TO DREAM AND DAYDREAM, TO COMMUNE WITH THE IMAGINAL REALM, AND TO REFLECT AND REST. IT IS A POTENT TIME TO PRIORITIZE THAT WHICH INSPIRES US AND HELPS US FEEL CONNECTED TO INNER SPACIOUSNESS. WE EXPLORE THESE ACTIVITIES AND INQUIRIES AS PART OF A DEEPLY INTIMATE AND ACTIVE PROCESS THAT NOURISHES OUR INDIVIDUAL AS WELL AS THE COLLECTIVE'S SOUL AND SPIRIT.

WAXING SPRING

THE WAXING MOON IS A TIME OF EMERGENCE - A TIME TO CULTIVATE AND TEND TO THE PROJECTS, IDEAS, VISIONS, GOALS, AND PARTS OF OURSELVES THAT CALLED TO US DURING THE DARK MOON OR BEFORE. THIS IS A TIME OF RAPID GROWTH, EXCITEMENT, AND AWE - AND ONE THAT CAN ALSO BRING FEAR OR DOUBT. WE MUST TRUST THE KNOWING AND WISDOM THAT SURFACED DURING THE DARK MOON AND NOW FUELS OUR DRIVE, WHILE ALSO TURNING TOWARD OURSELVES WITH TENDERNESS, REMEMBERING TO NOURISH OUR HEARTS ALONG WITH OUR BODIES AND MINDS AS WE PROCEED ON OUR UNIQUE JOURNEY. ♡ ♡ ♡ ♡ ♡ ♡

2025



WORKING WITH PLANT COMPANIONS

COMPANIONING WITH A PLANT IS THE VERY CONSCIOUS ACT OF ENTERING INTO A RELATIONSHIP WITH THAT PLANT BY SEEKING TO CONNECT WITH ITS ENERGY, SPIRIT, AND MEDICINE AS YOU OFFER YOUR ENERGY AND LOVE IN RETURN. THESE ARE SOME PLANTS THAT WE FEEL MAY BE HELPFUL TO COMPANION WITH DURING THE FOUR MOON PHASES AS WELL AS ANY OTHER TIMES WHEN YOU FEEL CALLED TO DO SO. COMPANIONING WITH ANY PLANT CAN INVOLVE INTERNAL AND EXTERNAL APPLICATIONS - TO LEARN MORE ABOUT THE APPLICATIONS FOR THOSE LISTED BELOW AND OTHERS, PLEASE CONSULT HERB BOOKS AND ENROLL IN LOCAL AND ONLINE CLASSES.

- **PASSIONFLOWER** TO SUPPORT A SLOWER PACE, TO ENCOURAGE YOUR REST, RELAXATION, AND INNER CALM, AND TO PROMOTE A QUIET MIND AND DEEP SLEEP
- **LAVERNER** FOR INSPIRATION AND CALM FOCUS, TO SOOTHE YOUR ANXIETY, AND TO HOLD YOUR HAND WHEN YOU CONFRONT DOUBT AND UNCERTAINTY
- **ROSE** TO EVOKE YOUR INDIVIDUALITY AND FULLNESS, STEP INTO EMBODIMENT, CALM YOUR HEART, AND SUPPORT PRACTICES OF GRATITUDE
- **APPLE** TO CULTIVATE SWEETNESS, NOURISH YOUR BODY AND YOUR SENSES, SOOTHE YOUR SOUL, AND TO HARVEST THE ABUNDANCE THAT EXISTS ALL AROUND YOU