



BONUS 1



**GET
STARTED
WITH
WORKING
WITH
THE MOON**



**to manifest your
dream life**



Working with the Moon can be a powerful tool for manifesting your dreams and living the life you dream of.

The Moon's energy is – of course - cyclical and can help you align your own energy with the natural rhythms of the universe.

By understanding the 4 basic lunar phases (New Moon, First and Last Quarter Moon and Full Moon), and how they can support your intentions, you can harness the Moon's power to manifest your deepest desires.

In this mini-guide, we will explore the basic principles of working with the Moon to manifest your dream life. We'll discuss the different 4 main lunar phases, their corresponding practices, and how you can work with 12 Archangels, 12 Goddesses, and 12 Essential Oils to stay grounded throughout the lunar cycle. We'll also mention very briefly the use of chants and mantras to support your practice and keep you inspired.

By following these basic guidelines and tuning into the Moon's energy, you can create a powerful practice that aligns your energy with the natural rhythms of the universe. With commitment and dedication, you can manifest your deepest desires and live the life of your dreams.





Your Guide To Getting Started With Moonology - The Essentials

Please note that there is even more info about this in the Diary itself!

The Waxing Cycle - Intention

During the Waxing Cycle, focus on taking inspired action towards your goals. This is a time for building momentum and moving towards what you want. Use this time to visualize your desires and take steps towards making them a reality. Keep your intention in your mind as you take each step.

Set New Moon - Intentions

The New Moon is a powerful time to set intentions for the upcoming lunar cycle. Take some time to reflect on what you truly wish, and write down your wishes on a piece of paper. Be specific and detailed about what you want to manifest in your life. As well as being a magical practice that puts your wishes into vibrational escrow, it will also – crucially – give you clarity about what you want to achieve! Make sure you also make a To Do list – the things you can do in the next 12 hours, 24 hours, 3 days and so on, towards making your dreams real. If you can't do anything, you need to rethink your wish!

First Quarter - Gratitude

The First Quarter Moon is a time for gratitude. Take some time to reflect on what you have accomplished in terms of your wishes so far and express thanks for the blessings in your life. Gratitude is a powerful tool for attracting more abundance and positivity into your life. By practicing gratitude, you shift your focus from lack to abundance.

Full Moon - Release

The Full Moon is a time for releasing anything that no longer serves you. Take some time to reflect on what you need to let go of in order to move forward. Write down any negative beliefs or patterns that are holding you back, and burn the paper as a symbol of releasing them. This practice will help you release anything that is blocking your path to success.

Join me on Facebook for a free Full Moon ceremony which I do every month – details at www.moonmessages.com/fbevents

Waning Cycle - Surrender

Once we have had the Full Moon, we are into the Waning Cycle. During the Waning Cycle, surrender some more to the flow of life. This is a time for letting go of control and trusting that everything is working out for your highest good. Take some time to rest and recharge, and allow yourself to receive the abundance that is already on its way to you. Surrender to the process, and trust that everything is unfolding as it should.

Last Quarter - Forgiveness

The Last Quarter Moon is a time for forgiveness. Reflect on any past hurts or resentments that are weighing you down, and practice forgiveness towards yourself and others. Forgiveness is a powerful tool for releasing negativity and attracting more love and positivity into your life. By forgiving yourself and others, you release any negative energy that is holding you back.



Working with 12 Archangels, 12 Goddesses and 12 Essential Oils

You can work with the energy of 12 Archangels, 12 Goddesses and 12 Essential Oils to stay grounded during the lunar cycle. Choose an Archangel, a Goddess or an Essential Oil that resonates with you and use it to support you in your practice. Each Archangel, Goddess and Essential Oil has its own unique energy and can help you stay focused on your intention.

ANGELS

Aries – Ariel
Taurus – Chamuel + Rapahel
Gemini – Zadkiel
Cancer – Gabriel
Leo – Raziel
Virgo – Metatron
Libra – Jophiel
Scorpio – Jeremiel
Sagittarius – Raguel + Raphael
Capricorn – Azrael + Michael
Aquarius – Uriel
Pisces – Sandalphon

GODDESSES

Aries – Athena
Taurus – Hathor
Gemini – Sarasvati
Cancer – Diana
Leo – Medusa
Virgo – Ceres
Libra – Lakshmi
Scorpio – Kali
Sagittarius – Fortuna
Capricorn – Juno
Aquarius – Isis
Pisces – Kuan Yin

Chants and Mantras

Chants and mantras can also be used to support your lunar practice. Choose a chant or a mantra that resonates with you and use it during your practice. Chanting or reciting a mantra can help you stay focused. There is more about chanting and meditation in the Diary Bonuses Area which you can access using the password in the Diary.

**HAVE AN
AMAZING YEAR!**





About the author

Yasmin Boland is an award-winning astrologer, best-selling author, and the creator of Moonology. With over 20 years of experience in astrology, she has become a well-known figure in the spiritual community and has been featured in numerous publications and media outlets.

Yasmin's passion for astrology and the Moon has led her to develop the Moonology practice, which combines astrology, lunar cycles, and manifestation techniques. She is the author of several best-selling books, including "Moonology: Working with the Magic of Lunar Cycles" and "Moonology Oracle Cards," which have become popular tools for those interested in working with the Moon's energy.

Through her work, Yasmin has inspired and empowered thousands of people to harness the power of the Moon to create the life they desire. She continues to share her wisdom and knowledge through her books, online courses, and workshops, helping people to connect with their inner guidance and manifest their deepest desires.

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