

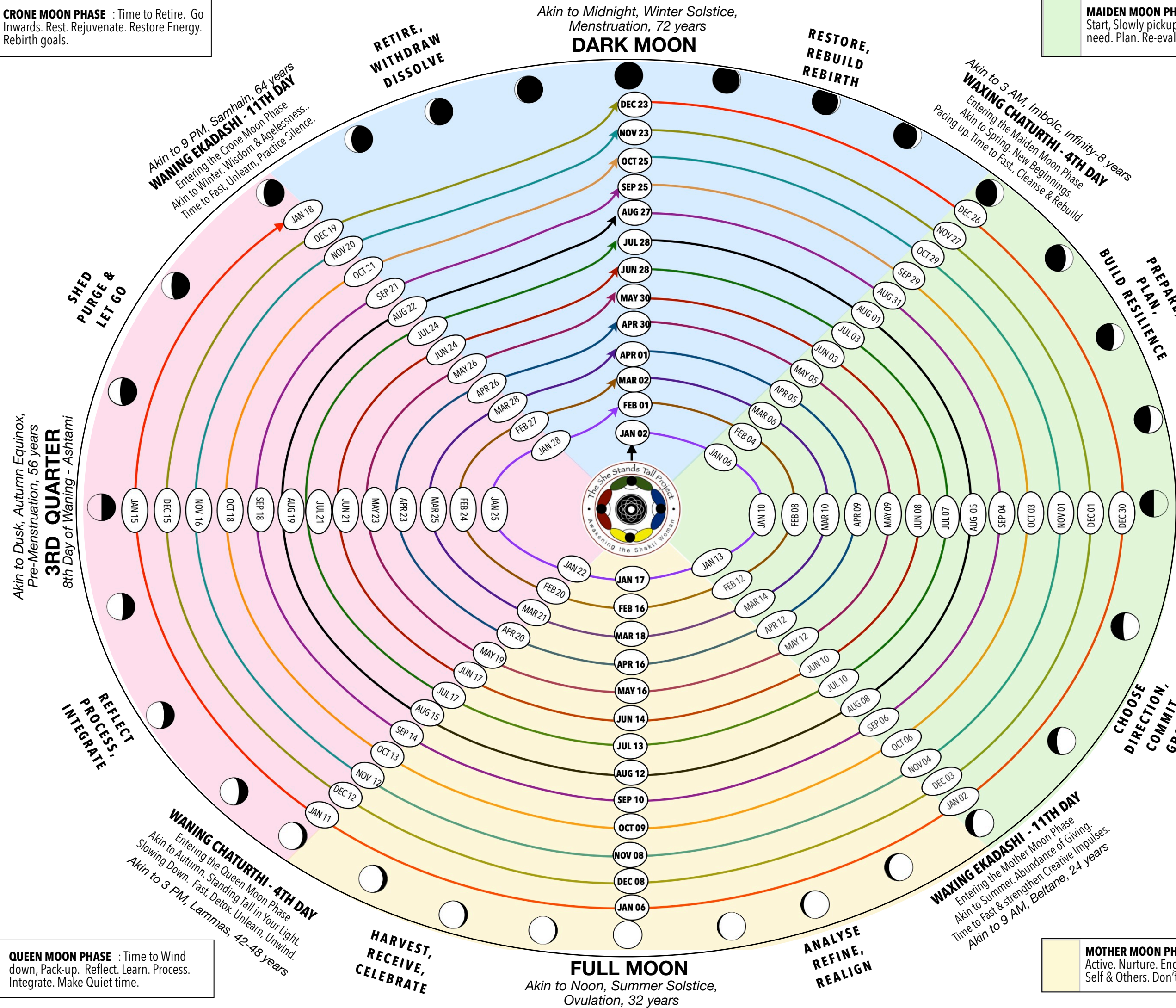
MOONSTRUAL CALENDAR 2022

Make Moon Time. Synchronize with Nature's Rhythm. Honour Your Blood. Honour Yourself as Woman

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CRONE MOON PHASE : Time to Retire. Go Inwards. Rest. Rejuvenate. Restore Energy. Rebirth goals.

MAIDEN MOON PHASE : It is Another New Start, Slowly pickup pace. Address your need. Plan. Re-evaluate Boundaries.



QUEEN MOON PHASE : Time to Wind down, Pack-up. Reflect. Learn. Process. Integrate. Make Quiet time.

MOTHER MOON PHASE : Time to Be Outwardly Active. Nurture. Engage. Collaborate. Give to Self & Others. Don't burnout.

WANING EKADASHI - 11TH DAY
Akin to 9 PM, Samhain, 64 years
Entering the Crone Moon Phase
Akin to Winter. Wisdom & Agelessness.
Time to Fast, Unlearn, Practice Silence.

WAXING CHATURTHI - 4TH DAY
Akin to 3 AM, Imbolc, infinity-8 years
Entering the Maiden Moon Phase
Akin to Spring. New Beginnings
Pacing up. Time to Fast., Cleanse & Rebuild.

Akin to Dusk, Autumn Equinox,
Pre-Menstruation, 56 years
3RD QUARTER
8th Day of Waning - Ashtami

Akin to Dawn, Spring Equinox,
Pre-Ovulation, 16 years
1ST QUARTER
8th Day of Waxing - Ashlami

**REFLECT
PROCESS,
INTEGRATE**

**CHOOSE
DIRECTION,
COMMIT
GROW**

WANING CHATURTHI - 4TH DAY
Entering the Queen Moon Phase
Akin to Autumn. Standing Tall in Your Light.
Slowing Down. Fast, Detox. Unlearn, Unwind.
Akin to 3 PM, Lamas, 42-48 years

WAXING EKADASHI - 11TH DAY
Entering the Mother Moon Phase
Akin to Summer. Abundance of Giving.
Time to Fast & strengthen Creative Impulses.
Akin to 9 AM, Beltane, 24 years

**HARVEST,
RECEIVE,
CELEBRATE**

**ANALYSE
REFINE,
REALIGN**

DARK MOON
Akin to Midnight, Winter Solstice,
Menstruation, 72 years

FULL MOON
Akin to Noon, Summer Solstice,
Ovulation, 32 years

**RETIRE,
WITHDRAW
DISSOLVE**

**RESTORE,
REBUILD
REBIRTH**

**PREPARE,
PLAN,
BUILD RESILIENCE**