

MOONSTRUAL CALENDAR 2023

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.

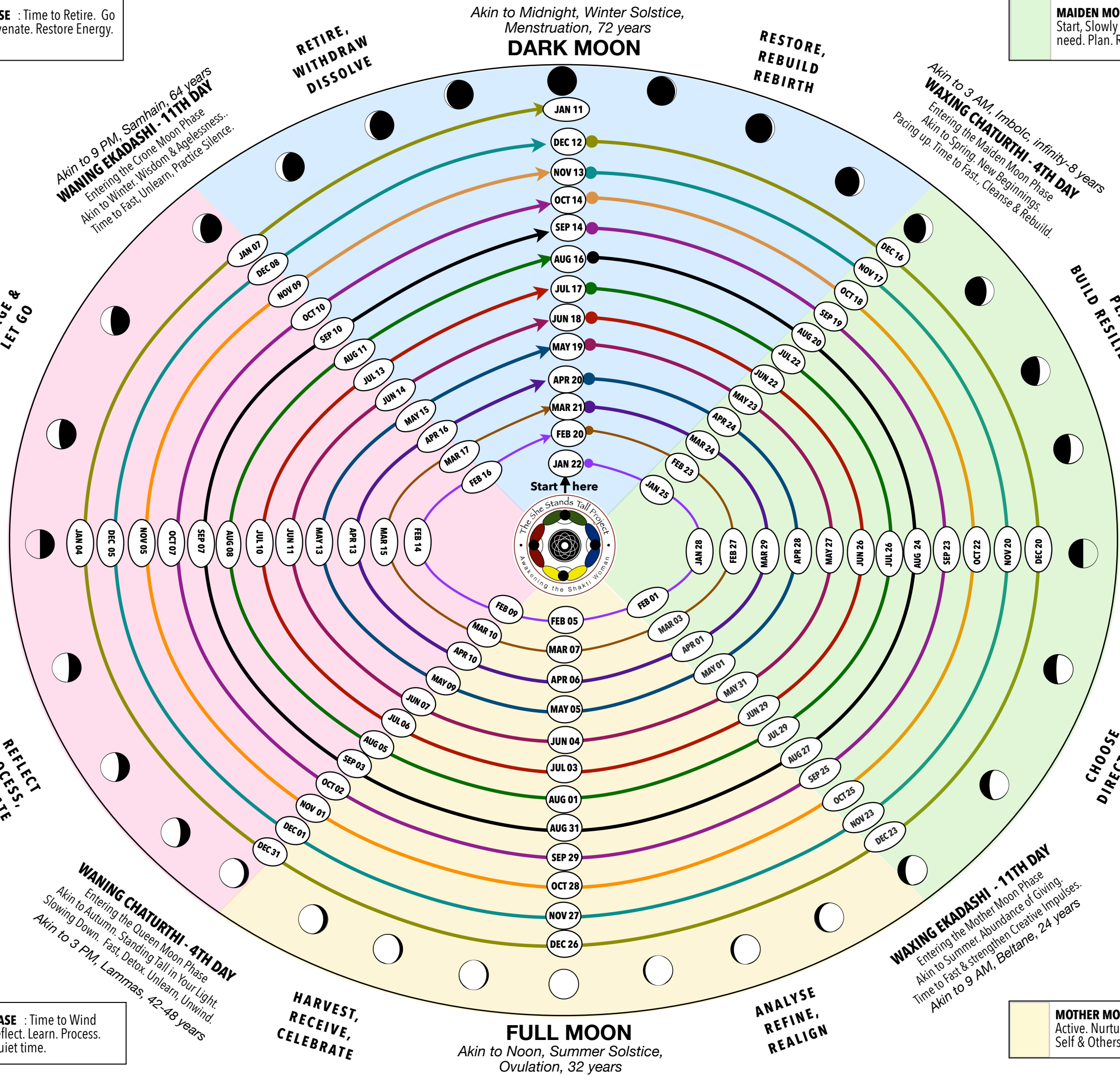
Akin to Dusk, Autumn Equinox, Pre-Menstruation, 56 years
3RD QUARTER
 8th Day of Waning - Ashtami

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, Lammas, 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

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.



SHED PURGE & LET GO

REFLECT PROCESS, INTEGRATE

RETIRE, WITHDRAW DISSOLVE

HARVEST, RECEIVE, CELEBRATE

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

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

RESTORE, REBUILD REBIRTH

ANALYSE REFINE, REALIGN

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

BUILD RESILIENCE

CHOOSE DIRECTION, COMMIT GROW

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

PREPARE, PLAN, BUILD RESILIENCE