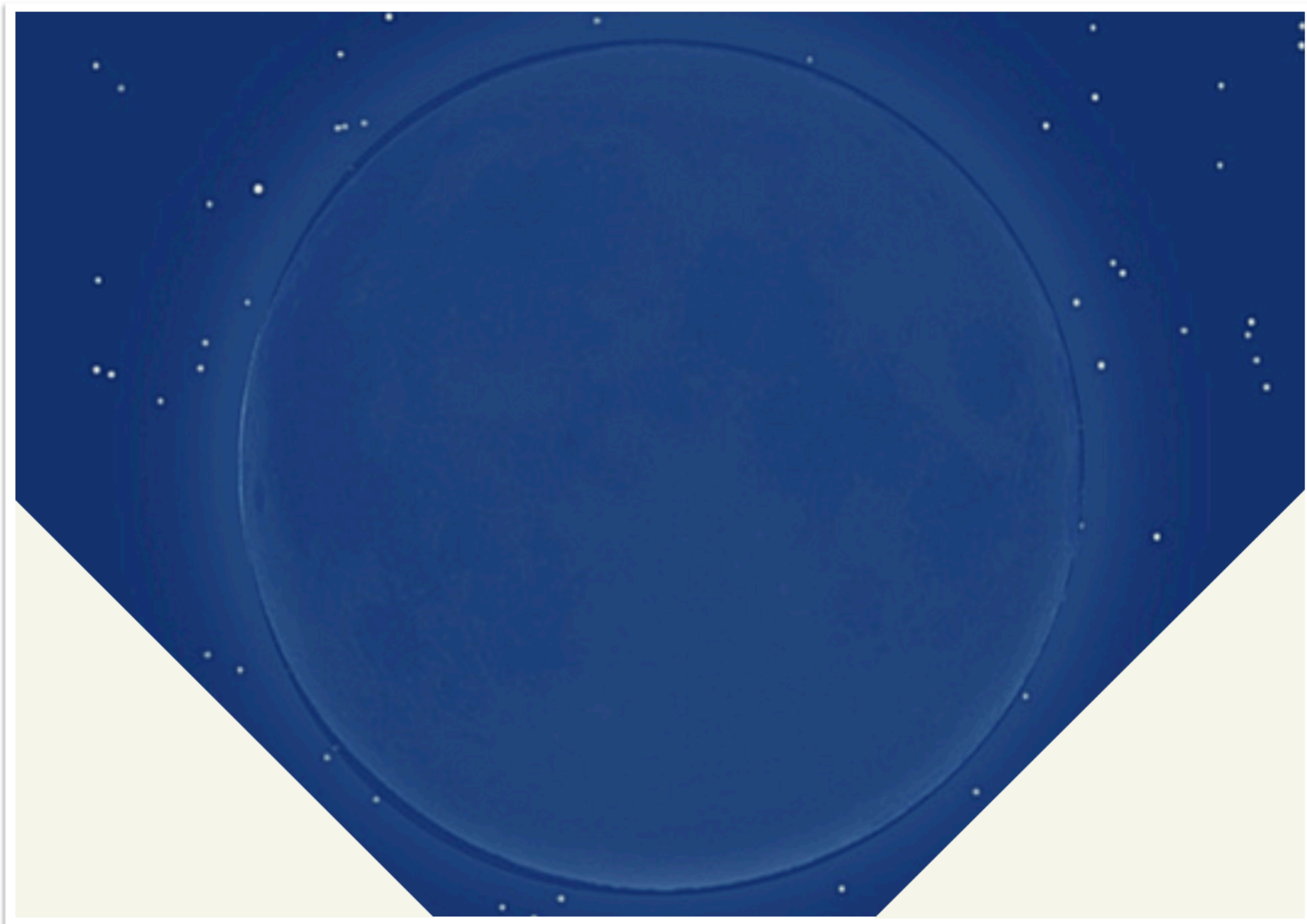


LIVING IN ACCORDANCE WITH THE EARTH'S NATURAL RHYTHM

A Toolkit for Manifesting by

LUNAR CYCLES

EXPLORING YIN AND YANG ENERGIES OF THE MOON



Lunar Manifestations by Golden Otter Divinations®

NEW MOON

YANG ENERGY: SET INTENTION

The initial phase of the moon when it is located between the sun and Earth and typically obscured from view as the dark side of the moon faces Earth. **Solar eclipses** can happen at this time when the moon blocks the rays of the sun, creating a shadow on parts of the earth.

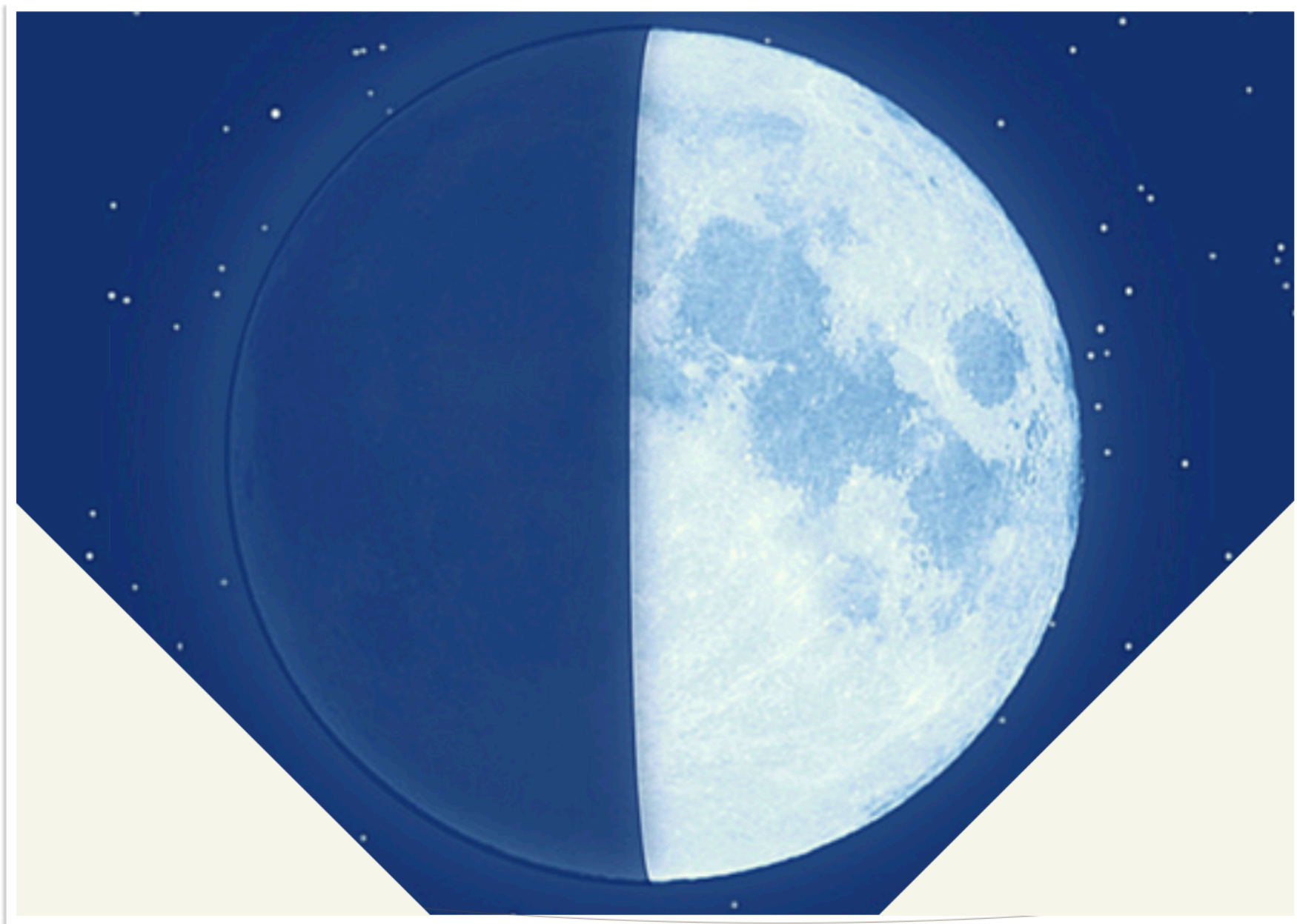


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WAXING CRESCENT MOON

YIN ENERGY: RELAX INTO INTENTIONS

The *Waxing Crescent* phase appears 2 to 4 days after a new moon as it travels east in the sky and a small sliver of the moon becomes visible. At times, the rest of the dark side of the moon can be seen due to the phenomenon of **Earthshine** in which the Earth reflects sunlight causing the moon to glow.



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FIRST QUARTER MOON

YANG ENERGY: TAKE DISCERNING ACTION TO NURTURE INTENTIONS

The *First Quarter* moon appears 5 to 8 days after the new moon and illuminates half of the moon. At this stage the lunar cycle is 1/4 completed. The half of the moon that appears lit during this phase is dependent on geographic location as some will see the right half illuminated and others the left half.



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WAXING GIBBOUS MOON

YIN ENERGY: TRUST THE PERFECT INTENTIONS ARE
MANIFESTING IN DIVINE TIMING

The *Waxing Gibbous* moon appears 9 to 12 days after the new moon as visibility grows larger in the sky, becoming increasingly illuminated until to the arrival of the *Full Moon*.



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FULL MOON

YANG ENERGY: MOVE AHEAD WITH INTENTIONS OR
ACCEPT INTENTIONS WERE NOT FOR THE BEST,
RELEASE THEM AND ADJUST COURSE.

The *Full Moon* appears 13 to 16 days after the new moon when the entire face of the moon is illuminated by the sun. This marks the half way point in the lunar cycle with the sun and moon on opposite sides of the Earth. A **Supermoon** can appear at this time when the moon is at its closest point to the Earth in it's orbit. Conversely, at it's farthest point from Earth, a **Micro-moon** appears. Additionally, a **Lunar eclipse** can arrive during a full moon as it passes through the Earth's shadow.



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WANING GIBBOUS MOON

YIN ENERGY: EXPRESS GRATITUDE FOR INTENTIONS
MANIFESTING PERFECTLY. RECEIVE GRACIOUSLY

The *Waning Gibbous* (also referred to as *Disseminating*) moon appears 17 to 20 days after the new moon as visibility begins to decrease.



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THIRD QUARTER MOON

YANG ENERGY: ACKNOWLEDGE RECEIVING
INTENTIONS. GIVE BACK FROM A PLACE OF
ABUNDANCE

The *Third Quarter* appears 21 to 24 days after the new moon with the exact opposite appearance of the first *quarter moon*. At this stage the lunar cycle is 3/4 completed. The half of the moon that appears lit during this phase is dependent on geographic location as some will see the right half illuminated and others the left half.



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WANING CRESCENT MOON

YIN ENERGY: REFLECT, REST, RESTORE

The *Waning Crescent* (also referred to as *Balsamic*) moon appears 25 to 27 days after the new moon and is the final stage of the lunar cycle when the sun illuminates less than half of the moon. This phase concludes when the sun and moon rise at the same time and start the lunar cycle over again with the new moon during days 28-30.