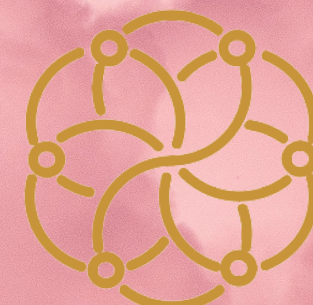


Moon Magic 101



Saged

A wooden board with five black moon phase cutouts (new, waxing, full, waning, and new) is the central focus. It is surrounded by various crystals: a large pink rose quartz, a purple amethyst geode, a clear quartz point, and several smaller purple and blue stones. Purple flowers and a glass candle holder with a green candle are also visible. The word "FLOW" is written in white capital letters over the waxing moon phase.

FLOW

The moon is forever flowing between darkness and light, just like you. Working with the phases of the moon is one of the most ancient ways to manifest and align with your cyclic nature.

Divine Feminine

The moon is dynamic and ever changing. Her cycle from new to full and back to new again spans ~28 days, mirroring the female menstrual cycle. But the moon doesn't only speak to women, all creatures are impacted and affected by the moon and her pull on earth. She awakens the divine feminine in us.



Feminine

Our closest celestial neighbor, the moon is our cosmic sister. She represents the rhythm of time in an embodied cyclical. The phases of the moon symbolize immortality, eternity, enlightenment, and the dark side of Nature herself.



Inner World

The moon is ruled by the element of water, and our human bodies are made up of 70-80% water! Just as it pulls on the tides, it also pulls on the ocean within, creating ebbs and flows of emotions and cycles.



DARKNESS

**JUST LIKE YOU, THE
MOON HAS A DARK AND
A LIGHT SIDE — BOTH
ARE CELEBRATED**

The Phases of the Moon



New Moon

The beginning of the moon's 28-day cycle. New moons are a time to set intentions to manifest. Allow yourself to be immersed in this darkness.

Waxing Moon

Take action! The light is returning and this is a time of momentum, inspiration and pure potential. Hold your intention in your heart and take inspired action.

Full Moon

The middle of the cycle and the brightest expression of the moon's energy, full moons are a time to release, shed, and illuminate the darkness.

Waning Moon

As the light wanes, take this time to reflect on your intention, give back, make adjustments to your actions, and surrender. When manifesting, the real magic is in letting go.

PRACTICAL MAGIC

Full Moon Release

Releasing with the full moon is a powerful practice. As the moon reaches full illumination, it's a time to allow that light to touch the dark parts of your soul. Shadow work is amplified and highly supported during a full moon. As shadows are brought to light, the energy of the moon will help you move through things that previously felt heavy or stuck.

This is an opportunity to step into the light of activated awareness and out of the shadow of fear. Work with the light of the moon to create space in your heart and release what no longer serves you.

MOON MAGIC 101 BY SAGED





new moon ritual

- △ get grounded and meditate on your intention
- △ write it down—include feelings and emotions
- △ light a candle as you hold your intention in your heart
- △ invite in your guides, ancestors, angels, and animals
- △ plant a literal seed of your choosing in the earth or in a pot while you meditate on your intention
- △ take inspired action daily to help your intention bloom in your life
- △ surrender and practice gratitude
- △ take a bath to nourish the body and allow your heart to fly free

full moon ritual

- △ get grounded and meditate on what you're ready to release
- △ write it all down—include feelings and emotions
- △ read your list aloud and express gratitude for each point
- △ invite all the shadows that are ready to be illuminated into the light
- △ burn the piece of paper in a fire-safe bowl and howl at the full moon as the ashes rise out of your life
- △ put on your favorite song and dance to liberate the soul
- △ practice gratitude for the experiences and knowing when to let them go



Manifest with the Moon

MOON MAGIC 101 BY SAGED



Vision

First, get really clear on what you want to manifest. Come from a place of authenticity and integrity—your intention will have a ripple effect. Write down your intention at the new moon and meditate on the FEELING of manifesting your desire. Hold your intention in your heart.



Action

Taking inspired action in the direction of your intention will amplify your energetic alignment and help you magnetize what you want. When we take action, we are co-creating with the universe and opening our hearts to the infinite possibilities available. Do something small each day that is in alignment with your intention.



Creation

Surrendering can be the hardest part of manifestation, but it's also one of the most important. Once your intention has been "planted" at the new moon and you're taking inspired action, it's important to let it go and allow the universe to work its magic. Practice gratitude for what you have, and life "as if" you already have what you want. This is creation!

ASTROLOGY

UNDERSTANDING YOUR MOON SIGN

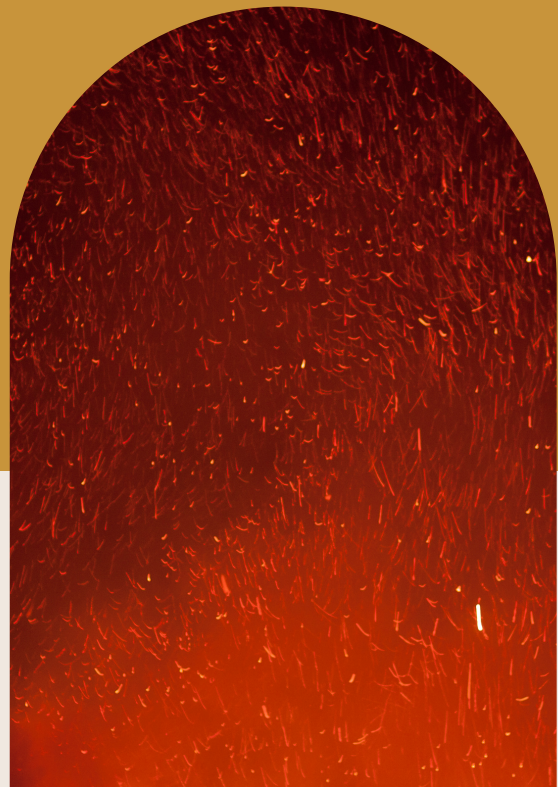
MOON MAGIC 101 BY SAGED

The Inner You

The placement of the moon in your natal chart reveals the inner you. At the time you were born, the zodiac sign that the moon was in will govern the deepest parts of your being, including your emotions.



**click here
to find
your
moon sign**



Fire Signs

ARIES, LEO, SAGITTARIUS

Creative, bold, and passionate energy. You love to live and feel with flare!



Earth Signs

TAURUS, VIRGO, CAPRICORN

Stable, secure, and grounded, you are slow and methodical with your emotions.



Air Signs

GEMINI, LIBRA, AQUARIUS

Curious and intelligent, you feel things in a dynamic way that is often in flux.



Water Signs

CANCER, SCORPIO, PISCES

Flowy, deep, passionate, and sensitive, you are in touch with all the feels.



as above so below

You are the stuff of stars! The cosmos affect us down here on earth, so flowing with the energy of the moon is an incredible way to connect with the philosophy: as above, so below.

Every ~2.5 days, the moon moves into a new zodiac sign. From Aries to Taurus to Gemini and so on. Paying attention to the sign the moon is in can help you deeply connect with the cosmos.

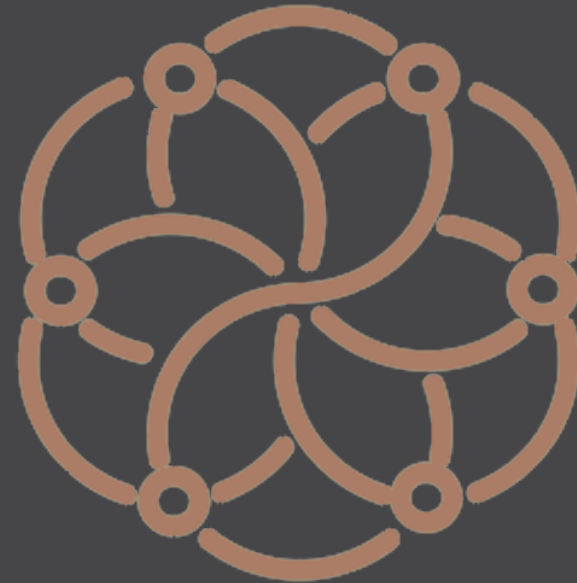
You can Google this, or work with a daily astrological planner like Magic Of I.

A person is seen from behind, holding a wide-brimmed straw hat with both hands. They are wearing a dark, long-sleeved top with a light-colored polka-dot pattern. The background is a warm, golden sunset with the sun low on the horizon, creating a strong lens flare and illuminating the scene. The overall mood is peaceful and contemplative.

**"The Moon lives in the lining
of your skin."**

Pablo Neruda

**You're not here to simply exist. You're here to shine
and take up space. You are stardust.**



Join us each month in Saged for LIVE gatherings to work with the new, quarters, and full moons. When we gather together, energy is amplified and we are divinely supported to manifest the life of our dreams.

Tell us about your spiritual journey!

