

*Cheat Sheet*

# CHANNELING THE 8 MOON PHASES

Helpful keywords for each moon  
phase so you can peacefully  
thrive by working with nature's  
creative blueprint!

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## Moon Phase Keywords:

1. **New Moon:** Clarify/ Cast the Vision/  
Dedicate/ Begin/ Initiate/ Penetrate/  
Plan/ Envision (yang)
2. **Waxing Crescent:** The conception/  
the first signs of the vision/ the first  
synchronicities showing up/ a felt  
sense of the way forward (yin)

3. **First Quarter:** Perform/ Challenge yourself/ Make a Power Move/ Push through/ Explore your edge/ Initiate/ Act/ Stretch/ Risk/ Grow/ Explore/ Expand/ Pitch the idea (yang)

4. **Waxing Gibbous:** Trust/ Commitment/ Patience with Yourself and the Process/ Consistency/ Faith/ Not Giving Up/ Believing in yourself (yin)

5. **Full Moon:** Honor what the Tide Brings In/ Celebrate/ Feel it all/ Embody it/ Perceive what's being illuminated or amplified/ Do what makes you feel magical (yang)

6. **Waning Gibbous:** Gratitude/ A Second Harvest/ Abundance/ Receptivity/ Discernment/ Choice/ Letting our cup be full w/ what's aligned/ Freedom/ Dissemination of wisdom/ Gratitude (yin)

7. **Last Quarter:** Penetrate the world w/  
your wisdom/ Initiate Release/  
Forgive/ Express new insights/ Move  
forward from a more integrated place  
(yang)

8. **Waning Crescent:** Emotional  
Digestion/ Rest/ Surrender/  
Introversion/ Behind the Scenes/  
Intuition/ Body Wisdom (yin)

Thank you creatrix! I hope you have fun exploring these keywords!

If you feel called to community around this, join us at @moonmatrixcollective on IG!

xo,  
Tara