



MOON *Miracles*

MANIFESTATION GUIDE

A SACRED GUIDE TO AWAKEN YOUR FEMININE ESSENCE, EMBODY
YOUR CREATIVE POWER, AND BECOME A MAGNET FOR LOVE AND
ABUNDANCE THROUGH THE MAGICAL ENERGY OF THE MOON.

BY PRESHANNA





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16/10/20

ABOUT *Me and the Moon*



PRESHANNA DEEVIKA

MY FASCINATION WITH THE MOON RUNS DEEP. MORE THAN TEN YEARS AGO, I BEGAN CONSCIOUSLY ALIGNING MY ENERGY WITH THE MOON PHASES, AND SINCE THEN, MY LIFE HAS TAKEN MAGICAL TURNS. I ATTRACTED LOVE, MY BEAUTIFUL FAMILY, OUR WONDERFUL HOME AND LIFE.

TWO YEARS AGO, I BROUGHT MORE CONSISTENCY INTO MY DEVOTION TO THE MOON'S MAGIC. THAT MOMENT RESHAPED MY LIFE COMPLETELY, BUT IN THE MOST AMAZING WAY. I REMEMBERED MY PURPOSE, AND MAGNETIZED MY SOUL-LED WORK, AND A LIFE FILLED WITH FREEDOM. LIVING CLOSE TO NATURE AND HONORING WHAT MY SOUL CAME HERE TO DO FEELS LIKE THE GREATEST BLESSING.

YES, I BELIEVE IT'S POSSIBLE FOR YOU TOO! THE MOON'S ENERGY HELPS US ROOT MORE DEEPLY INTO OUR SOUL'S TRUTH, AND FROM THAT ALIGNMENT, WE BECOME MAGNETS FOR EVERYTHING THAT RESONATES WITH IT. YOUR MAGIC AWAITS! ❤️

CONTENTS

ABOUT ME AND THE MOON	1
INTRODUCTION	3
MOON ALIGNMENT	4
MOON MANIFESTATION	5
MOON & VIBES	6
MOON PHASES	7
NEW MOON	9
WAXING CRESCENT MOON	18
FIRST QUARTER MOON	21
WAXING GIBBOUS MOON	28
FULL MOON	31
WANING GIBBOUS MOON	38
LAST QUARTER MOON	41
BALSAMIC MOON	46
MOON MANIFESTATION SECRETS	49
MOON WHISPERS	50
MOON MAGICK	51
MOON DANCING	52
MOON BLEED	53
MOON MIRACLE POEM	56



INTRODUCTION

THE MOON IS A CELESTIAL BODY THAT EMBODIES THE ENERGY OF HEALING, CREATION, AND MAGIC. OUR ANCIENT ANCESTORS HAD A DEEP CONNECTION WITH THE MOON AND USED HER CYCLES FOR HEALING, MANIFESTATION, GROWING CROPS, AND PROPHECY. THE MOON WAS THEIR GUIDE FOR LIVING AND SURVIVAL.

HER APPEARANCE REFLECTS HOW WE FEEL. UNDERSTANDING THE MEANING OF THE MOON'S PHASES HELPS US UNDERSTAND OUR OWN EVER-CHANGING EMOTIONS AND INNER RHYTHMS. HER ENERGY DRAWS US BACK TO OUR DIVINE FEMININE ESSENCE, HELPING THE SOUL HEAL AND GROW.

THE MORE YOU ALIGN YOURSELF WITH THE MOON'S ENERGY, THE DEEPER YOUR CONNECTION WITH YOUR BODY, SOUL, AND THE ENTIRE COSMOS BECOMES. WHEN YOU ARE IN SYNC WITH HER WAVES, YOU BECOME MORE MAGNETIC, AND YOU CAN MANIFEST YOUR HEART'S DESIRES MORE EFFORTLESSLY.

THIS GUIDE WILL HELP YOU STAY FOCUSED ON YOUR DREAMS, GOALS, AND PURPOSE — LEADING YOU THROUGH CHALLENGES WITH WISDOM AND LOVE.

I WISH YOU ENDLESS MAGICAL MIRACLES.

*Happy Moon
Manifesting*



MOON *Alignment*

STEPPING INTO YOUR DIVINE FEMININE ESSENCE

AS WOMEN, WE HAVE FORGOTTEN WHO WE TRULY ARE. WHEN THE PATRIARCHAL SYSTEM TOOK OVER AND EVERYTHING, ESPECIALLY WOMEN, BEGAN TO BE VIEWED AND TREATED THROUGH A MASCULINE LENS OF POWER, WE LOST TOUCH WITH OUR TRUE NATURE, OUR FEMININE POWER, AND OUR SPIRITUAL GIFTS. BUT THANKFULLY, THERE ARE WAYS TO RECLAIM IT ALL WHEN YOU CHOOSE TO STEP INTO YOUR DIVINE FEMININE ENERGY — THE PURE EXPRESSION OF ACTIVATED CREATIVE LIFE FORCE.

LONG AGO, WE FELT DEEPLY CONNECTED TO THE MOON AND HER POWERFUL PHASES. OUR SENSUALITY AND DEEPLY FELT EMOTIONS WERE RESPECTED, HONORED, AND CELEBRATED IN SACRED ANCIENT CIVILIZATION . WE INNATELY KNEW THAT OUR PURE FEMININE QUALITIES PROVIDED SPIRITUAL NOURISHMENT — THAT IT CREATED ABUNDANCE THROUGH OUR SENSITIVE NERVOUS SYSTEM AND OUR CONNECTION TO THE EARTH AND THE HEAVENLY BODIES. WE UNDERSTOOD THAT SACRED FEMININE ENERGY IS ESSENTIAL FOR BALANCE AND HARMONY ON EARTH. THE POWER OF FEMININE, CREATIVE ENERGY AND TRANSFORMATION WAS WIDELY RECOGNIZED BY MANY.

DUE TO PATRIARCHY AND MAN-MADE DOCTRINES, MOST WOMEN TODAY HAVE FORGOTTEN HOW TO EMBODY THEIR DIVINE FEMININE ENERGY. WE IGNORE OUR INNER RHYTHM AND FEMININE CYCLE, TRYING TO CREATE ABUNDANCE IN A MASCULINE WAY — BY MATCHING OURSELVES PHYSICALLY AND MENTALLY WITH MEN — BECAUSE THAT IS WHAT WE'VE BEEN TAUGHT. THIS IS HOW WE LEARNED TO CARE FOR OURSELVES AND OUR FAMILIES. BUT THE TRUTH IS, WE CAN MANIFEST ABUNDANCE AND WEALTH MORE EFFORTLESSLY THROUGH OUR NATURAL CYCLES AND FEMININE ESSENCE BY ALIGNING OUR ENERGY WITH THE PHASES OF THE MOON.

BY WORKING WITH THIS GUIDE, YOU WILL REMEMBER THAT YOU WERE BORN TO MAKE THE EARTH A BETTER PLACE THROUGH YOUR CREATIVE NATURE. RECLAIMING YOUR SACRED FEMININITY WILL ACTIVATE YOUR FLOW STATE — A CURRENT OF CREATIVE ENERGY THAT ALLOWS YOU TO CREATE FROM ALIGNMENT, NATURALLY ATTRACTING ABUNDANCE, LOVE, AND BLISS IN RETURN.



MOON *Manifestation*

MANIFEST WITHOUT EFFORT

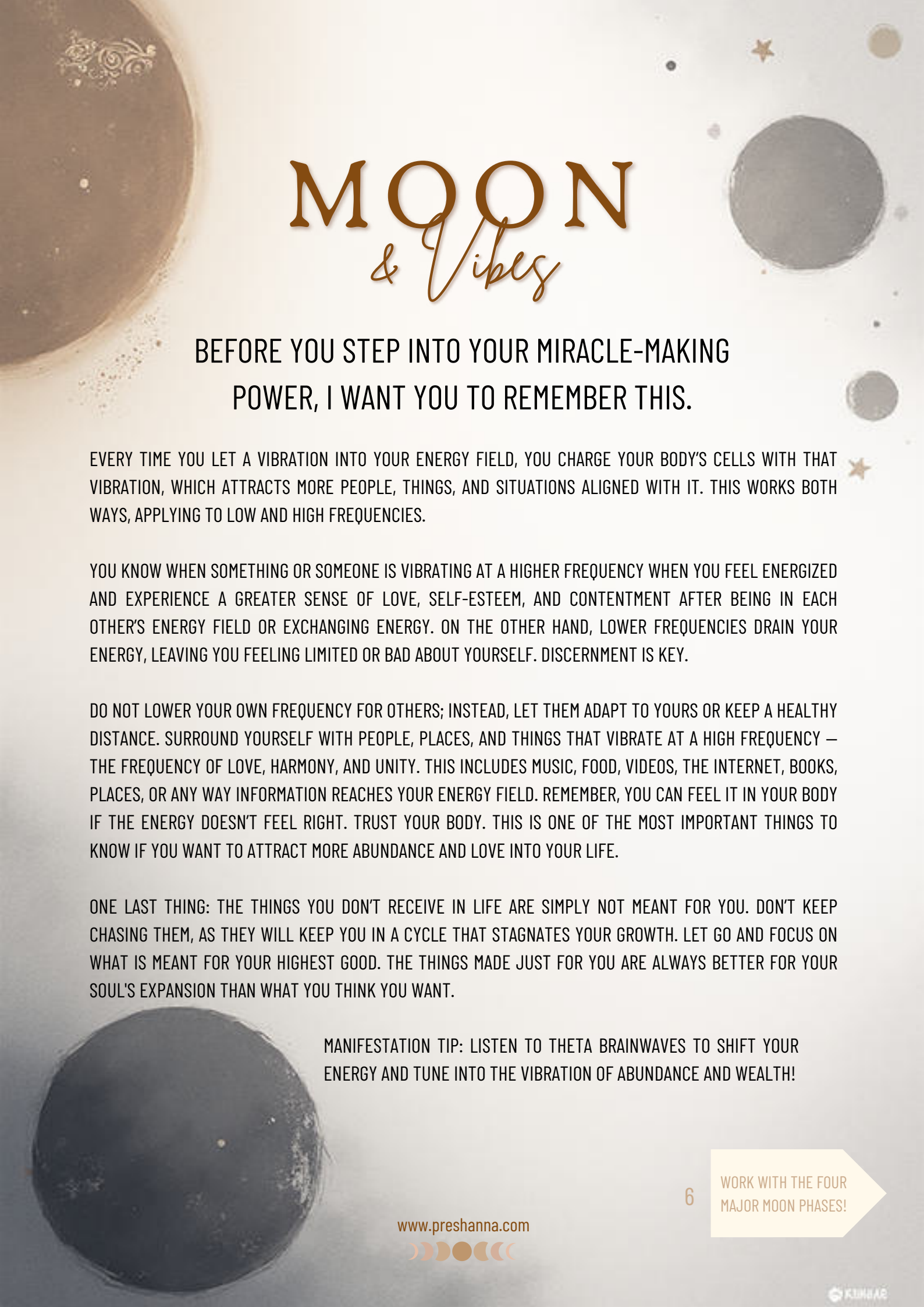
ONCE YOU RECOGNIZE THAT YOU DESERVE YOUR BEST LIFE, YOU BEGIN MANIFESTING IT. THE MOON CAN GUIDE YOU THROUGH HER POWERFUL PHASES TOWARD MORE LOVE, HEALTH, FREEDOM, AND EVERYTHING ELSE YOUR HEART DESIRES. YOU JUST HAVE TO TRUST THE SIGNS AND THE LANGUAGE OF YOUR BODY AND THE MOON. THE DEEPER YOU CONNECT WITH HER, THE BETTER YOU WILL UNDERSTAND HER GENTLE WHISPERS, AND THE MORE BENEFICIAL SYNCHRONICITIES YOU WILL EXPERIENCE!

BY WORKING WITH THIS GUIDE, YOU WILL LEARN HOW TO ALIGN YOUR ENERGY WITH THE MOON AND USE HER PHASES TO CREATE YOUR OWN LUCK. IT ALSO OFFERS MANY INSIGHTS AND TOOLS TO HELP YOU BECOME MORE MAGNETIC TO THE PEOPLE AND THINGS THAT ARE MEANT FOR YOUR HIGHEST GOOD. YOUR INTUITIVE SENSES WILL STRENGTHEN, YOUR SPIRITUAL GROWTH WILL ACCELERATE, AND YOU WILL MOVE CLOSER TO YOUR DHARMA, OR SOUL PURPOSE.



IT ALWAYS AMAZES ME HOW MANY SMALL AND BIG MIRACLES HAPPEN EVERY DAY — OR HOW OFTEN I THINK, “THIS WAS EXACTLY WHAT I NEEDED!” — AND HOW THESE SMALL MIRACLES THEN GROW INTO BIGGER MANIFESTATIONS. IN THIS GUIDE, I SHARE ALL MY WISDOM AND SECRETS ABOUT MOON MANIFESTATION TO HELP YOU CREATE A MAGICAL AND ABUNDANT LIFE FOR YOURSELF. THIS TRULY HAS THE POWER TO CHANGE YOUR LIFE!





MOON & Vibes

BEFORE YOU STEP INTO YOUR MIRACLE-MAKING POWER, I WANT YOU TO REMEMBER THIS.

EVERY TIME YOU LET A VIBRATION INTO YOUR ENERGY FIELD, YOU CHARGE YOUR BODY'S CELLS WITH THAT VIBRATION, WHICH ATTRACTS MORE PEOPLE, THINGS, AND SITUATIONS ALIGNED WITH IT. THIS WORKS BOTH WAYS, APPLYING TO LOW AND HIGH FREQUENCIES.

YOU KNOW WHEN SOMETHING OR SOMEONE IS VIBRATING AT A HIGHER FREQUENCY WHEN YOU FEEL ENERGIZED AND EXPERIENCE A GREATER SENSE OF LOVE, SELF-ESTEEM, AND CONTENTMENT AFTER BEING IN EACH OTHER'S ENERGY FIELD OR EXCHANGING ENERGY. ON THE OTHER HAND, LOWER FREQUENCIES DRAIN YOUR ENERGY, LEAVING YOU FEELING LIMITED OR BAD ABOUT YOURSELF. DISCERNMENT IS KEY.

DO NOT LOWER YOUR OWN FREQUENCY FOR OTHERS; INSTEAD, LET THEM ADAPT TO YOURS OR KEEP A HEALTHY DISTANCE. SURROUND YOURSELF WITH PEOPLE, PLACES, AND THINGS THAT VIBRATE AT A HIGH FREQUENCY — THE FREQUENCY OF LOVE, HARMONY, AND UNITY. THIS INCLUDES MUSIC, FOOD, VIDEOS, THE INTERNET, BOOKS, PLACES, OR ANY WAY INFORMATION REACHES YOUR ENERGY FIELD. REMEMBER, YOU CAN FEEL IT IN YOUR BODY IF THE ENERGY DOESN'T FEEL RIGHT. TRUST YOUR BODY. THIS IS ONE OF THE MOST IMPORTANT THINGS TO KNOW IF YOU WANT TO ATTRACT MORE ABUNDANCE AND LOVE INTO YOUR LIFE.

ONE LAST THING: THE THINGS YOU DON'T RECEIVE IN LIFE ARE SIMPLY NOT MEANT FOR YOU. DON'T KEEP CHASING THEM, AS THEY WILL KEEP YOU IN A CYCLE THAT STAGNATES YOUR GROWTH. LET GO AND FOCUS ON WHAT IS MEANT FOR YOUR HIGHEST GOOD. THE THINGS MADE JUST FOR YOU ARE ALWAYS BETTER FOR YOUR SOUL'S EXPANSION THAN WHAT YOU THINK YOU WANT.

MANIFESTATION TIP: LISTEN TO THETA BRAINWAVES TO SHIFT YOUR ENERGY AND TUNE INTO THE VIBRATION OF ABUNDANCE AND WEALTH!

MOON

Phases I.

THE FOUR MAJOR MOON PHASES

IN THIS GUIDE, WE WILL PREDOMINANTLY WORK WITH THE FOUR MAIN PHASES OF THE MOON. THE MOON'S APPEARANCE IS CONSTANTLY CHANGING, AND WITH IT, ITS ENERGY SHIFTS. UNDERSTANDING WHAT THESE SHIFTS MEAN WILL HELP YOU USE THE MOON'S ENERGY TO SUPPORT YOUR LIFE GOALS. WORKING WITH THE MOON ALSO ALIGNS YOU WITH YOUR OWN DIVINE FEMININE ESSENCE, INTUITION, AND INNER STRENGTH. IT WILL CONNECT YOU WITH YOUR SOUL LIGHT AND SHOW YOU WHAT YOU CAN LET GO OF. YOU WILL EXPERIENCE HOW EVERYTHING COMES TOGETHER IN YOUR LIFE, AND THE THINGS THAT NEED TO HAPPEN FOR YOUR DESIRES TO BECOME REALITY WILL MAGICALLY OCCUR!



THE NEW MOON - RELATED WITH THE MOTHER, THE WOMB OR CREATIVE ENERGY, COMPLETE SURRENDER, PLANTING SEEDS AND NEW BEGINNINGS. THE NEW MOON IS ALSO CALLED A DARK MOON.



THE FIRST QUARTER MOON - RELATED TO FOCUS, SHIFTING, GROWTH, AND CONSISTENCY. AT THIS POINT, THE MOON IS HALFWAY TO THE FULL MOON AND THEREFORE HALF ILLUMINATED.



THE FULL MOON - RELATED TO TRANSFORMATION, NAVIGATING CRISIS, RELEASING, BREAKTHROUGHS, AND REAPING THE REWARDS OF YOUR ACTIONS. THE MOON SHINES FULL AND BRIGHT. FULL MOONS PROVIDE A CATALYST FOR US TO FEEL DEEPLY AND REWRITE OUR STORIES.



THE LAST QUARTER MOON - RELATED TO SLOWING DOWN, SELF-CARE, MAINTENANCE, FOLLOWING YOUR SACRED PACE AND ANYTHING YOU WANT TO REDUCE IN YOUR LIFE, SUCH AS FEAR OR DOUBT. THE MOON IS HALFWAY TO THE NEW MOON AND THEREFORE HALF ILLUMINATED.

THE ENERGY OF EACH MAJOR MOON PHASE IS ACTIVE AND NOTICEABLE ABOUT THREE DAYS BEFORE AND AFTER. YOU CAN START AT ANY MOON PHASE — JUST LOOK UP THE NEXT MOON PHASE AND BEGIN AT THAT PAGE OF THIS GUIDE.



MOON *Phases* II.

THE FOUR TRANSITIONAL MOON PHASES

BETWEEN THE MAJOR MOON PHASES EMERGE THE FOUR TRANSITIONAL PHASES — SUBTLE YET POWERFUL SHIFTS THAT GUIDE OUR INNER RHYTHM. THESE IN-BETWEEN MOMENTS HOLD THE ENERGY OF MOVEMENT, REFLECTION, AND TRANSFORMATION. EACH PHASE CARRIES ITS OWN SACRED MEDICINE, HELPING YOU ALIGN WITH THE NATURAL FLOW OF CREATION, RELEASE, AND RENEWAL.



THE WAXING CRESCENT MOON – RELATED TO INTENTION, ACTION, AND DEVOTION. THIS PHASE INVITES YOU TO NURTURE THE SEEDS YOU PLANTED DURING THE NEW MOON AND BEGIN TAKING GENTLE STEPS TOWARD YOUR DREAMS. THE LIGHT SLOWLY GROWS, SYMBOLIZING HOPE, MOVEMENT, AND FAITH IN YOUR VISION.



THE WAXING GIBBOUS MOON – RELATED TO REFINEMENT, ALIGNMENT, AND TRUST. THIS IS THE PHASE OF PREPARATION BEFORE THE FULL MOON, WHERE YOU FINE-TUNE YOUR INTENTIONS, ADJUST YOUR ENERGY, AND STAY DEVOTED TO YOUR PATH. THE MOON'S GLOW DEEPENS AS YOUR MANIFESTATIONS NEAR COMPLETION.



THE WANING GIBBOUS MOON – RELATED TO GRATITUDE, REFLECTION, AND INTEGRATION. AFTER THE FULLNESS OF THE MOON, THE ENERGY BEGINS TO SOFTEN. THIS PHASE INVITES YOU TO EXPRESS THANKS, RELEASE WHAT'S COMPLETE, AND ABSORB THE LESSONS OF YOUR GROWTH.



THE BALSAMIC MOON – RELATED TO REST, SURRENDER, AND RENEWAL. THIS FINAL PHASE BEFORE THE NEW MOON IS A SACRED PAUSE — A TIME TO LET GO, RESTORE YOUR ENERGY, AND PREPARE FOR THE NEXT CYCLE. THE MOON'S LIGHT FADES INTO DARKNESS, SYMBOLIZING CLOSURE AND DEEP INNER PEACE.





NEW MOON

WITH THE RISING NEW MOON, I
WELCOME A NEW CYCLE OF CREATION.
I OPEN MYSELF TO RECEIVE.



THE MOON & The Zodiac Signs

IT'S A NEW MOON!

THE ZODIAC SIGNS ARE ACTIVATORS — THEY CHARGE THE MOON WITH SPECIFIC ENERGIES. FIND OUT WHICH ZODIAC SIGN THE NEW MOON IS IN RIGHT NOW, FOR EXAMPLE VIA A MOON PHASE APP, AND FOCUS ON THE RELATED THEME. YOU CAN ALSO CARRY THE CORRESPONDING CRYSTAL WITH YOU.

MOON PLACEMENT — THEME — CRYSTAL

- ☐ ARIES — ACTION FROM PASSION — RUBY
- ☐ TAURUS — SELF-LOVE — MALACHITE
- ☐ GEMINI — COMMUNITY — CHALCEDONY
- ☐ CANCER — EMOTIONS — MOONSTONE
- ☐ LEO — SELF-WORTH — TIGER'S EYE
- ☐ VIRGO — DILIGENCE — SAPPHIRE
- ☐ LIBRA — BALANCE — JADE
- ☐ SCORPIO — ALCHEMY — ONYX
- ☐ SAGITTARIUS — FREEDOM — SODALITE
- ☐ CAPRICORN — SOVEREIGNTY — QUARTZ
- ☐ AQUARIUS — ALTRUISM — AMETHYST
- ☐ PISCES — INTUITION — AQUAMARINE

DATE:

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10

ARE YOU IN FOR SOME
NEW MOON WISDOM?

NEW MOON

Wisdom

WHEN THE MOON IS DARK, SHE REPRESENTS THE FERTILE WOMB OR SOIL AND INVITES YOU TO DESCEND INTO YOUR WISDOM AND PLANT THE SEEDS OF YOUR INTENTIONS. BRING AWARENESS TO WHAT YOUR HEART TRULY WANTS.

FIRE RITUAL: WRITE YOUR INTENTIONS ON A SMALL PIECE OF PAPER AND BURN IT IN A SAFE PLACE WHILE GIVING THANKS TO THE LIGHT. BURY THE ASHES IN THE EARTH AS YOU FEEL THE ENERGY OF YOUR INTENTIONS.

EMBODY THE WORDS OF YOUR INTENTIONS. ALIGN YOUR ACTIONS WITH THEM TO ATTRACT YOUR MIRACLES. ACT AS IF THEY ARE ALREADY HERE, AND TRUST THE PROCESS.

WRITE DOWN YOUR INTENTIONS AS IF THEY HAVE ALREADY COME TRUE. THIS WILL HELP YOU ALIGN WITH THE RIGHT ENERGY. INFUSE THEM WITH DOODLES TO AMPLIFY THEIR MAGIC AND ENERGY.

INTENTIONS ARE SACRED INVITATIONS, SUMMONING THE ENERGY OF YOUR HEART'S DESIRES INTO YOUR FIELD. INTENTIONAL LIVING AWAKENS YOUR POWER.

READ YOUR INTENTIONS DAILY FOR SEVERAL DAYS, AND FEEL THEM UNFOLDING INTO YOUR REALITY RIGHT NOW. WHAT DOES IT AWAKEN IN YOU?

MINI TEA OR CACAO RITUAL: BREATHE IN, HOLD YOUR INTENTION WITHIN YOUR BREATH, THEN BLOW IT INTO YOUR CUP OF TEA OR SACRED CACAO. DRINK IT WITH GRATITUDE, BELIEVING THAT IT IS ALREADY HERE.

“—
YOUR INTENTIONS ARE PORTALS TO YOUR DREAM LIFE.



NEW MOON

Intentions

WRITE DOWN ONE INTENTION IN EACH SECTION FOR THIS NEW MOON CYCLE.

PERSONAL GROWTH

FAMILY, FRIENDS & HOME

LOVE & PASSION

CAREER & AMBITION



SELF-LOVE ACTIVATES YOUR MAGNETIC POWER.

DATE:

MY MOOD TODAY:



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12

CHECK THE NEXT PAGE
FOR SOME INSPIRATION.

NEW MOON

Inspiration

HERE'S A LIST OF INTENTIONS FOR INSPIRATION:

1. I COMMIT MYSELF TO TAKING GOOD CARE OF MY BODY.
2. I PLAN TO DO THE THINGS I LOVE EVERY DAY.
3. I FEEL JOYFUL AND CONTENT.
4. I LIVE A LIFE OF FREEDOM.
5. I HAVE A DEEP CONNECTION WITH MY FAMILY AND FRIENDS
6. I FEEL PEACE AND HARMONY WITHIN AND AROUND ME.
7. MONEY COMES TO ME EASILY.
8. I WORK WITH PASSION, MY WORK GIVES ME ENERGY.
9. I SHARE MY LIFE WITH A PARTNER WHO MATCHES MY ENERGY.
10. I HAVE A WARM, COZY AND BEAUTIFUL HOUSE.
11. I LIVE A LIFE OF PURPOSE AND ABUNDANCE.

SOME GENTLE REMINDERS TO RAISE YOUR FREQUENCY AND ATTRACT ABUNDANCE:

YOUR WORDS ARE MAGIC SPELLS.
ALWAYS SAY WHAT YOU WANT, NOT
WHAT YOU DON'T WANT.

AWAKEN YOUR PLAYFUL SIDE.
FEELINGS OF EXCITEMENT AND
GRATITUDE ARE ESSENTIAL IN
MANIFESTING.



INTENTIONAL LIVING IS A LIFESTYLE ART.



GRATITUDE

Reflection

WRITE DOWN THREE THINGS IN EACH SECTION.

I'M THANKFUL FOR

THINGS I LEARNED DURING THIS MOON PHASE

I AM BLESSED, BECAUSE



GRATITUDE IS LIKE THE MATCH THAT IGNITES YOUR DESIRES.



This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WRITING HELPS TO ORDER THE MIND'S CHAOS.

WAXING *Crescent Moon*

NURTURING YOUR INTENTIONS

THE WAXING CRESCENT MOON IS A SACRED INVITATION TO GROW YOUR DREAMS. AFTER THE DARKNESS OF THE NEW MOON, THE FIRST SLIVER OF LIGHT APPEARS — A GENTLE REMINDER THAT MANIFESTATION BEGINS WITH SMALL, INTENTIONAL STEPS.

THIS PHASE CARRIES THE ENERGY OF HOPE, TRUST, AND MOMENTUM. IT'S THE MOMENT TO TAKE THE INTENTIONS YOU SET DURING THE NEW MOON AND BREATHE LIFE INTO THEM. THE UNIVERSE BEGINS TO RESPOND TO YOUR FOCUS, YOUR EMOTION, AND YOUR BELIEF.

THE WAXING CRESCENT MOON ASKS YOU TO STAY DEVOTED TO YOUR VISION. EVEN IF YOU CAN'T YET SEE RESULTS, TRUST THAT YOUR ENERGY IS BUILDING. YOUR DESIRES ARE GATHERING FORM IN THE UNSEEN REALMS, NURTURED BY YOUR CONSISTENCY AND FAITH.

THIS MOON PHASE REMINDS US THAT MANIFESTATION IS A RHYTHM, NOT A RACE. KEEP SHOWING UP FOR YOUR VISION GENTLY AND CONSISTENTLY. WITH EACH PHASE, YOUR DREAM TAKES FORM — GUIDED BY YOUR DEVOTION, YOUR SOFT ENERGY, AND THE MOON'S LOVING LIGHT.



DEVOTION IS HOW I PRAY WITHOUT WORDS.



WAXING *Crescent Moon*

WAXING CRESCENT MOON RITUAL — FEEDING THE SEED

FOR THIS RITUAL YOU'LL NEED: A CANDLE (WHITE OR SOFT GOLD), A JOURNAL OR PIECE OF PAPER, AND A CUP OF ORGANIC HERBAL TEA — SOMETHING HEART-OPENING LIKE ROSE OR CHAMOMILE.

STEPS:

CREATE YOUR SACRED SPACE. GATHER YOUR CRYSTALS. LIGHT YOUR CANDLE. TAKE A FEW SLOW BREATHS. FEEL YOUR BODY SOFTEN AND OPEN.

RECONNECT WITH YOUR NEW MOON INTENTION. READ WHAT YOU WROTE DURING THE LAST NEW MOON. ASK YOURSELF: WHAT SMALL STEP CAN I TAKE NOW TO NURTURE THIS DESIRE?

WRITE YOUR AFFIRMATION. ON YOUR PAPER, WRITE A SIMPLE SENTENCE THAT REFLECTS YOUR GROWING INTENTION. EXAMPLE: MY DREAM IS UNFOLDING WITH EASE AND GRACE.

VISUALIZE THE LIGHT EXPANDING. CLOSE YOUR EYES AND IMAGINE THE CRESCENT MOON GLOWING BRIGHTER IN THE SKY. SEE THAT SAME LIGHT GROWING WITHIN YOU, FEEDING YOUR DREAM WITH WARMTH AND ENERGY.

SIP YOUR TEA SLOWLY. LET THIS BE YOUR SACRED ACT OF NOURISHMENT — BOTH FOR YOUR BODY AND FOR YOUR INTENTION.



RITUALS ANCHOR THE UNSEEN INTO THE SEEN.



MOON Journal

NOTE TO SELF

WRITE DOWN HOW YOU FEEL AFTER THIS RITUAL. DID ANY THOUGHTS OR IMAGES ARISE? NOTICE ANY SENSATIONS, EMOTIONS, OR INSIGHTS MOVING THROUGH YOU — THEY OFTEN CARRY GENTLE MESSAGES FROM YOUR SOUL.

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“——
WRIT

WRITING IS HOW I UNTANGLE MY EMOTIONS WITH LOVE.

DATE:

MY MOOD TODAY: 😞 😟 😐 😊 😄

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18

COME BACK DURING THE
FIRST QUARTER MOON!

HALFWAY TO THE FULL MOON,
I ANCHOR MY POWER, DEEPEN
MY ROOTS, AND RISE WITH
CONFIDENCE.



FIRST QUARTER MOON

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19

LET'S RAISE OUR
FREQUENCY!

THE MOON & The Zodiac Signs

IT'S A FIRST QUARTER MOON!

THE ZODIAC SIGNS ARE ACTIVATORS — THEY CHARGE THE MOON WITH SPECIFIC ENERGIES. FIND OUT WHICH ZODIAC SIGN THE NEW MOON IS IN RIGHT NOW, FOR EXAMPLE VIA A MOON PHASE APP, AND FOCUS ON THE RELATED THEME. YOU CAN ALSO CARRY THE CORRESPONDING CRYSTAL WITH YOU.

MOON PLACEMENT — THEME — CRYSTAL

- ARIES — ACTION FROM PASSION — RUBY
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- VIRGO — DILIGENCE — SAPPHIRE
- LIBRA — BALANCE — JADE
- SCORPIO — ALCHEMY — ONYX
- SAGITTARIUS — FREEDOM — SODALITE
- CAPRICORN — SOVEREIGNTY — QUARTZ
- AQUARIUS — ALTRUISM — AMETHYST
- PISCES — INTUITION — AQUAMARINE

DATE:

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20

LET'S GET INTO THE
WISDOM OF THE FIRST
QUARTER MOON.

FIRST QUARTER MOON

Wisdom

THE MOON'S ENERGY HAS BEEN INCREASING. WE ARE HALFWAY TO THE FULL MOON, AND JUST LIKE A TREE, WE NEED TO GROW FIRM ROOTS TO BEAR FRUIT.

POSITIVE AFFIRMATIONS ARE LIKE FOOD FOR YOUR HEART SPACE. THEY EXPAND YOUR ELECTROMAGNETIC FIELD AND RAISE YOUR HEART'S FREQUENCY.

SPEAK WITH INTENTION. YOUR BODY LISTENS, FEELS, AND BECOMES THE VIBRATION OF YOUR WORDS. WHAT YOU TELL HER, SHE WILL RADIATE — AND THEREFORE, ATTRACT.

WHISPER YOUR AFFIRMATIONS WITHIN OR SPEAK THEM INTO THE AIR. EACH REPETITION STRENGTHENS YOUR MAGNETIC FIELD AND CALLS YOUR DESIRES CLOSER.

ALIGNING WITH THE MOON'S RHYTHM ENHANCES WOMB HEALTH AND ACTIVATES THE FLOW OF CREATIVE ENERGY.

VOCALISING YOUR AFFIRMATIONS IS A SACRED SPELL — A PRAYER WHISPERED INTO THE UNIVERSE. TRUST THAT YOUR BLESSINGS ARE ALREADY ON THEIR WAY.

THE MOON IS DEEPLY CONNECTED TO YOUR WOMB — THE SACRED PORTAL OF THE SACRAL CHAKRA THAT INFLUENCES YOUR FEELINGS AND EMOTIONS. A BALANCED AND HEALTHY WOMB GENERATES HIGHER VIBRATIONAL EMOTIONS.



WHAT YOU BELIEVE, IS WHAT YOU'LL RECEIVE.



FIRST QUARTER MOON

Affirmations

STRENGTHEN YOUR ROOTS DURING THE FIRST QUARTER MOON BY ENERGIZING YOUR BODY WITH THE VIBRATION OF LOVE AND ABUNDANCE. WRITE THREE SENTENCES IN EACH SECTION.

I AM WORTHY OF

WRITE DOWN WHAT YOU WANT TO SEE FLOURISH IN YOUR LIFE

MY THREE MAIN AFFIRMATIONS FOR THIS MOON CYCLE



I LIVE A BEAUTIFUL AND JOYFUL LIFE.

DATE:

MY MOOD TODAY:



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22

CHECK THE NEXT PAGE
FOR SOME INSPIRATION.

FIRST QUARTER MOON

Inspiration

HERE'S A LIST OF AFFIRMATIONS FOR INSPIRATION:

1. MY BODY AND MIND ARE HEALTHY. I LOVE MY BODY.
2. I HAVE MANY OPPORTUNITIES TO DO THE THINGS I LOVE.
3. MY DAYS ARE JOYFUL AND WELL SPENT.
4. I LIVE A LIFE OF LOVE AND FREEDOM.
5. MONEY FLOWS TO ME WITH EASE THROUGH MANY DIFFERENT RESOURCES.
6. I EMBODY THE MOST AUTHENTIC VERSION OF MYSELF.
7. I HAVE LOVING RELATIONSHIPS WITH FAMILY AND FRIENDS.
8. I FEEL INNER PEACE AND TRUST LIGHT WITHIN.
9. I HAVE A PARTNER WHO MATCHES MY EFFORT AND FREQUENCY.
10. I EARN MY INCOME FROM A PASSION THAT I PURSUE.
11. I LIVE A LIFE OF PURPOSE AND ABUNDANCE.

SOME GENTLE REMINDERS TO RAISE YOUR FREQUENCY AND ATTRACT ABUNDANCE:

THE MOON IS CONNECTED TO THE ELEMENT OF WATER. KEEP YOURSELF HYDRATED TO STAY CONNECTED TO THE MOON, YOUR BODY, AND YOUR EMOTIONS.

SPEAK AND THINK POSITIVELY ABOUT YOURSELF TO SET A HIGH-FREQUENCY STANDARD FOR YOURSELF AND THOSE AROUND YOU.

POV: INVITING DIVINE ENERGY INTO MY LIFE.



GRATITUDE

Reflection

WRITE DOWN THREE THINGS IN EACH SECTION.

I'M THANKFUL FOR

THINGS I LEARNED DURING THIS MOON PHASE

I AM BLESSED, BECAUSE

“GRATITUDE ATTRACTS ABUNDANCE.”



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WRITING ACCELERATES YOUR MANIFESTATION.

WAXING *Gibbous Moon*

REFINING YOUR INTENTIONS

THE WAXING GIBBOUS MOON IS A PHASE OF REFINEMENT, DEVOTION, AND TRUST. IT ARRIVES JUST BEFORE THE FULL MOON, CARRYING THE ENERGY OF ANTICIPATION — A REMINDER THAT YOUR MANIFESTATIONS ARE GROWING STRONGER, PREPARING TO BLOOM.

DURING THIS TIME, YOUR DESIRES ARE ALMOST READY TO TAKE FORM, BUT THEY STILL NEED CARE, ATTENTION, AND ALIGNMENT. THIS IS THE MOMENT TO FINE-TUNE YOUR INTENTIONS AND NOTICE WHERE RESISTANCE OR DOUBT MAY STILL LINGER.

THE UNIVERSE LISTENS NOT ONLY TO YOUR WORDS BUT TO YOUR ENERGY. THE WAXING GIBBOUS MOON ASKS YOU TO ALIGN YOUR THOUGHTS, EMOTIONS, AND ACTIONS WITH THE FREQUENCY OF WHAT YOU DESIRE. IT'S ABOUT BECOMING THE VERSION OF YOURSELF WHO ALREADY HOLDS WHAT SHE'S BEEN CALLING IN.

THE WAXING GIBBOUS MOON TEACHES PATIENCE, FAITH, AND CONSCIOUS REFINEMENT. IT REMINDS YOU THAT YOUR MANIFESTATIONS ARE NOT JUST ABOUT WISHING — THEY'RE ABOUT BECOMING. WITH EVERY BREATH AND EVERY CHOICE, YOU ARE SHAPING THE ENERGY OF YOUR CREATION. KEEP TENDING TO YOUR DREAMS WITH DEVOTION.



EVEN IN STILLNESS, I TRUST THE MOVEMENT BENEATH IT.



WAXING *Gibbous Moon*

WAXING GIBBOUS MOON RITUAL — POLISHING THE MIRROR

FOR THIS RITUAL YOU'LL NEED: A MIRROR, A CANDLE (SILVER OR WHITE), YOUR JOURNAL, AND SOMETHING TO CLEANSER YOUR ENERGY LIKE PALO SANTO, INCENSE, OR YOUR BREATH.

STEPS:

1. *PREPARE YOUR SACRED SPACE.* CLEANSER THE AREA USING YOUR CHOSEN METHOD — SMOKE, BREATH, OR INTENTION. LIGHT YOUR CANDLE AND TAKE A FEW SLOW, GROUNDING BREATHS.
2. *CONNECT WITH YOUR REFLECTION.* SIT COMFORTABLY AND GAZE SOFTLY INTO THE MIRROR. SEE YOURSELF AS THE WOMAN WHO ALREADY LIVES HER INTENTION — RADIANT, ALIGNED, AND FULFILLED.
3. *REFLECT AND RELEASE.* ASK YOURSELF: WHAT BELIEFS, FEARS, OR HABITS STILL DIM MY LIGHT? WHAT DO I NEED TO RELEASE OR ADJUST TO STAY ALIGNED WITH MY VISION? WRITE WHATEVER COMES THROUGH IN YOUR JOURNAL.
4. *REFINE YOUR ENERGY.* READ YOUR NOTES AND GENTLY REFRAME EACH LIMITING BELIEF INTO AN EMPOWERING STATEMENT. EXAMPLE: I'M NOT READY BECOMES I AM PERFECTLY GUIDED AND PREPARED.
5. *AFFIRM YOUR TRUTH.* SPEAK YOUR REFINED INTENTION ALOUD TO YOUR REFLECTION. FEEL ITS TRUTH VIBRATE THROUGH YOUR BODY AND INTO YOUR ENERGY FIELD.
6. *SEAL WITH GRATITUDE.* THANK THE MOON, THE DIVINE FEMININE WITHIN, AND YOUR JOURNEY SO FAR. CLOSE YOUR RITUAL BY PLACING YOUR HAND ON YOUR HEART AND WHISPERING, IT IS DONE.



I DON'T ESCAPE LIFE — I RITUALIZE IT.



THROUGH
COMPLETE
ILLUMINATION, I
CELEBRATE MY
WINS AND
CONSCIOUSLY
CREATE SPACE FOR
MIRACLES TO FLOW
INTO MY LIFE.



FULL MOON

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29

LET'S GET INTO THE
ENERGY OF THE
FULL MOON!

THE MOON & The Zodiac Signs

IT'S A FULL MOON!

THE ZODIAC SIGNS ARE ACTIVATORS — THEY CHARGE THE MOON WITH SPECIFIC ENERGIES. FIND OUT WHICH ZODIAC SIGN THE NEW MOON IS IN RIGHT NOW, FOR EXAMPLE VIA A MOON PHASE APP, AND FOCUS ON THE RELATED THEME. YOU CAN ALSO CARRY THE CORRESPONDING CRYSTAL WITH YOU.

MOON PLACEMENT — THEME — CRYSTAL

- ARIES — ACTION FROM PASSION — RUBY
- TAURUS — SELF-LOVE — MALACHITE
- GEMINI — COMMUNITY — CHALCEDONY
- CANCER — EMOTIONS — MOONSTONE
- LEO — SELF-WORTH — TIGER'S EYE
- VIRGO — DILIGENCE — SAPPHIRE
- LIBRA — BALANCE — JADE
- SCORPIO — ALCHEMY — ONYX
- SAGITTARIUS — FREEDOM — SODALITE
- CAPRICORN — SOVEREIGNTY — QUARTZ
- AQUARIUS — ALTRUISM — AMETHYST
- PISCES — INTUITION — AQUAMARINE

DATE:

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30

LET'S SINK DEEPER INTO
FULL MOON WISDOM.

FULL MOON

Wisdom

THE MOON BATHES US IN HER RADIANT LIGHT, STIRRING EMOTIONS AND OLD WOUNDS THAT LONG TO BE RELEASED. HOLD SACRED SPACE FOR YOUR FEELINGS. LET THEM MOVE, FLOW, AND TRANSFORM.

FIRE RITUAL: WRITE ON A SMALL PIECE OF PAPER WHAT YOU WANT TO RELEASE AND BURN IT IN A SAFE PLACE. TRUST THAT THIS RITUAL WILL CREATE SPACE TO BE FILLED WITH BLESSINGS.

THE FULL MOON STIRS A WHIRLWIND OF ENERGIES, OFTEN MAKING YOU FEEL DEEPLY EMOTIONAL. BE GENTLE WITH YOURSELF. RETREAT, OR VISIT A BODY OF WATER TO FIND CALM.

HONOR YOUR VICTORIES AND SINK INTO DEEP GRATITUDE. NOTICE THE PROGRESS YOU'VE MADE AND LET YOURSELF FULLY FEEL THE JOY. SHARE THIS SACRED ENERGY WITH THOSE YOU LOVE.

DURING A FULL MOON, THE GRAVITATIONAL PULL OF THE MOON INFLUENCES THE TIDES AND HEIGHTENS OUR AWARENESS AND INTUITION. IT IS A TIME OF INCREASED EMOTIONAL ENERGY, MAKING IT A POWERFUL MOMENT FOR HEALING, MANIFESTATION, AND OTHER SPIRITUAL PRACTICES.

ENERGIES ARE AMPLIFIED BY THE FULL MOON, MAKING IT AN IDEAL TIME TO CHARGE YOUR CRYSTALS IN THE MOONLIGHT. WHATEVER ENERGY YOU RELEASE NOW RETURNS MAGNIFIED. SPEND YOUR ENERGY WISELY!

“ —
THE FULL MOON IS ABLE TO ALCHEMIZE YOUR PAIN.



FULL MOON *Cleanse*

WRITE DOWN THREE THINGS YOU WANT TO RELEASE AND WHY.

I RELEASE

WRITE DOWN THE MANIFESTATIONS YOU'VE MADE PROGRESS IN. THIS CAN BE PHYSICAL, EMOTIONAL, MENTAL, OR SPIRITUAL. HONOR YOUR PROGRESS.

I RECEIVED



SEE RELEASING AS CREATING SPACE FOR SOMETHING BETTER.

DATE:

MY MOOD TODAY:



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FULL MOON

Inspiration

HERE'S A LIST OF THINGS TO RELEASE FOR INSPIRATION:

1. I RELEASE MY FEAR OF FAILING
2. I RELEASE MY HABIT OF STAYING UP TOO LATE.
3. I RELEASE MY BELIEF THAT I'M NOT GOOD ENOUGH.
4. I RELEASE THE FEELING OF GRIEF.
5. I RELEASE MY NEED TO BE PERFECT.
6. I RELEASE THE PEOPLE WHO CAN'T LOVE MY AUTHENTIC SELF.
7. I RELEASE RESENTMENT.
8. I RELEASE MY BELIEFS ABOUT WORKING HARD TO EARN MONEY.
9. I RELEASE MY PAIN
10. I RELEASE MY GRIEF AND HEARTACHE.
11. I RELEASE THE OLD VERSION OF MYSELF THAT LACKED SELF-LOVE.

SOME GENTLE REMINDERS TO RAISE YOUR FREQUENCY AND ATTRACT ABUNDANCE:

BY RELEASING OLD ENERGY, YOU
INVITE FRESH, VIBRANT ENERGY
TO FLOW IN, AMPLIFYING YOUR
MAGNETIC PRESENCE.

HONOR ITS PURPOSE, RELEASE IT
WITH GRATITUDE, AND TRUST
THAT SOMETHING GREATER
WILL TAKE ITS PLACE.



THE MOON ACTIVATES CREATIVE ENERGY.



GRATITUDE

Reflection

WRITE DOWN THREE THINGS IN EACH SECTION.

I'M THANKFUL FOR

THINGS I LEARNED DURING THIS MOON PHASE

I AM BLESSED, BECAUSE

“GRATITUDE ATTRACTS ABUNDANCE.”





NOTE TO SELF

WRITE DOWN THE ACTIONS YOU TOOK THIS WEEK TO ACHIEVE YOUR GOALS AND REALIZE YOUR DREAMS. WHAT ARE YOUR THOUGHTS? HOW YOU ARE FEELING ABOUT IT IN THIS MOMENT?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

“ — EVERY LITTLE STEP BRINGS YOU CLOSER TO WHAT YOU WANT. — ”



WANING *Gibbous Moon*

GRATITUDE AND INTEGRATION

THE WANING GIBBOUS MOON, ALSO KNOWN AS THE DISSEMINATING MOON, ARRIVES AFTER THE FULL MOON'S PEAK. THE ENERGY BEGINS TO SOFTEN, GUIDING YOU INWARD AGAIN. THIS IS A TIME FOR GRATITUDE, REFLECTION, AND INTEGRATION — ALLOWING EVERYTHING THAT HAS MANIFESTED OR COME TO LIGHT TO SETTLE INTO YOUR BODY AND SPIRIT.

DURING THE FULL MOON, YOU REACHED THE HEIGHT OF ILLUMINATION. NOW, UNDER THE WANING GIBBOUS MOON, YOU BEGIN TO RELEASE WHAT NO LONGER SERVES AND HONOR WHAT HAS BLOSSOMED. IT'S NOT A TIME FOR ACTION, BUT FOR ACKNOWLEDGMENT — FOR THANKING THE UNIVERSE, YOUR GUIDES, AND YOURSELF FOR HOW FAR YOU'VE COME.

THIS PHASE CARRIES A DEEPLY FEMININE RHYTHM — A GENTLE EXHALE AFTER EXPANSION. IT INVITES YOU TO REFLECT ON WHAT YOUR MANIFESTATIONS HAVE TAUGHT YOU AND HOW YOU CAN EMBODY THEIR WISDOM MOVING FORWARD.

THE WANING GIBBOUS MOON REMINDS US THAT LETTING GO IS SACRED. IT TEACHES THAT MANIFESTATION IS NOT ONLY ABOUT CREATION, BUT ALSO ABOUT GRATITUDE AND SURRENDER. AS THE MOON'S LIGHT FADES, TRUST THAT EVERY ENDING CARRIES THE SEED OF RENEWAL — AND THAT YOUR HEART IS PREPARING FOR THE NEXT CYCLE OF BECOMING.

“ —
I GIVE THANKS EVEN FOR THE LESSONS THAT STUNG.



WANING

Gibbous Moon

WANING GIBBOUS MOON RITUAL — HARVESTING GRATITUDE

FOR THIS RITUAL YOU'LL NEED: YOUR JOURNAL, A CANDLE (GOLD OR AMBER), AND SOMETHING THAT SYMBOLIZES ABUNDANCE — A CRYSTAL, FLOWER, OR FRUIT OFFERING.

STEPS:

1. *CREATE A SACRED SPACE.* LIGHT YOUR CANDLE AND TAKE A FEW DEEP BREATHS. FEEL GRATITUDE FILL YOUR HEART AND SOFTEN YOUR BODY.
2. *REFLECT ON WHAT HAS BLOSSOMED.* REVISIT YOUR RECENT INTENTIONS. WHAT HAS COME INTO FORM? WHAT INNER SHIFTS HAVE TAKEN PLACE? WRITE DOWN EVERYTHING YOU'RE THANKFUL FOR.
3. *EXPRESS AND RELEASE.* SPEAK YOUR GRATITUDE ALOUD. THEN ASK YOURSELF: WHAT HAVE I OUTGROWN? WHAT CAN I LOVINGLY LET GO OF? NOTE YOUR ANSWERS AND RELEASE THEM WITH A BREATH OR INTO THE CANDLE FLAME.
4. *ANCHOR THE WISDOM.* HOLD YOUR CHOSEN SYMBOL OF ABUNDANCE IN YOUR HANDS AND AFFIRM: I TRUST THE RHYTHM OF RELEASE AND RENEWAL. MY ENERGY FLOWS IN HARMONY WITH THE MOON.
5. *CLOSE IN GRATITUDE.* PLACE YOUR HANDS ON YOUR HEART, THANK YOURSELF FOR YOUR DEVOTION, AND REST IN THE PEACE OF COMPLETION.



RITUAL IS PRAYER IN MOTION.



NOTE TO SELF

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“ — WRIT

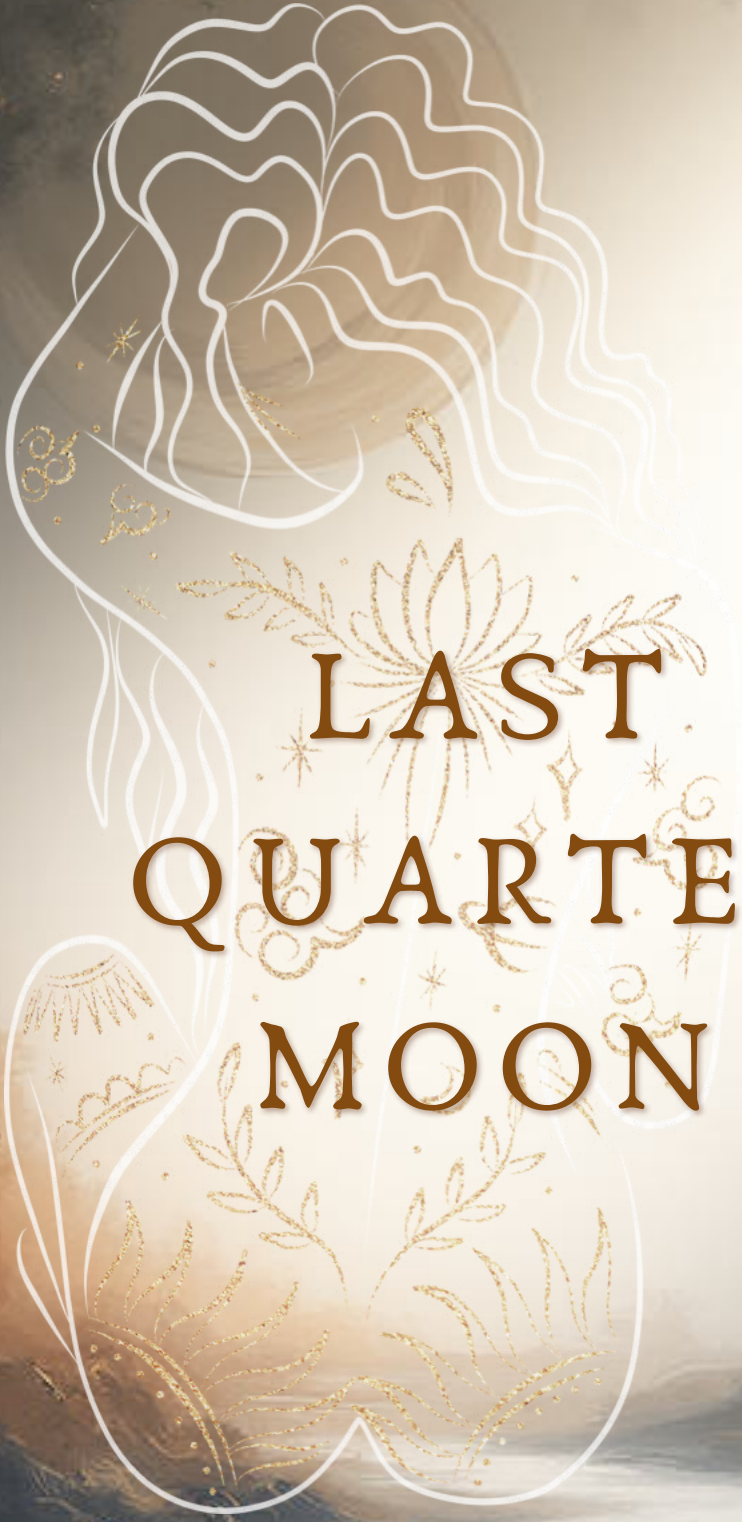
WRITING IS MY WAY OF SAYING: I REFUSE TO HOLD IT IN.

DATE:

MY MOOD TODAY: 😞 😟 😐 😊 😄

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LAST QUARTER MOON

AS THE MOON WANES,
I UNDERSTAND THAT
SLOWING DOWN AND
FOLLOWING MY
INNER RHYTHM
DRAWS ME CLOSER
TO MY SOUL'S
PURPOSE



THE MOON & The Zodiac Signs

IT'S A LAST QUARTER MOON!

THE ZODIAC SIGNS ARE ACTIVATORS — THEY CHARGE THE MOON WITH SPECIFIC ENERGIES. FIND OUT WHICH ZODIAC SIGN THE NEW MOON IS IN RIGHT NOW, FOR EXAMPLE VIA A MOON PHASE APP, AND FOCUS ON THE RELATED THEME. YOU CAN ALSO CARRY THE CORRESPONDING CRYSTAL WITH YOU.

MOON PLACEMENT — THEME — CRYSTAL

- ☐ ARIES — ACTION FROM PASSION — RUBY
- ☐ TAURUS — SELF-LOVE — MALACHITE
- ☐ GEMINI — COMMUNITY — CHALCEDONY
- ☐ CANCER — EMOTIONS — MOONSTONE
- ☐ LEO — SELF-WORTH — TIGER'S EYE
- ☐ VIRGO — DILIGENCE — SAPPHIRE
- ☐ LIBRA — BALANCE — JADE
- ☐ SCORPIO — ALCHEMY — ONYX
- ☐ SAGITTARIUS — FREEDOM — SODALITE
- ☐ CAPRICORN — SOVEREIGNTY — QUARTZ
- ☐ AQUARIUS — ALTRUISM — AMETHYST
- ☐ PISCES — INTUITION — AQUAMARINE

DATE:

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40

LET'S LEARN MORE
ABOUT THE FIRST
QUARTER MOON!

LAST QUARTER MOON

Wisdom

THE MOON NEARS THE COMPLETION OF HER CYCLE, HALF-ILLUMINATED AND WISE. IT'S TIME TO CLOSE THIS CYCLE AND PREPARE FOR RENEWAL THROUGH SACRED SELF-CARE AND CONTEMPLATION.

PLACE YOUR HANDS ON YOUR WOMB. BREATHE INTO YOUR HEART SPACE, SENDING LOVE INTO YOUR WOMB AS YOU EXHALE. REPEAT AS MANY TIMES AS YOU FEEL CALLED TO.

SELF-CARE IS A FORM OF SELF-LOVE. IT'S IMPORTANT TO FILL YOUR OWN CUP AND KEEP YOUR FREQUENCY HIGH TO ATTRACT MORE LOVE AND ABUNDANCE!

WHEN EXHAUSTION OR OVERWHELM ARISES, ALLOW YOURSELF TO PAUSE. TAKE A STEP BACK AND FEEL RELIEF FLOWING INTO EVERY CELL.

GIVE YOURSELF PERMISSION TO MOVE AT YOUR OWN RHYTHM. SPEND TIME IN NATURE TO ANCHOR YOUR ENERGY AND STAY ATTUNED TO YOUR INNER WORLD.

SELF-CARE RITUALS HELP UNBLOCK STAGNATION. THEY ARE PORTALS TO YOUR DESIRES. WHENEVER YOU FEEL DOWN OR DEMOTIVATED, MAKE TIME FOR A SELF-CARE RITUAL.

SELF-CARE CONTEMPLATION: BE STILL FOR 5 MINUTES AND PLACE YOUR HANDS ON YOUR WOMB SPACE. LISTEN TO HER, THEN ASK, "WHAT DO YOU NEED FROM ME?" NOTICE THE FEELINGS THAT ARISE AND THE THOUGHTS THAT PASS BY. WRITE THEM DOWN.



HOW YOU TREAT YOURSELF TEACHES OTHERS HOW TO TREAT YOU.



LAST QUARTER MOON

Self-Care

LIST THREE WAYS YOU NURTURE YOUR INNER CHILD OR FEMININE ESSENCE, AND EXPLAIN WHY.

1.

2.

3.

COMMIT TO WHAT YOU HAVE WRITTEN AND PROMISE YOURSELF DEVOTION TO THESE RITUALS. CONSISTENCY IS KEY. CREATING HEALTHY HABITS AMPLIFIES YOUR ELECTROMAGNETIC FIELD, HELPING YOU ATTRACT WEALTH AND ABUNDANCE.

“

SELF-CARE IS LETTING THINGS GO THAT DRAIN YOUR ENERGY.

DATE:

MY MOOD TODAY:



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42

CHECK THE NEXT PAGE
FOR SOME INSPIRATION!

LAST QUARTER MOON

Inspiration

HERE'S A LIST OF IDEAS TO NURTURE YOUR BODY, MIND AND SOUL:

1. PRACTICING POSITIVE SELF-TALK BOOSTS MY CONFIDENCE.
2. I TAKE HOT BATHS TO CALM DOWN MY NERVOUS SYSTEM.
3. I BOOK A MASSAGE OR DO A SELF-MASSAGE RITUAL TO RELAX.
4. RUNNING LIKE A KID AND BEING PLAYFUL GIVES ME ENERGY.
5. RECEIVING AND GIVING HUGS INCREASES MY OXYTOCIN LEVEL.
6. I TAKE A WALK IN NATURE TO RECONNECT WITH THE EARTH.
7. I DANCE LIKE NOBODY WATCHES TO CLEAR THE CHAOS IN MY MIND.
8. I TAKE A POWERNAPS TO REFILL MY ENERGY.
9. WRITING DOWN MY FEELINGS CALMS MY EMOTIONS.
10. I DO YOGA TO LET NEGATIVITY FLOW AWAY.
11. I TURN OFF ALL SCREENS TO GIVE MY MIND REST.

SOME GENTLE REMINDERS TO RAISE YOUR FREQUENCY AND ATTRACT ABUNDANCE:

ABUNDANCE IS MORE THAN JUST MONEY. IT IS A HEALTHY MINDSET, BODY, AND SPIRIT WORKING TOGETHER TO CREATE HAPPINESS.

EXPLORE WHAT ENERGIZES YOUR BODY AND WHAT BRINGS CLARITY TO YOUR MIND. YOU CAN ALWAYS USE THIS KNOWLEDGE WHENEVER YOU FEEL OVERWHELMED OR DEPLETED.

“YOUR SELF-CARE RITUAL IS LIKE A FIRST AID KIT TO TREAT EMOTIONAL DYSREGULATION.

43

LET'S INVITE THE FEELING OF GRATITUDE.

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GRATITUDE

Reflection

WRITE DOWN THREE THINGS IN EACH SECTION.

I'M THANKFUL FOR

THINGS I LEARNED DURING THIS MOON PHASE

I AM BLESSED, BECAUSE

“
GRATITUDE ATTRACTS ABUNDANCE.



This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

“IT'S ON

BALSAMIC *Moon*

REST, SURRENDER, AND RENEWAL

THE BALSAMIC MOON, ALSO CALLED THE WANING CRESCENT MOON, IS THE FINAL PHASE OF THE LUNAR CYCLE. IT CARRIES A QUIET, MYSTICAL ENERGY — THE STILLNESS BEFORE THE NEW BEGINNING. THIS IS A SACRED TIME TO REST, RELEASE, AND SURRENDER.

THE MOON'S LIGHT FADES INTO DARKNESS, INVITING YOU TO DO THE SAME: TO EMPTY OUT, TO LET GO, AND TO TRUST THE UNSEEN. THIS PHASE WHISPERS OF ENDINGS AND REBIRTH. IT IS NOT THE TIME FOR DOING, BUT FOR BEING.

THE BALSAMIC MOON ASKS YOU TO SLOW DOWN, NOURISH YOURSELF, AND LISTEN DEEPLY TO YOUR INNER WORLD. IN THE DARKNESS, NEW WISDOM IS BORN. YOUR BODY, MIND, AND SPIRIT BEGIN TO RESET, PREPARING TO RECEIVE FRESH INTENTIONS DURING THE COMING NEW MOON.

THIS MOON PHASE REMINDS US THAT DARKNESS IS NOT ABSENCE BUT PREPARATION. IT IS THE FERTILE SOIL WHERE DREAMS TAKE ROOT BEFORE THEY RISE AGAIN. HONOR THIS TIME OF RELEASE, REST DEEPLY, AND TRUST THAT RENEWAL IS ALREADY ON ITS WAY WITH THE NEXT NEW MOON.

“—
| WHEN I REST, I REALIGN WITH MY NATURAL RHYTHM.



BALSAMIC *Moon*

BALSAMIC MOON RITUAL — THE ART OF SURRENDER

FOR THIS RITUAL YOU'LL NEED: A CANDLE (BLACK OR DARK BLUE), YOUR JOURNAL, AND SOMETHING COMFORTING — A BLANKET, CUP OF TEA, OR SOFT MUSIC.

STEPS:

1. *CREATE YOUR COCOON.* LIGHT YOUR CANDLE AND MAKE YOUR SPACE COZY. TAKE A FEW DEEP BREATHS AND FEEL YOUR BODY SOFTEN INTO REST.
2. *REFLECT AND RELEASE.* IN YOUR JOURNAL, WRITE WHAT YOU'RE READY TO RELEASE FROM THIS LUNAR CYCLE — OLD EMOTIONS, HABITS, OR ATTACHMENTS. WHEN YOU'RE DONE, WHISPER: *I LET IT GO WITH LOVE.*
3. *INVITE PEACE.* CLOSE YOUR EYES AND IMAGINE THE NIGHT SKY WRAPPING AROUND YOU. FEEL YOURSELF HELD IN THE STILLNESS, SAFE AND SUPPORTED BY THE UNIVERSE.
4. *SET A SEED OF TRUST.* WRITE A SIMPLE SENTENCE FOR THE NEXT CYCLE: I TRUST THE SPACE BETWEEN ENDINGS AND BEGINNINGS. SAY IT OUT LOUD. LET IT ANCHOR GENTLY IN YOUR HEART.
5. *REST AND RECEIVE.* BLOW OUT YOUR CANDLE, PLACE YOUR HANDS ON YOUR HEART, AND ALLOW YOURSELF TO SIMPLY BE. THIS SILENCE IS SACRED.



MY RITUALS KEEP ME ROOTED WHEN THE WORLD FEELS WILD.

47

WRITE DOWN YOUR
FEELINGS AND
INSIGHTS.



MOON Journal

NOTE TO SELF

WRITE DOWN HOW YOU FEEL AFTER THIS RITUAL. DID ANY THOUGHTS OR IMAGES ARISE? NOTICE ANY SENSATIONS, EMOTIONS, OR INSIGHTS MOVING THROUGH YOU — THEY OFTEN CARRY GENTLE MESSAGES FROM YOUR SOUL.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“ — WRIT

WRITING BRINGS STILLNESS TO MY INNER WORLD.

DATE:

MY MOOD TODAY: 😞 😟 😐 😊 😄

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48

WOW, YOU'VE COMPLETED
A FULL CYCLE! DIVE INTO
MORE MOON WISDOM.

MOON AND MANIFESTATION *Secrets*

THE MOON IS CONNECTED TO THE ELEMENT OF WATER AND OUR EMOTIONS. THROUGH HER SUBTLE GUIDANCE, SHE TEACHES US TO HARNESS THESE ENERGIES TO MANIFEST OUR DESIRES.

KNOW THYSELF — YOUR ENERGY IS YOUR CREATION BUDGET. BECOME AWARE OF WHAT ENERGIZES YOU AND WHAT DRAINS YOUR POWER. PROTECT YOUR ENERGY FIERCELY, FOR IT SHAPES THE REALITY YOU MANIFEST.

WORKING WITH OR WEARING MOONSTONE ALIGNS YOU WITH THE MOON AND YOUR NATURAL FEMININE CYCLE, ENHANCING YOUR INTUITION AND YOUR SELF-AWARENESS.

MOON GAZING — THE MOON RADIATES AN ENCHANTING, MAGNETIC ENERGY. GAZE UPON HER ILLUMINATED FORM OFTEN TO AWAKEN THIS ENERGY WITHIN AND INVITE MORE MAGIC INTO YOUR LIFE.

MOON WAVES — THE PHASES OF THE MOON CREATE DIFFERENT VIBRATIONS WITHIN OUR ENERGY FIELD. EACH VIBRATION BRINGS AN EMOTIONAL THEME TO THE SURFACE THAT RESONATES WITH HER ENERGY. BE MINDFUL OF WHAT THE MOON AWAKENS WITHIN YOU. SHE SPEAKS THROUGH YOUR EMOTIONS AND INTUITION. BE CURIOUS ABOUT THE MESSAGES YOUR FEELINGS ARE TRYING TO SHARE.

A WANING MOON IS PERFECT FOR RELEASING WHAT YOU WISH TO LESSEN — ADDICTIONS, HABITS, OR FEAR. A WAXING MOON IS IDEAL FOR NURTURING WHAT YOU WISH TO GROW — LOVE, ABUNDANCE, AND NEW BEGINNINGS.

“ —
THE MOON'S SPIRIT IS ALWAYS HERE FOR GUIDANCE.



MOON Whispers

THE MOON ALWAYS WHISPERS HER GUIDANCE THROUGH YOUR INTUITION.

SIT IN STILLNESS FOR THREE MINUTES, FEELING THE ENERGY IN YOUR WOMB. BREATHE INTO YOUR WOMB. REST YOUR HANDS GENTLY ON YOUR LOWER BELLY WHILE YOU DO THIS, AND WRITE DOWN WHAT SURFACES. THIS PRACTICE HELPS ALIGN YOUR BODY WITH HEALTH, ABUNDANCE, AND PROSPERITY.

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SELF-LOVE ACTIVATES YOUR SPIRITUAL GIFTS.

DATE: _____

MY MOOD TODAY: 😞 😟 😐 😊 😄

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CHECK THE NEXT PAGE
FOR SOME MOON MAGICK.

MOON *Magick*



DEEPEN YOUR ALIGNMENT WITH THE MOON THROUGH SIMPLE YET POWERFUL RITUALS. THE MORE CONSISTENTLY YOU PRACTICE, THE MORE CLEARLY SHE WILL SPEAK TO YOUR SOUL.

MOONWATER

FILL A GLASS BOTTLE WITH FILTERED WATER. SET YOUR INTENTION. BREATHE IN DEEPLY, AND AS YOU EXHALE, BLOW YOUR INTENTION INTO THE WATER. BLESS IT, AND PLACE THE BOTTLE WITH THE LID ON OUTSIDE DURING A NEW OR FULL MOON SO IT CAN ABSORB THE MOON'S ENERGY. STORE IT IN A COOL, DARK PLACE. DRINK IT WHENEVER YOU FEEL DISCONNECTED AND SEEK LUNAR GUIDANCE, OR POUR IT INTO A CLEANSING SALT BATH. SPRINKLE FULL MOON WATER ON YOUR DOORSTEP FOR PROTECTION, AND NEW MOON WATER ON YOUR PILLOW TO INVITE RESTFUL SLEEP.

MOONLIGHT

THE MOON ALWAYS RADIATES ACTIVATING ENERGY. STANDING IN HER LIGHT AWAKENS YOUR HEALING ABILITIES AND IGNITES THE DIVINE URGE TO PURSUE YOUR SOUL'S PURPOSE. STAND IN THE MOONLIGHT FOR THREE MINUTES, FEELING THE LIGHT FLOW INTO YOUR THIRD EYE, THEN LET THAT ENERGY MOVE THROUGH YOUR ENTIRE BODY. FEEL HER LIGHT OPENING YOUR SOUL AND REVEALING YOUR DEEPEST, HIDDEN DESIRES. MOON GAZING, ESPECIALLY DURING THE FULL MOON, IS SUPER POWERFUL AND INSTANTLY DRAWS YOU INTO YOUR FEMININE ENERGY.



RITUALS STEER THE ENERGY INTO THE DESIRED DIRECTION.



MOON *Dancing*

GENTLE MOVEMENT AND LUNAR ENERGY

THE MOON RADIATES A SUBTLE, MAGNETIC ENERGY THAT RESONATES WITH YOUR BODY, MIND, AND SOUL. BY CONSCIOUSLY MOVING YOUR BODY, YOU INVITE THIS ENERGY TO FLOW INTO YOU, AWAKENING YOUR INNER POWER AND ALIGNING YOUR VIBRATION WITH YOUR DESIRES. GENTLE MOVEMENT IS NOT ABOUT EXERTION; IT IS A SACRED DANCE OF ENERGY, A WAY TO OPEN YOUR CHANNELS AND LET THE UNIVERSE'S CURRENTS NOURISH YOUR INTENTIONS. WHEN YOU MOVE WITH AWARENESS, YOU CREATE A BRIDGE BETWEEN YOUR INNER WORLD AND THE LUNAR ENERGY SURROUNDING YOU, ALLOWING YOUR MANIFESTATIONS TO FLOW EFFORTLESSLY TOWARD YOU.

ACTIVATION: MOON ENERGY FLOW

- SET YOUR INTENTION – HOLD YOUR DESIRE CLEARLY IN YOUR MIND.
- CONNECT WITH THE MOON – STAND UNDER MOONLIGHT OR NEAR A WINDOW, FEELING HER GLOW. PLAY SOME MUSIC THAT FEELS MAGICAL.
- MOVE GENTLY – FLOW YOUR ARMS AND BODY SOFTLY, DRAWING THE MOON'S ENERGY INWARD. DO HIP CIRCLES, SWAY, AND WAVE YOUR BODY RHYTHMICALLY.
- VISUALIZE – IMAGINE HER LIGHT FILLING YOUR BODY, AWAKENING YOUR INTUITION AND POWER. FEEL IT AWAKENING YOUR CREATIVE FORCE.
- ANCHOR – AFTER TEN MINUTES, PLACE HANDS ON YOUR HEART, TAKE THREE DEEP BREATHS, AND FEEL THE ENERGY SETTLE WITHIN YOUR BODY.
- CLOSE – WHISPER YOUR INTENTION AND THANK THE MOON FOR HER GUIDANCE.

“MOVE SOFTLY, AND LET THE RESONATING
ENERGY FIND ITS WAY TO YOU.”

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MOON *Bleed* I

THE MEANING OF BLEEDING DURING EACH MOON PHASE

YOUR MENSTRUAL BLOOD CARRIES ANCIENT WISDOM. EACH MOON PHASE OPENS A DOORWAY INTO YOUR BODY, YOUR INTUITION, AND THE HIDDEN POWER OF YOUR SACRED FEMININE ESSENCE. BY ALIGNING YOUR ENERGY WITH THE MOON PHASES, YOUR MENSTRUAL CYCLE CAN SHIFT AND FOLLOW A NEW RHYTHM — ONE ATTUNED TO WHAT YOUR SOUL TRULY NEEDS FOR GROWTH, HEALING, AND TRANSFORMATION.

NEW MOON BLEEDING



- THIS BLEED IS QUIET, DARK, AND SACRED.
- YOUR BODY RETREATS INWARD, CALLING FOR REST.
- YOUR SOUL STIRS, PREPARING FOR REBIRTH.
- THIS PHASE HOLDS THE MEDICINE OF RELEASE AND TRANSFORMATION.
- **ARCHETYPE: THE DARK MOTHER** — SHE RELEASES WHAT NO LONGER SERVES, EMBRACING THE UNSEEN, THE HIDDEN, AND THE SACRED DARK.

WAXING CRESCENT BLEEDING



- YOUR ENERGY BEGINS TO RISE, SUBTLE YET INTENTIONAL.
- YOUR BLEED WHISPERS GUIDANCE FOR INTENTIONS AND GROWTH.
- YOUR BODY HUMS WITH POSSIBILITY, HOPE, AND THE SOFT PULL OF MANIFESTATION.
- **ARCHETYPE: THE SEED WEAVER** — SHE PLANTS DESIRES, WEAVING POTENTIAL INTO REALITY WITH PATIENCE AND CARE.

FIRST QUARTER BLEEDING



- TENSION AND COURAGE AWAKEN WITHIN YOU.
- YOUR BLEED EXPOSES CHOICES THAT SHAPE YOUR PATH.
- YOUR BODY URGES YOU TO STEP INTO YOUR POWER WITH CLARITY.
- **ARCHETYPE: THE WARRIOR INITIATE** — SHE FACES INNER TENSION BOLDLY, MAKING DECISIONS THAT HONOR HER SOVEREIGNTY.



MOON

Bleed II

WAXING GIBBOUS BLEEDING

- YOUR ENERGY SWELLS, A SACRED CRESCENDO.
- YOUR BLEED ILLUMINATES WHAT NEEDS REFINEMENT.
- YOUR BODY SHARPENS FOCUS, ALIGNING WITH YOUR HIGHEST PURPOSE.
- **ARCHETYPE: THE ALCHEMIST** — SHE PURIFIES AND TRANSFORMS ENERGY, PREPARING MANIFESTATION WITH PRECISION AND INSIGHT.

FULL MOON BLEEDING

- THIS BLEED IS LUMINOUS, RAW, AND INTENSE.
- YOUR EMOTIONS FLARE, YOUR INTUITION PEAKS, YOUR BODY RELEASES SHADOWS.
- YOUR BLOOD CARRIES FIERCE CLARITY, DISSOLVING WHAT NO LONGER SERVES.
- **ARCHETYPE: THE QUEEN** — SHE EMBODIES EMOTIONAL POWER AND ILLUMINATION, CLEANSING ILLUSIONS AND REVEALING TRUTH.

WANING GIBBOUS BLEEDING

- ENERGY SOFTENS, FLOWING LIKE A GENTLE RIVER.
- YOUR BLEED NOURISHES GRATITUDE AND INTEGRATION.
- YOUR BODY HOLDS THE LESSONS OF WHAT HAS BEEN REVEALED, TRANSFORMING
- **ARCHETYPE: THE SAGE** — SHE ABSORBS LESSONS, REFLECTS DEEPLY, AND TURNS INSIGHT INTO GUIDANCE.

LAST QUARTER BLEEDING

- YOU FEEL REFLECTIVE AND HONEST.
- YOUR BLEED HIGHLIGHTS WHAT NO LONGER ALIGNS.
- YOUR BODY AND SOUL PREPARE FOR CLOSURE, RELEASING PATTERNS THAT BLOCK GROWTH.
- **ARCHETYPE: THE SEER** — SHE DISCERNS WITH PIERCING CLARITY, SHEDDING ILLUSIONS AND PREPARING FOR NEW BEGINNINGS.



MOON

Bleed III

BALSAMIC MOON BLEEDING

- THIS BLEED IS SACRED, SUBTLE, AND RESTORATIVE.
- YOUR BODY RESTS, YOUR SOUL SOFTENS, AND THE CYCLE CLOSSES WITH GRACE.
- YOU ARE DRAWN TO NURTURING INNER STILLNESS, HOLDING SPACE FOR HEALING AND GENTLE SURRENDER.
- **ARCHETYPE: THE HEALER** — HER WHISPERS CARRY THE MEDICINE OF ENDINGS AND QUIET EMPOWERMENT.

YOUR CYCLE AND THE MOON MOVE AS ONE RHYTHM. BY ALIGNING WITH THEIR PHASES, YOUR MENSTRUAL CYCLE TRANSFORMS, FLOWING IN HARMONY WITH YOUR SOUL'S NEEDS. EACH BLEED IS HOLY, CARRYING MEDICINE, GUIDANCE, AND THE ETERNAL REMEMBRANCE OF YOUR DIVINE FEMININE POWER.



MOON *Miracle*

THE MOON
SHINES
HER LIGHT
SO DIVINE, IT
PENETRATES
MY SOUL
SOOTHING
MY CRIES

SPARKS
OF MAGIC
FLOWING
THROUGH
MY SPINE

FEELING LIKE
A TEMPTRESS
SAVORING THE
DEEPEST LOVE
LIKE THE
FINEST
WINE

HER ALCHEMY
TURNS MY SOBS
INTO A
SEDUCTIVE
SMILE

MIRACULOUSLY
SHE CREATES
NEW WAVES
THAT MAKE ME
EMERGE INTO
A HIGHER
TIMELINE



THANK *You*

DEAR BELOVED SOUL,

THANK YOU FOR MAKING THE EARTH A MORE
BEAUTIFUL PLACE THROUGH YOUR INNER WORK.
YOU ARE A PRECIOUS BEING WITH A RADIANT HEART
AND A DIVINE PURPOSE — NEVER FORGET THAT!

I HOPE YOU HAVE FELT THE MAGIC OF MOON
MANIFESTATION THROUGH THIS GUIDE. YOU CAN
REUSE IT ANYTIME TO INVITE NEW LUNAR
MIRACLES INTO YOUR LIFE. I WISH YOU A BLISSFUL,
ABUNDANT LIFE. MAY ALL YOUR SOUL'S DESIRES
MANIFEST IN MIRACULOUS WAYS.

With love,

x Preshanna

www.preshanna.com



YOUR LIGHT IS
BEAUTIFUL