



Moon Magick theory and Practice (for men)

What is Moon Magick and why do it?

Just like the Sun marks the seasons and we celebrate the solstices/equinoces, we can also follow the Moon in the same way. These seasons of the Moon are represented by the feminine expression and the literal bodily changes of the female. It is said that energy can be stored in the body of the female to use towards magick. This is also a concept that can be used by men as well when they remember the relationship of the Sun (masculine) to the Moon (feminine) through observation and honoring the cycles of the divine. After all, it is the relationship of the Sun to the Moon that causes these phases to occur.

The masculine, like the Sun, moves on a much larger cycle and has a zoomed out view of things, where as the feminine goes through these cycles every month and things move very quickly. Everything is zoomed way in. Biologically, the feminine is designed to recognize small changes and to communicate with babies which cannot speak with words, but through crying and gesturing. This is an active illustration of Intuition. The wordless communication and observations that convey needs, change, growth and energy. This parallel is present in the moon, that it is a luminary like the sun, but it operates on different levels of consciousness and subconsciousness that correspond to lightness and darkness. Just as the Sun represents the different stages of Consciousness, the Moon represents the different stages of Subconsciousness which is important for the use of Magick.

In addition, the female goes through the phases of the moon in her own body. The word Moon, originally called "Mene", means month and menstruation. The idea of the masculine working with this energy is to give understanding and honor to the seasons of the feminine. Through his observation, he may become more connected to his own body and intuition. Everyone is both masculine and feminine regardless of gender and this energy can be accessed by anyone as the Moon is the divine Mother archetype present in mythology, history and in our own lives.

Through observing and honoring the phases of the Moon, you can use it's energy towards any of the following goals:

- ✧ Manifestation
- ✧ Interacting with dreams
- ✧ Awakening your intuition
- ✧ Knowing when it is best to perform magick
- ✧ Working with the moon as a Goddess and/or celestial object

- ✧ Following and celebrating the cycle of ovulation/menstrual with a female partner
- ✧ Astrological timing and Moon remediation
- ✧ Discovering purpose in both serene and chaotic emotions
- ✧ Working with moon correspondences and nature
- ✧ Healing connections to feminine ancestors and mothers.
- ✧ Understanding both your inner light and darkness or Shadow work

Moon mythology and the Life cycle of the feminine

The three major archs of the Moon are the Waxing, Full and Waning Moon having smaller phases within them. These three phases also correspond to the archs of the life cycle of the feminine: The Maiden, Mother and Crone. The maiden dreams, The mother grows life and the Crone goes inward to rest. There are many goddesses and figures that are represented in these phases by archetype. There are even masculine associations to the Moon in mythology such as Mani and Khonsu, I encourage you to research these archetypes, both male and female, but when we speak about the phases, we are pointing to the feminine expression of the moon, since it is the source of intuition and divine feminine that lives within us all. Knowing these things practically can help us use the Moon as an energy source in real time for any goals, dreams or journeys we may have

How do I do it practically?

It's very simple: observation. As the Sun observes the Moon with it's own light, so can you. Just practice this understanding. It doesn't require any sort of training. It's at the core of who we are as human beings. It's not something that will make you more feminine either. It will get you in tune with the divine feminine and with other females in your own life. Remember to use this information wisely and to respect and honor it.

Moon Phases

New Moon Intentions ● (maiden, winter to spring, new life)

The moon starts in complete darkness. Much like the beginning of life. You are reborn! Start sensing the changes of this new season. Before planting the seed intention or manifestation, the ground must be prepared. The dirt must become black and fertile first. Listen to your dreams and follow your inspiration to brainstorm for the next day or two, preparing for this new cycle. We look forward to the Waxing Crescent to provide the light that the seed needs to

germinate.

Waxing Crescent Intentions ☾ (maiden, fullness of spring, follicular phase, beginning of fertility, begin puberty)

As the moon's light increases to the crescent shape, so does its energy. The symbol of the crescent is leaving the cradle behind and growing into the person you'll become this cycle. It's time to plant seeds of intention, manifestation, and ritual for your New Moon dream or goal. The new light of the little maiden is with us. Embrace her joy! Hundreds of years ago, the Waxing Crescent moon was called the "New Moon" because of its new light and triumphant return after its previous darkness. Recommended rituals include viewing the new moon light feeling its growth energy, envisioning your goal coming true, making moon water, enchanting items, opening windows, practicing intuition, and connecting with plants, colors or tarot cards. anything that makes you feel more connected to your own personal magic.

First Quarter Intentions ☽ (maiden, spring to summer, follicular phase, fully fertile)

The moon enters the First Quarter phase when it becomes half illuminated, with the Sun squaring the moon in the same lunar modality as the new and full moons. Evaluate progress of your goals and consider adding resistance to build strength. This is the adolescent/young adult phase of the cycle, where you can start implementing lessons and guide yourself. Trust in your own wisdom and reflect on what lessons you are teaching yourself. For rituals, meditate on your intentions while pouring moon water back and forth between two identical glasses to symbolize balance.

Waxing Gibbous Intentions ☽ (Maiden to Mother, Fullness of Summer, ovulation begins, fully fertile)

The Waxing Gibbous phase begins when the Moon's light exceeds the darkness of the Quarter Moon. The Gibbous Moon represents growth and momentum. The word Gibbous literally means "humpback" and the image of the Gibbous Moons are the humps of the Camel of the High Priestess and being present in the journey you are on. For rituals, breathwork or meditation can help you focus on the growing manifestation of your desires. Engage in expansive rituals to harness your energy. If your energy is high, share it with others. The upcoming Full Moon will be the release of your intention to the Moon for completion. We're almost there!

Full Moon Intentions ☽ (Mother, Summer to Autumn, ovulation, highest fertility, pregnancy)

When the Moon has become fully illuminated, it will be time to release your intentions. The energy of the Full Moon is that of the highest fertility, the Mother and of Summer transitioning to Fall. Storing up all that you have grown this cycle and going inward. Celebrate the journey, view the Full Moon (if possible) or meditate on releasing your intention. Rituals to continue your intention are recommended, but don't start new intentions right now. If you dropped the

ball on your earlier intentions, pick them back up and release them now as they are. If you feel an abundance of nervous or wild energy due to the chaotic nature of the Full Moon, remember that rest is coming soon. Use the upcoming waning phase to reflect on how you handle waxing periods and expend energy. Everything is a lesson, you are the most important part of your journey, and the Moon reaches back to you.

Note: be cautious with rituals during the exact time of the full moon.

Waning Gibbous Intentions ☾ (Mother to crone, Fullness of Autumn, end ovulation begin luteal, less fertile)

As the Moon's darkness becomes greater than the it's light, the Waning Gibbous phase begins. After releasing our intentions in the Full Moon, it's time to make journey back to ourselves, harvest our joy and lessons, and shift towards a mindset of conserving our energies.

During the Waning Moon, focus on inward activities that break down instead of building up, such as cleansing, cutting cords, releasing bonds, fasting, etc. Use the dying light's transformative energy for these tasks and consider shadow work, cleaning, and breathwork. In breathwork, pay attention to the feeling of letting go on the exhale. Reflect on ways to improve your waxing cycle activities for the next cycle.

As the light slowly dies back, let's bravely venture into the dark to conquer the inner corners of our hearts.

Last Quarter Intentions ☾ (Crone, Autumn to Winter, menstruation, infertile)

As the light of the Moon fades into half illumination, we enter winter and the spiritual energy of menstruation of the feminine. The Sun is again squaring the moon in the same lunar modality as the new and full moons. It is a time to reflect on what needs to be transformed and die in order to better conserve energy and manifest your future goals. Embrace the shadow within you, listen to your inner pain and anger, and use conflict as a teacher. Remember to be kind to yourself as well. As you move into the waning moon phase, take time to rest and listen to your body. For rituals, consider doing cord cutting, banishing, shadow work, void meditation, or other appropriate releasing rituals.

Remember to be thankful for the lessons learned in this cycle and begin to let go.

Waning Crescent Intentions ☾ (Crone, Fullness of Winter, infertile)

As the light of the moon dissipates back to the Waning Crescent, it is time to rest and reflect on the lessons of the cycle. Acknowledge growth, delve into what needs to be released, and prioritize rest and self-love. Focus on uprooting, banishing, and making space for next cycle. If there are any regrets in the cycle, fully release them through self forgiveness. Reflect on things that have passed, cling to what remains, and view the last light of the moon if possible.

The symbol of the Waning Crescent is a boat representing the journey to the afterlife or next cycle. Allow the currents to push you forward and rest well.

Dark Moon Farewell● (Crone to Maiden, the transition between death and life)

The Moon returns back to the sign it was in at the New Moon phase within one to two days before a New Moon. It's a time to reflect on the lessons learned and to let go of what no longer serves us. It's not the time for new plans, as we are in the deep winter before the new dawn. It's best to rest and prepare for the upcoming New Moon and a new beginning.