

# Cycles and Phases

Our personal relationship to the Sun and the Moon

by Shawn Limbach

If we understand the natural laws of cycles and phases, we may accept more easily that conditions are always changing whether globally or personally. Acceptance does not necessarily mean, complacency. Knowing the pattern of cycles, using astrology helps us use the 'energy' of a time period to our advantage, keeping us in flow which are rooted in natural principles. If I have a look at my chart I can know when to put elbow grease into a work project or lay in a hammock dreaming about a new creative venture.

Astrology looks at the relationships between celestial bodies to find meaning relevant to events on Earth. It is a natural medium that can help us become familiar with cycles of change. In my own life, studying the phases of the Moon and other planetary cycles has increased my capacity to feel more engaged in my own life's journey, even less frustrated when I want to harvest the fruit of my efforts which have not ripened sufficiently.

The Lunar cycle, that is the relationship between the Sun and the Moon is 29.5 days and within that period are 8 phases, each with a unique quality, alternating with the principles of Yin and Yang, offering respite or inner work, followed by more active or external pursuit. Each of us has a personal Lunar Cycle which is 29.5 years long.

Lunar phases are roughly 3.7 days long in real-time and 3.7 years long in individual lives. Moon signs play a role in this cycle by changing zodiac signs every 2.5 days. This creates a unique energy flow each month.

● The New Moon phase begins the Lunar Cycle. Seeds are planted, intentions set or promises made. Time to initiate something new. The moon sign colors the intention. Yang.

◐ The Crescent Moon Phase is used to understand the value of the intention and to gather information for the rest of the cycle. How will I change my routine? Yin.

◑ At the First Quarter Phase we are asked to commit. Resolve not to return to the old ways. It is time to build the foundation, protect and secure the intention. Yang.

◒ The Gibbous Moon is one where we recognize a solution or talent, followed by an analysis if it is going to bear fruit and what to do if it won't. Yin.

○ At the Full Moon, what was initiated at the New Moon is ripe. No more work to do but present the result to others. Feedback comes from the outside connections. Yang.

◓ The Disseminating Moon is a time to share what we have learned. We reflect on the larger meaning especially if feedback is not what we hoped. Time for reflection. Yin.

◔ Last Quarter Moons are decision-making times. What did we learn in the first quarter. Time to actively discard. Ideally integrity plays a role. If we let go, do this in a good way. Yang.

● Balsamic Moons close the Lunar cycle and prepare for the next one. It can feel like a time of loss in the personal Lunar cycle. Dream, meditate, envision, rest. Lying fallow prepares the inner landscape to accept the seeds of the next cycle. Yin.

Through watching these phases, one can learn astrology through daily life practice. I recommend journaling the highlights and feelings of each day, marking down the moon sign and lunar phase. Over time, you will understand your lunar pattern. You might notice where you would like to rest, pay attention even if the phase is not YIN or inner-directed, it may be the perfect time based on your own birth map.

February 8th Aquarius New Moon • 22nd Pisces Full Moon

March 8th Pisces New Moon & Solar Eclipse

March 23rd Aries Full Moon & Lunar Eclipse

April 7th Aries New Moon • 21st Taurus Full Moon

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