



## All About The Moon ☾

The moon establishes an essential rhythm in the body and instinctive mind. Ancient man understood the dynamic relationship between the planetary influences and nature. A great number of natural occurrences – the ebb and flow of the tides, fertility, the weather, the behavior of animals and many other occurrences are related to the movement of the moon.

To better understand the nature of the universe and our lives a little knowledge of the different phases of the moon may support your intentions.

### **The Waning Moon**

Best time to go on a detoxification diet, a good time for gardening and working the land.

### **The New Moon**

For new beginnings, projects, creative work, to give up bad habits, for cleansing or flushing the body.

### **The Waxing Moon**

Best time to build and strengthen your body and it's organ as the body absorbs most readily at this time.

### **The Full Moon**

Time to reflect into the deep, underwater caverns of the psyche elevating it to new levels of consciousness.

### **Moon (Luna) association**

Fertility, mother, wife, goddess, emotions, sensitivity, imagination, the unconscious mind, cycle of change

### **Moon sign**

Rules Cancer and the 4<sup>th</sup> House

### **Moon colour**

Blue, pale cold blue, silver

### **Moon stones**

Pearl, crystal, moonstone

### **Moon/Water associated essential oils**

Lotus, Myrrh, Lemon Balm, Clary sage, Valerian, Spikenard, Jasmine, Sandalwood and Buchu.

### **Moon Plant Qualities**

Sedative, hormone-balancing, narcotic, pain-killing, aid in dream work

To celebrate the *Full Moon* and *Mid-Autumn Festival* this coming weekend, here is a special Full Moon blend for the burner. The essential oils used for this blend are associated with the Moon and it's element, Water. Use this blend to access greater clarity and insight in your life.

### *Full Moon Burner Blend*

Jasmine ( <i>Jasminum grandiflorum</i> )	2 drops
Sandalwood ( <i>Santalum album</i> )	5 drops
Buchu ( <i>Agathosma betulina</i> )	1 drop or substitute with Clary sage ( <i>Salvia sclarea</i> ) 2 drops

### **How to use the essential oils blends above**

1. Fill up your burner with water
2. Add the appropriate essential oils to the water in your burner
3. Light up a T-light candle

### **A few tips on burner safety:**

- Keep burner away from young children and pets
- Make sure that the burner "cup" always has sufficient water in it when in use
- Always blow out the T-light candle before going out or going to sleep