



THE  
**MOON**  
**PRACTICE**

Connect to Your Essential Belonging



[attunedaccompaniment.com](http://attunedaccompaniment.com)



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**YOU BELONG.** Underneath the complexities of social connections and our connection to ourselves, we are fragments of nature. This is our Essential Belonging.

I have always felt connected to the moon (It's my last name!), but this practice really took hold when I experienced a dramatic rupture with a community precious to me. As I retreated from social engagements and into myself, I noticed my self-connection needed shoring up as well. Luckily, this rupture miraculously coincided with moving out of the city and to the countryside where I could easily connect with the tides, the trees, and wildlife. I began to feel at home even though I lost my entire community.

**I discovered my Essential Belonging.** I resolved to do things differently, to be more discerning and consciously connected to myself and others. I began setting intentions for this new life at the new moon and releasing some expiring element at the full moon. That was many years ago, and since then, many changes have taken place. Today I have a cadre of conscious connections, and I am living my best life.

You do not need to experience the kind of cinematic exile I experienced to benefit from this practice. I offer the story to illustrate **this practice is no joke: it has tremendous potential to see you through whatever growing pains you may find yourself in and arrive in your expanding life gracefully resourced by your Essential Belonging.**

**The Moon Practice is a tool for nurturing our relationship with our Essential Belonging as we navigate season after season of growth and change.** It is a resource to help us fulfill our deep need to contribute to the world around us. Start at the new moon, start at the full moon, start wherever you want. Make it your own. Use this practice to bolster your trust in yourself. Follow my instagram handle [attunedaccompaniment](#) to have reminders of the moon phase and the practice suggestions appear in your feed. This is my gift to you.

If you would like additional support in your moon practice, if you have a conflict that you would like help navigating, if you want to live a values-centered life, if you would like help asking for what you need, or acting in clarity with purpose, I also offer one-on-one coaching sessions to support your ongoing growth and expansion into your truest self. **We never stop growing. We always belong. We are never alone.**

If you would like to book a coaching session with me, learn more about my practice, or contribute to this effort, you can contact me at [www.attunedaccompaniment.com](http://www.attunedaccompaniment.com)

With love,



# BEFORE YOU BEGIN

**This practice is a simple act of tuning into the moon's phases and noticing what happens internally and externally. Experiment, play, and let this practice bring you closer to your Essential Belonging, that deep inner knowing of your immutable mattering.**

**Here are some basics:**

- ◆ The duration of the moon cycle is 28 days.
- ◆ There are eight major phases; each phase lasts a little over 3 days.
- ◆ **Follow my IG account [attunedaccompaniment](#) to have a reminder of the current moon phase and practice suggestions appear in your feed.**
- ◆ Waning Moon refers to the time after the full moon and before the new moon. This is the time when the moon gets smaller. This half of the moon cycle is associated with decreasing energy.
- ◆ The Waxing Moon refers to the time after the new moon and leading up to the full moon. This is the time when the moon gets bigger. This half of the moon cycle is generally associated with increasing energy.
- ◆ Moon time is "soft time." **Practice letting go of quotidian time.** Don't worry about the exact timing of each phase. Use the phases as guide posts, suggestions, or simply encouragement to practice noticing.
- ◆ Gently explore your existing definitions of "increasing energy" and "decreasing energy" as you practice. **Be willing to be surprised and learn more about yourself as you witness your actions in this practice.**
- ◆ Consider inviting a confidant to join you: sharing your moon intentions and releases with a friend adds connection to your life and boosts your practice.
- ◆ Have fun! invite playfulness into this practice. **Pleasure, play, and silliness are important parts of who we are that contribute to our wholeness and support our more serious actions.**



# NEW MOON

## SIGNIFICANCE

Rest

## INVITATION

Set a New Intention

## RITUAL

What does rest look like for you? How does it feel? Notice your relationship to rest. Does it come easy? Do you struggle to slow down? Did you hear a new intention for the upcoming Waxing Moon phase? Please recycle old intentions: Many efforts require more than one moon phase!

## CONTINUE

Waxing Moon phases ahead. Enjoy this rest before energy shifts from allowing to action





# WAXING CRESCENT MOON

## SIGNIFICANCE

Remember

## INVITATION

Acknowledge Your Allies

## RITUAL

Speak up.

Make a list of everyone and everything who is on your side, who supports your success in your new intention, and acknowledge them aloud in an incantation.

For example: "I am on my path. Change is natural. My ancestors want my success. My people (name them!) want me to succeed. All of nature supports me."

## CONTINUE

Are there any requests you can make to your allies in service to your intention? Can you be of service to any of them?



# FIRST QUARTER MOON

## SIGNIFICANCE

Request

## INVITATION

Ask for Support

## RITUAL

Reach out and let your needs be known. Ask for what you need! These may be direct requests to humans in the physical world or prayers to Other Realms.

## CONTINUE

New intentions are tender and fragile. Prepare to defend them against the existing patterns in your life.







# WAXING GIBBOUS MOON

## SIGNIFICANCE

Protect

## INVITATION

Offer Gratitude

## RITUAL

Invite an inhale into awareness of your deepest wisdoms functioning toward your survival every day. Exhale and offer gratitude for wisdoms that have brought you to this place of inviting conscious growth.

## CONTINUE

Repeat this gratitude practice as much as you like to support the protection of your new intention.

Consider what you need to let go of to make space for this new intention.





# FULL MOON

## SIGNIFIGANCE

Release

## INVITATION

Let Go

## RITUAL

Hold A Burn Ceremony.

Write down what you are releasing on a piece of paper and burn it safely, reciting what you wrote while it burns.

## CONTINUE

The Waning Moon phases of decreasing energy are ahead.







# WANING GIBBOUS

## SIGNIFICANCE

Shift

## INVITATION

Practice Releasing

## RITUAL

Try a somatic experiment.

Inhale and fold your hands (or other available body part) into a soft squeeze. Bring your release topic to mind as you exhale and relax your hands. Notice the feelings in your body. Can you feel the release in your muscles? Your bones? Notice your experience.

## CONTINUE

Repeat this somatic experiment as much as you like to support the creativity bubbling up into spaciousness.



# LAST QUARTER MOON

## SIGNIFICANCE

Allow

## INVITATION

Deep Listening

## RITUAL

Review your Full Moon release.

Think back on the last couple days and scan your life for signals, coincidences, or other subtle clues of movement.  
Are any new desires or wishes emerging?

## CONTINUE

Remind yourself, "What I want matters."





# WANING CRESCENT MOON

## SIGNIFICANCE

Connect

## INVITATION

Radical Self Care

## RITUAL

Expand the possibilities of self care.

Time is our most precious asset. Look at how you are spending yours. Is it in alignment with your values? Can you bring more balance to the equation you find?

## CONTINUE

The next phase is the new moon rest. Look ahead on your calendar. Is there anything you need to shift to allow time to rest?





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## CONTINUE

Waxing Moon phases ahead. Enjoy this rest before energy shifts from allowing to action

