

Waning Moon

Release & Receive

Welcome to the 3rd Quarter
Inner Autumn
Letting Go
The Wild Woman

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The Waning Moon is a time for celebration and reflection, in preparation for a new cycle to begin.

Use the following journal prompts to help you identify what is no longer required so you can let go and make space for the new.

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Journal:

What has manifested for you over this lunar cycle?
What can you complete, and/or let go of, ready for
the New Moon?

How will you slow down and create space in your
body, mind & environment?

How can you harness the energy of autumn & the
wild woman to support you?

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What to do:

Detoxify your body & mind of unnecessary thoughts, foods & emotions

Clean & tidy your home/workspace

Complete tasks or projects. Let go of unfinished tasks that are no longer aligned

Activate the energy of your wild woman using dance & sound

Release all resistance to slowing down

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As you move through this phase continue to celebrate this cycle:

Acknowledge all that has been brought forward, all that is no longer required, every effort you have made, and others who have supported you

Celebrate this cycle's success with a ritual that is right for you:

Use crystals, dance, meditation, essential oils, to help you slow down and let go

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Look how far you have come!

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