

# NEW MOON

W o r k b o o k



## Design and Manifest with

The Moon | Astrology | Tarot

[www.yesspiral.com](http://www.yesspiral.com)

# The New Moon Workbook

## Note From YesSpiral



*Hola,*

Thank you for downloading the New Moon Workbook! It is designed to inspire you to set intentions and focus on manifesting the life you want. Under the influence of the moon, tarot, and astrology

The moon is the closest celestial body to the earth and the sun's reflection is what makes the moon visible to us Earthlings. As the moon orbits around the earth it picks up the energy of the 12 zodiac signs see page see page 3 and 4 for specifics on the moon phases and each of the 12 zodiac signs.

The moon starts a new cycle when it meets up with the sun, this is known as the New Moon. The New Moon is the best day to set intentions and make goals. Go with your gut and intend/wish for whatever you want. Make your intentions as micro or macro as you want. Some of your intentions will come to fruition while others are just to get your imagination and creativity flowing. The waxing and waning energy of the moon will get you comfortable with letting go. Limit your intentions to 10 otherwise you risk diluting the energy of your intentions.

The tarot spreads on pages 6 & 7 are to get you focused on what you want to accomplish (new moon) nurture to grow (waxing moon) celebrate/forgive (full moon) and release (waning moon). The the seed of the next moonth is what makes this a spiral practice. Every new moon is connected to the next in spirals of intentions and attention.

Make space in your calendar for this New Moon personal development practice.

For more information and to get new moon workbook aligned with a zodiac sign go to: [www.yesspiral.com/themoonth](http://www.yesspiral.com/themoonth)

I would love to see your new moon tarot spread share it on instagram using the hashtag [#monthlyspread](https://www.instagram.com/explore/tags/monthlyspread).

May the phases and cycles of the moon inspire you to design and manifest the life you want.

*Yes Spiral*

# The Moonth

## Phases

A new moon cycle is the approximately **29.5 days** the moon takes to orbit the earth. Yesspiral refers to this timeframe as **the moonth**. As the moon orbits the earth, it continuously changes phase and transits through all **12 zodiac signs** giving us a signal of where it is in its cycle. Yes Spiral focuses on five phases below.

 <p>Plant Seeds</p>	<p><b>New Moon   Set Intentions and Make Wishes</b> 0 - 3 Days after the New Moon <b>Rises: Sunrise   Zenith: Noon   Sets: Sunset</b> When the moon meets the sun in a zodiac sign, a new moon cycle begins. Set your intentions on what you want to accomplish on a inspirational (wands), practical (pentacles), emotional (cups), or rational (swords) level. <b>Card 1 of monthly spread.</b></p>
 <p>Seed Grows</p>	<p><b>Waxing Moon   First Quarter   Nurture Intentions</b> 7 - 10 Days after the New Moon <b>Rises: Noon   Zenith: Sunset   Sets: Midnight</b> Review and nurture your intentions by converting them into goals. Notice what is growing in your life. What in your life (person, place, or thing) will benefit from your attention? <b>Card 2 of monthly spread.</b></p>
 <p>Peak Full Bloom</p>	<p><b>Full Moon   Peak   Gratitude and Forgiveness</b> 14 - 17 Days after the New Moon <b>Rises: Sunset   Zenith: Midnight   Sets: Sunrise</b> The full moon brings a culmination or peak of energy. Give thanks for all the blessings in your life and forgive any grievances bringing you down. Charge your crystals in the light of moon and dance to make use of the any extra energy. <b>Card 3 of monthly spread.</b></p>
 <p>Release</p>	<p><b>Waning Moon   Third Quarter   Reflect and Release</b> 21 - 24 Days after the New Moon <b>Rises: Midnight   Zenith: Sunrise   Sets: Noon</b> Reflect and assess what is working and what is asking to be released from your life and intentions list. Make note of what brings you joy and what frustrates you. <b>Card 4 of monthly spread.</b></p>
 <p>Receive Seed</p>	<p><b>Dark Moon   Integrate Lessons   Banish</b> 25 - 28 Days after the New Moon <b>Rises: Sunrise   Zenith: Noon   Sets: Sunset</b> Time for introspection. Take a moment to look back over the moonth, integrate what works and banish what is no longer in alignment with your desires. Prepare for the new moon cycle. <b>Card 5 of monthly spread.</b></p>

# Astrological Signs Reference

Each of the zodiac signs and planetary rulers holds dominion over different life aspects described in the keywords. Every Moonth (29.5 days) the moon starts a new cycle in one of the 12 zodiac signs, spending approximately 2.5 days in each of the 12 signs per cycle.

## 12 Zodiac Signs, Elements, Planetary Rulers and Keywords

Zodiac Sign	*Date	Mode	Element	Planetary Ruler	Keywords	
	Aries	Mar 21st	Cardinal	Fire	 Mars	Independent, Self Aware, & Energetic. Capacity to take action.
	Taurus	Apr 21st	Fixed	Earth	 Venus	Productive, Resourceful, and Stable. Recognition of Love, Art, & Beauty.
	Gemini	May 22nd	Mutable	Air	 Mercury	Communication, Learning, Networking. Skills and Reasoning.
	Cancer	Jun 22nd	Cardinal	Water	 Moon	Emotional Awareness, Family, & Home. Intuition & Daily Habits.
	Leo	Jul 23rd	Fixed	Fire	 Sun	Creative Expression, Charisma, Enthusiasm. Soul Purpose & Identity.
	Virgo	Aug 23rd	Mutable	Earth	 Mercury	Analytical, Critical, and Curious. Communication, Skills and Reasoning.
	Libra	Sept 23rd	Cardinal	Air	 Venus	Beauty, Equality, & Balance. Recognition of Love, Art, & Beauty.
	Scorpio	Oct 23rd	Fixed	Water	 Pluto	Mysterious, Perceptive, Transformation. Death and Rebirth.
	Sagittarius	Nov 22nd	Mutable	Fire	 Jupiter	Explore and Expand the Mind, Playful. Quest for Truth and Meaning.
	Capricorn	Dec 22nd	Cardinal	Earth	 Saturn	Structured, Organized, and Traditional. Creates Order and Discipline.
	Aquarius	Jan 20th	Fixed	Air	 Uranus	Innovative, Original, Creates Collective Change. Individual Expression.
	Pisces	Feb 19th	Mutable	Water	 Neptune	Introspective, Intuitive, Imaginative. Connection to Spiritual Self.

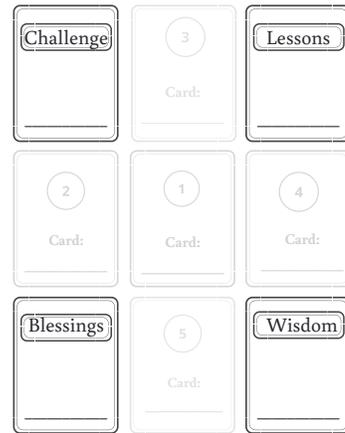
\*Displayed dates are when the **Sun** goes into each sign. These dates are fixed and may change by a day or two. The dates the moon transits into each sign is flexible and varies monthly. The New Moon occurs when sun and moon meet in a zodiac sign.







# Moonthly Development



Keep track of your personal development as the moon waxes and wanes. Write in your intuitive insights or use an oracle or tarot deck to get your intuition flowing. Place the cards around your Moonth Spread (page 6).

## Moonth Blessings

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## Moonth Challenge

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## Moonth Lessons

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## Moonth Wisdom

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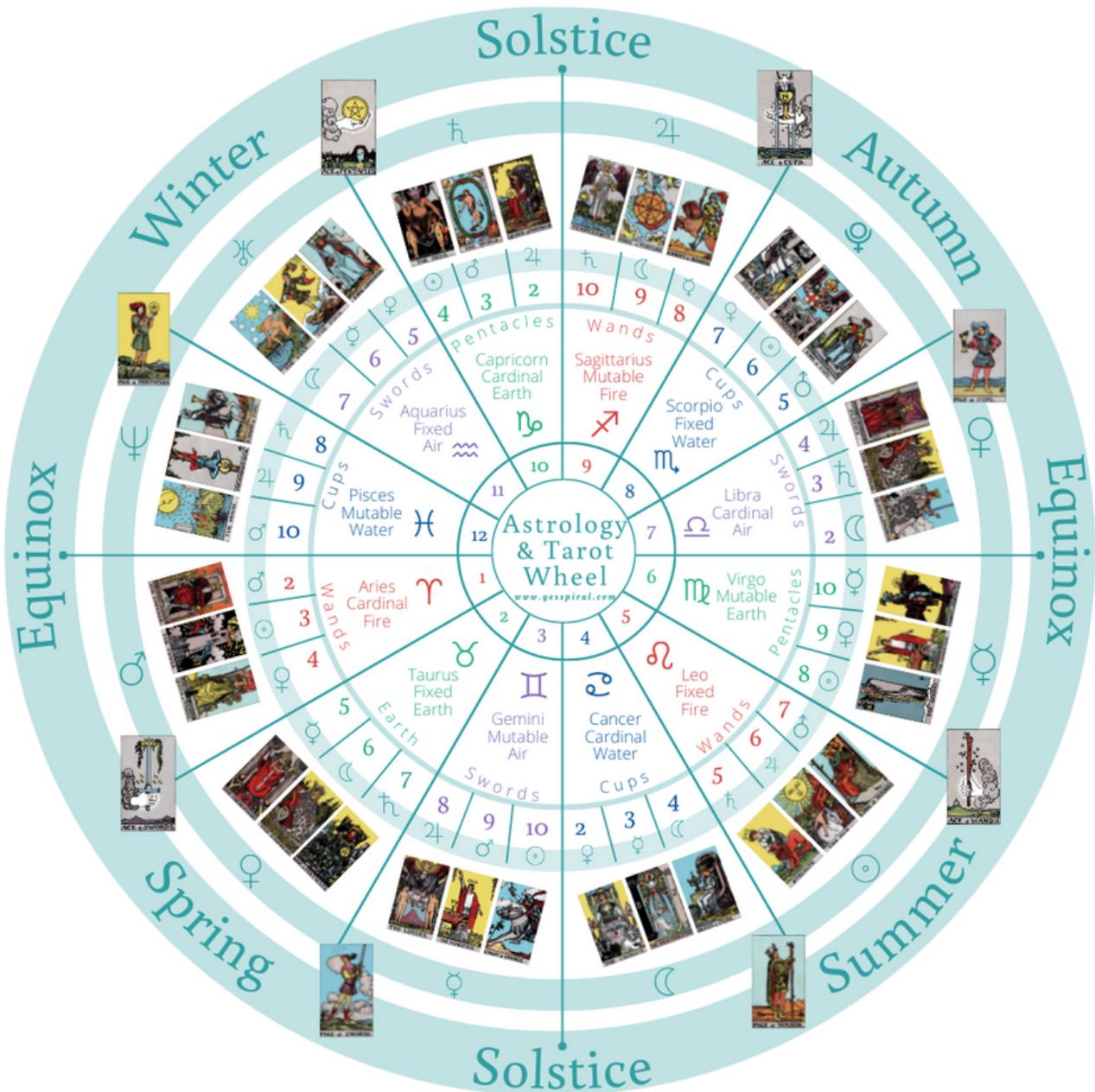
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# Astrology & Tarot Wheel

The YesSpiral Astrology and Tarot wheel includes 78 tarot cards, 12 zodiac signs, 10 planets, four elements, and three modalities. Use it to add insight to your tarot spreads.

## Exercise

Find and circle the cards from your monthly spreads. Notice any patterns where they fall? What other information can you glean from their placements?





## About YesSpiral



*Hola,*

For over ten years I've been on a spiral journey of the mystical and spiritual. Of all the modalities I've learned tarot, the moon, and astrology are my most trusted companions.

Tarot helps me to quickly tap into my intuition so I step into the future with confidence by mirroring the present and revealing my blind spots. The moon and

her constant state of growing (waxing) and letting go (waning) keeps me on track to continue designing the life I want to live. Astrology focuses my attention on the most potent energy in which to set intentions, goals and wishes. YesSpiral was created with the intention to get you spiraling into synchronicity with tools, practices, and inspiration, to lead you to design the life you want.

On my website, [www.yesspiral.com](http://www.yesspiral.com) you can schedule a collaborative tarot reading, you will find a blog discussing tarot, the moon, herbalism, plus more. You will also find new moon workbooks specific to the current moon to get you focused on the energies of the specific time.

May the phases and cycles of the moon inspire you to design and manifest the life you want.

*Yes Spiral*



*Yesspiral*

# New Moon Mandala

Create your own



May the *phases* and *cycles* of the moon  
inspire you to *design* and *manifest* the life you want.

*Yesspiral*