



# The Third Quarter Moon

## *Week of Completion*

### DOS AND DON'TS

The energy available this week is for completing any projects, tasks or goals that are calling to you and for releasing the lessons and blockages that came up during this lunar cycle.

Dos	Don'ts
<b>Wind Down &amp; Do Less</b> Allow yourself to surrender to the lessening energy available. Take advantage of our calming playlist to help you get in the mood.	<b>Start New Projects</b> The energy available is for finishing and reflecting, not for beginning. Avoid starting new projects if at all possible.
<b>Release Blockages</b> What came up for you during this lunar cycle? Let our Completing & Releasing Worksheet guide you.	<b>Overextend Yourself</b> Don't overschedule yourself or take on more than you can handle. Your energy is waning! Take care not to say "yes" when your body is saying "no."
<b>Complete Projects &amp; Tidy Up</b> Finish whatever projects and tasks can be completed with ease. Take a moment to tidy your work and home space.	<b>Beat Yourself Up</b> Sometimes we have grand ideas of what we can accomplish in a lunar cycle. Be kind and patient with yourself and your journey.
<b>Surrender to All You've Learned</b> Feel gratitude for the lunar cycle that you've completed. What have you learned?	<b>Push Yourself</b> This is a time for following the path of least resistance; there is only limited energy available for pushing through challenges.
<b>Prepare for Next New Moon</b> As you wind down and finish your task list, you make space for your new intentions. Allow the stillness to begin to overtake your energy to prepare for the next lunar cycle.	<b>Overeat and Overindulge</b> Your digestive system has less energy to metabolize excessive food. Take care to eat only what you need or indulge in a smaller portion. Consider a mini-cleanse if you're so inclined.

