



Module 6

Transcript

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MODULE 5: FULL MOON - WEEK OF EXPANSION

Welcome to Module 6: Third Quarter Moon- The week of releasing towards Completion.

Let's wind up the lunar cycle learning the next step towards living in-tune with the Moon with ease.

In this module you will learn what the timing of the Third Quarter Moon is, its natural energetic state, the Dos and Don'ts' of connecting to the energy of the Third Quarter Moon and how to easily approach your life staying within this rhythm.

To make your learning experience of the Third Quarter Moon phase enjoyable, we have broken down each lesson into short, teachable videos.

Accompanying each module are fun cheat sheets and a Third Quarter Moon playlist to support you as you reflect, support and surrender to your New Moon intentions. These additions will help you take the next step towards living a lunar lifestyle quickly and with ease.

Take time to reflect and bring meaning to your intentions this week. This is the time to surrender and reflect upon your journey and prepare for your next New Moon intentions in the following new lunar cycle.

**Let's get started with Lesson 6.1 What is the Third Quarter Moon.
See you there!**



LESSON 6.1: WHAT THE THIRD QUARTER MOON IS

Welcome to Lesson 6.1: What is the Third Quarter Moon.

In this lesson, you will learn the benefits of the Third Quarter Moon, how to connect to the energy state of the Third Quarter Moon, and how to support your personal transformation with each lunar cycle and using your Astrological Natal chart. Are you ready? Let's get started!

The Third Quarter Moon starts to slow things down so you can align with the energy of reflection and begin your journey of going inward. Moving towards stillness will prepare you to begin the next lunar cycle with the following New Moon in a new sign.

Like late Fall and early Winter, the Third Quarter Moon guides you into reflection upon your journey of achieving your intentions, dreams and goals. Just like the plant cycle in nature, the Third Quarter Moon completes its cycle of growth and releases its seeds to surrender to the renewal of the Winter season.

This is the waning phase of the lunar cycle meaning that the Moon is losing light and losing strength. Third Quarter Moon phase releases and completes your New Moon intentions. With less energy, you will do well to rest and focus on your ability to surrender. Winding down your energy in this way allows you to come into the energetic state of stillness.

The Sun and Moon have made their last and final angle to each other, a 90 degree square. This angle of tension creates a "crisis in meaning". So with the Third Quarter Moon, reflection is the key to finding meaning and purpose for your emotional journey.

Here your dreams, goals and possibilities have completed their journey through the lunar cycle and you can let go of your New Moon intentions. The act of releasing your attachment to your intentions is strengthening your relationship to trusting the Universe, your Higher Self and your inherent wisdom.

The Third Quarter Moon phase is when we slow down and move towards Reflection and Surrender. Taking the time to slow down is keeping in the rhythm of the entire lunar cycle. Remember that living in your natural vibration as a woman requires the balance of activity and rest. Believe me, you will feel so much better and more empowered as a result.

Similar to the plant cycle, the Third Quarter Moon is the time to disperse your seeds for the next cycle and allow yourself to shed your skin and be renewed. Adjusting your behavior to be more in-tune and similar to nature will give you the extra advantage to be able to tap into bigger energetic resources.



Third Quarter Moon carries the primal force for self-examination. This is an energy rich time to reflect on the last three phases in the lunar cycle. Be quiet and still like the energy of Winter to receive the benefits of self-exploration.

When you align with the Moon's waning phase, you are invited to ask yourself, "What happened during this time in my life?" Getting quiet and moving more inward allows you space to ask these questions. And in this space, you are more able to hear your answers.

"Who were your key players?" Who stands out either positively or negatively or both. As you reflect and review what happened during your lunar cycle, you can see who or what played a key role in your experience. Look for both positive and negative aspects. Sometimes those playing a negative role prove to be your best teachers.

"What outdated patterns surfaced?" This is the optimum time to release old, stuck, repetitive patterns. Go for it! This is the part I like the best because living with the Moon, I have been able to address these old patterns, understand them and move the energy to make room for something better in my life.

"What new possibilities are present as the old is released?" As you release the old, you are making space for something new to appear. Take control of your future and destiny by allowing yourself to have, be and experience more of what your heart truly desires.

This is when we let go and make room for something new to grow during the next lunar cycle. Give yourself permission to have what you want. Once you get clear on what that is, you can align with the appropriate emotional energy to attract and manifest it in your life.

Third Quarter Moon is the time to make a fresh start with your insights and prepare for the next lunar cycle. That is why this lunar phase is so important to connect to as it brings the entire lunar cycle full circle. As you reflect upon what has been and release what no longer serves your highest good, you make room for a fresh start and brand new possibilities.

Knowing how the Moon is affecting you personally by understanding and utilizing your personal astrology chart, just helps you hone in with precision on taking back your personal power and accelerating your personal growth and transformation.



In summary, you learned

- The Third Quarter Moon is when the Sun makes its last square angle with the Moon in the sky.
- The Third Quarter Moon reflects back to you your journey throughout the lunar cycle.
- The Third Quarter Moon asks you questions to find the significance and meaning of your personal transformational journey.
- Third Quarter Moon is a time to assess, understand and discover who and what can sustain your New Moon intentions.
- As you let go of your intentions, surrendering to the Moon's wisdom, you make room for what wants to be created in the next lunar cycle.

This concludes lesson 6.1 What is the Third Quarter Moon. In the next Lesson, we will go over the Energy State of the Third Quarter Moon phase. Understanding the energy state shows you the way to align with its power and gifts. See you in the next Lesson 6.2: Energy State of the Third Quarter Moon!



LESSON 6.2: ENERGY STATE OF THE THIRD QUARTER MOON

Welcome to Lesson 6.2: Energy State of the Third Moon.

In this lesson, you will discover the energetics of the waning Third Quarter Moon, how to connect to Third Quarter Moon energy, and how it brings meaning and significance to your New Moon intentions. We have now come full circle and you will see how the lunar phases are inseparable. One relies on each other to achieve its goals and purpose. Are you ready? Let's get started!

The energy state of the Third Quarter Moon is waning. Each day after the Full Moon the energy lessens and decreases. The Moon loses light and seems to disappear in the night sky.

Like the season of Fall, we shed our leaves and return to the Earth to compost. The Third Quarter Moon phase is the time to let go and allow anything that does not serve you fall to the Earth's energetic field to be composted as rich, fertile soil to plant your seeds for the next lunar cycle.

After the celebration of the Full Moon, your outward energy now turns inward and comes back to you for Reflection. Drawing your energy back towards you after your massive expansion and celebration is key. This is the time to schedule less social activities or make them different in nature that allow you to slow down and go inward.

Third Quarter Moon energy themes are: reflection, surrender, dying and letting go. Just like Fall and Winter when the weather turns cold, this is time to settle down and get more quiet. Spend time in meditation, reviewing what has taken place for you during the last three phases or weeks. If you find old habits that didn't serve you well, you can surrender to this realization and allow those habits to die and return to the Earth. Practice letting go.

The Moon is losing light and decreasing in strength. Allow your emotions to do the same by becoming more aware of your feelings. This is not the time to get super busy or engage in confrontations that demand a lot of emotional energy. This is the time to reflect upon these issues if you have them and consult your inner guidance or a trusted friend or therapist to talk them out.

This energetic step is very important. Utilize this phase and tune into its gifts because it sets the tone for the next lunar cycle. If you don't slow down, you are less likely to be able to authentically align with the vibration of stillness that is required for you to effectively plant new intentions for the upcoming New Moon phase.

Wind down and go dark with the 3rd Quarter Moon and at the same time, prepare for next New Moon. This lunar phase serves a dual purpose. First, you have the opportunity to reflect upon yourself and your lunar cycle. There is always gold to be found in reviewing what has gone



on. Second, you engage with the correct energy that is slower to set yourself up for success at beginning the cycle again. Your physical, emotional, mental and spiritual bodies will thank you for allowing this sacred time of rest and reflection.

3rd Quarter Moon energy is opposite of 1st Quarter Moon energy. Where the First Quarter Moon is igniting action and lighting a fire under you, Third Quarter Moon is the water putting out the excessive flame. One gets you going like caffeine and the other slows you down like chamomile tea.

Both moons are half light and half dark. Both moons appear similar to each other. The only difference is one side is lit up during the First Quarter Moon and the other side is lit up during the Third Quarter Moon.

1st Quarter Moon is expanding, active and form building. This phase is increasing in power and strength. It is designed to get you into action, breakthrough stuck patterns and achieve your goals.

3rd Quarter Moon is reflecting, passive and searching for purpose. This phase is decreasing in power and strength. It is designed to slow you down and become reflective and internal. This is the energy state to find deeper meaning and glean wisdom, learning to trust yourself and the Universe.

1st Quarter calls for “Action” and 3rd Quarter calls for “Meaning”. If you find yourself not in those modes during the correct timing of the lunar phases, you will experience a “crisis” due to the misalignment of energy.

3rd Quarter Moon energy seeks significance and meaning. This is the rich part of the lunar cycle because the search for meaning gives sense to your “why”. It helps you dig deeper, want more of something that is real and has value.

Material or Spiritual success aren’t as fulfilling without a sense of purpose and a sense of contribution to the greater whole. Your efforts during the lunar cycle must have meaning so they require significance. Reflecting upon what you can learn and experience with each lunar cycle helps you tap into your true purpose for being here. Living a lunar lifestyle helps you discover your deeper truths, your Soul gifts and how you are meant to contribute to the greater good.

Failure to achieve your goals and intentions also help you find the meaning. Remember failures are opportunities to grow in disguise. When you find meaning and significance, it transform failures into successes! And you automatically feel better about yourself and who you really are.



Many successful women have experienced failures: Oprah Winfrey, Lucille Ball, J.K. Rowling, Arianna Huffington. Finding your meaning and significance helps you stay strong, focused and committed. Connect with your heroes and people you admire. They can inspire you to keep going and achieve your greatest dreams.

Lunar phases rely on one another. Each one seamlessly flows into the other. Each consecutive phase relies on the connection to the energy of the previous phase. Living in accordance with each phases' authentic energy, sets you up for success and the correct energy alignment as you begin each phase.

New Moon intentions get created, planted and nourished. They need that moment of stillness to connect to the spark of life infused from the Earth's magnetic energy.

1st Quarter Moon puts the intentions into action. Here there is extra energy available to help you get into action and breakthrough obstacles. This when you can power through and show yourself how strong, focused and determined you really are.

Full Moon brings your intentions to light, expanding and bearing fruit. This is the time to expand your intentions and celebrate their fruition. All your hard work in the First Quarter phase pays off and it feels like time to party. Be social and celebrate with those you care about.

An organized support network of your intentions has been born. This network involves and affects others. During the Third Quarter Moon phase as you reflect upon your experience, you learn about what network and support system you need to sustain your manifestations and foster them to keep bearing fruit.

It is in your community of others that sustains your New Moon intentions and foster their longevity. This is why having a supportive network of trusted allies is very important. These trusted friends, coworkers, colleagues and family members create the energetic field of support that help sustain your new breakthroughs and manifestations.

During the Third Quarter Moon phase, reflect on who falls into this category for you and call upon them to support you as you accelerate your personal changes. This will help you help you as you continue to live in harmony with each lunar cycle.

In Summary, in Lesson 6.2 you learned

- The energetics of the 3rd Quarter Moon
- The 3rd Quarter Moon seeks meaning and significance
- How each lunar phase relies on the each other to empower your personal growth



This concludes Lesson 6.2 the Energy State of the Third Quarter Moon. In the next Lesson, we will go over the Do's and Don'ts of living in-tune with Third Quarter Moon phase. Sometimes understanding what not to do is an easier way to learn about the right things to do! See you in the next Lesson 6.3: Do's and Don'ts!



LESSON 6.3: DOS & DON'TS WITH EXAMPLES

Welcome to Lesson 6.3: The Do's and Don'ts of The 3rd Quarter Moon phase.

In this lesson we will go over in detail the Do's and Don'ts for aligning with the energy of the waning Third Quarter Moon lunar phase and why this is so important when effectively connecting with the energy. The Third Quarter Moon phase takes you into the next level of manifestation and creation by reflecting, releasing and surrendering to your New Moon intentions. This is the time to grab your handy cheat sheet called, "The 3rd Quarter Moon: Week of Reflection Do's and Don'ts".

Let's go over the Do's and Don'ts with why this is so important when effectively connecting with the Third Quarter Moon. You will learn how to sustain your breakthroughs and goals and support your empowerment and continued growth.

The "Do's" of the waning Third Quarter Moon are about tidying up your To-Do list.

- You will do things like Complete projects.
- De-clutter and Move unwanted objects out of your living space.
- Release what no longer serves you and surrender to what is.

The best "Do's" during the 3rd Quarter Moon is Reflection! It can be small or big things. You now have the energy to slow down.

Energy is waning so take full advantage of moving slower, more reflective. Do this and you will embody the truth of surrender.

So take this week to focus your energy, attention on reflecting upon your New Moon intentions.

Let's start with the Cheat Sheet:

#1: Wind down and do less.

This is the time to allow yourself slow down and take advantage of the decreased energy. If you need help slowing down, listen to the Calming playlist to wind down.

#2: Release blockages.

As you reflect upon your lunar cycle experience, what came up for you? Where was your inertia? Did you have resistance? Use the Completing and Releasing worksheet to guide you through this process of going deeper with the lunar cycle.



#3: Complete projects and tidy up.

Finish up easy projects and/or tidy up, cleaning and letting stuff go. Remind yourself this is the week of lessening your energy so stay mindful that you are finishing up with ease.

#4: Surrender to all that you have learned.

A powerful way to unwind and move into surrender is to focus on your gratitude. What are you grateful for this lunar cycle? What have you learned? How have you grown? Feel thankful for that!

#5: Prepare for the next New Moon!

As you wind down and finish up, let go of this lunar cycle and move towards stillness. Releasing what has been makes space for what is to come. Listen to your inner guidance and Wisdom to go deeper and connecting with your Feminine empowerment.

Understanding the “Don’ts” for the 3rd Quarter Moon phase helps you deepen your understanding of this energy cycle. When we know what not to do, our brains automatically kick in with an “Aha” moment. Let’s look at the “What not to do”:

The “Don’ts” include things like not starting a new project.

- Not trying to push through blocks.
- Not exercising like a ninja.
- Don’t add more to your To-Do list.
- Don’t go on vacation where you plan to be super busy (do go on a vacation where you can truly rest, reflect).

The biggest one is Don’t be too active! There is an unlimited amount of energy available now and you will exhaust yourself. Doing too much dips into your reserves that are meant to be saved for you for old age!

Let’s start with our Cheat Sheet :

#1: Don’t start new projects.

The energy available now is for finishing projects. There is not the ripe fertile energy in this phase that creates success when starting a project.

#2: Don’t overextend yourself.

This is the biggest “Don’t”. There simply is not the energy to support you doing more. The energy is lessening so too should your level of activity. Doesn’t mean to do nothing but do it in a way that does not require a lot of energy to complete.



#3: Don't beat yourself up.

Focusing on your “should haves” and “could haves” will not get you into the energy of reflection, gratitude and seeing what you have accomplished. Whether it is big or small, it is more about aligning yourself with Nature and in the right vibration. Being kind to yourself is powerful!

#4: Don't push yourself.

You will feel more exhausted than normal. This is the time to slow down and listen to your inner guidance. Follow the path of least resistance. If challenges show up save them to work on next lunar cycle.

#5: Don't overeat and overindulge.

This is actually a great time for a cleanse and eating less. There is less metabolic energy in your system and can't digest large amounts of food - too much and too rich.

Excellent! Now you have a better sense of what to do and not do during the 3rd Quarter Moon phase! If forget or get confused, try understanding the “Don't”s first. Usually the double negative cancels out confusion and you get the lesson much easier.

Have fun looking at your personal calendar and scheduling time to rest!

You most likely will want to rearrange tasks and focus on things that you can finish during this phase.

Take notes of how you feel especially if you are able to compare it to other 3rd Quarter Moon times in the recent past.

Have fun slowing down, reflecting and unwinding your life with gratitude, focus, surrender and tidying up to align with your natural vibration as a woman!

This concludes Lesson 6.3 and now you have a more clearer understanding of how to align with waning Third Quarter Moon energy. See you in the next Lesson 6.4 learning how to approach your life with 3rd Quarter Moon energy!



LESSON 6.4: HOW TO APPROACH LIFE WITH THIRD QUARTER MOON ENERGY

Welcome to Lesson 6.4: How to Approach life with 3rd Quarter Moon Energy.

In this lesson, we will be putting it all together. Now that you have a better understanding of waning Third Quarter Moon energy through the last three lessons, now it's time to see how it fits into your new way of living with the Moon.

- Begin getting reading to unwind emotionally and energetically with this phase of the Moon.
- This is a great time to start a cleanse, go on a diet, decreasing your caloric intake.
- Take Hatha or Restorative yoga class.
- Any movement that is slower and helps you go within.
- Go on a retreat.
- Take a nap.

Approaching life in the Third Quarter Moon phase would be about finishing projects and tying up loose ends.

Start and end your day with 5-10 (or more) minutes of quiet time in a place where you can become more reflective. Breathe slowly and deeply, feeling sensations in your physical body.

Practice becoming more aware as you mindfully move more slowly through your day.

Finish your day taking a bath with candles or soft music. The Calming playlist is great.

You want to be taking all the inward directed energy that you engaged in during the 3rd Quarter Moon phase and begin to bring it in, going more Yin.

Re-read your guidance worksheets from the lunar cycle.

Goals come to light during the Full Moon. During this time you can see your role and the roles of others to sustain them. Reflect on the function, responsibilities and clearly define your needs at this time.

If your New Moon intentions were to create something – look to see how others need to be involved to continue the life of your creation.



If your New Moon intentions were self-improvement – look at your new place and purpose amongst the larger whole, your public image and how others will perceive you as your growth comes into view.

3rd Quarter Moon asks for “Meaning”. Reflect on this.

How does your new growth or creation contribute to the greater whole? What purpose are you fulfilling? Search for significance.

Surrender to any perceived “failure”. Failure to achieve desired goals or results calls for you to understand its meaning, too. Meaning can transform failure into success. For many great leaders were once great failures.

3rd Quarter Moon energy is the “tester and maker” of character and integrity. Take the timing of this lunar phase for self-examination.

As you take time to slow down and be reflective, you are creating the space to be still to energetically set intentions for the upcoming New Moon lunar cycle.

It’s really hard to set intentions during the New Moon phase if you have been running around and not allowing reflective time at the beginning and end of your day. It makes it almost impossible to stop and drop into stillness that must happen beneath the Earth’s surface in order for a seed or intention to take root, germinate and grow into fruition.

Here’s an example of living and aligning with Third Quarter Moon energy. Let’s take a look at Lunar Lady Donna. She has a natal Moon in Taurus in the 12th House with a Gemini Rising sign. It was during the lunar cycle that started with a new Moon in Aquarius, in her 9th House of Spirituality. Her intentions were to get more closely in-tune with the bigger picture and meaning of her future. She knew from being in the Lunar Ladies Club that having a natal Moon in Taurus, being outside in Nature would help her get in touch with her emotional future and that Aquarius energy wanted her to surround herself with her tribe of close friends.

During the lunar cycle she experienced a break up with her boyfriend. During the Full Moon in Leo, her heart felt broken and she couldn’t connect with the joy present in her life. But as the Third Quarter Moon flowed through her Seventh House of Relationships, she was invited to look at the bigger picture of the relationship between her and boyfriend. She rested, reflected and sought out the bigger truth of why they were in each other’s lives and what they could teach each other. She spent that lunar phase being a student of her higher mind and inner wisdom. She spiritually traveled through her relationship and wrote down everything that spoke to her.



Through utilizing the energy of the Third Quarter Moon to slow down, reflect and surrender, Donna was able to find a deeper meaning and move her emotional energy. She reflected upon her New Moon intentions to get more closely aligned with her bigger picture of her future moving forward. She realized she needed her close friends to help her feel better and get back out there and be social. She reached out to her friends who were more spiritually-minded and she let herself be soothed by their wisdom as well. Donna was able to move through the break up more easily than if she hadn't known how to personally align with the truth of what it was all about for her.

Pretty amazing how Donna used the lunar phase to help herself and how living with the Moon helps us all transcend our limitations and obstacles with more ease and grace.

Start looking through your calendar for when the next Third Quarter Moon phases are happening. Make sure you plan for more rest and reflection during these times. When you know what the zodiac sign is for these Third Quarter Moons you can clarify in what energy you want to surrender to. Knowing your personal astrology chart you can focus the energy available into what part of your life this is aligning with. Lunar Ladies are superstars when it comes to understanding themselves and their energy.

In summary, you learned

- How to tune into the Third Quarter Moon frequency.
- Ways to reflect and bring in support for your New Moon intentions and.
- Surrender to “failure” and self-examination are keys to your personal growth.

Congratulations! You completed Module 6 and the Living a Lunar Lifestyle e-course! We are so proud of your accomplishment and commitment! You are now more empowered in knowing how to surrender to the Third Quarter Moon frequency.

Watch these videos over and over and keep familiarizing yourself with how to live with the Moon. Living a lunar lifestyle you know how to sustain your personal growth and enjoy living your life with more purpose and new meaning.

You are awesome and welcome to the Sisterhood of women return to the Divine Feminine and living in harmony with the Moon. Thank you for making the planet a better place to live because you are in it holding a vibration of the empowered Woman! We love you!

