

NEW PHASE

Emergence and Initiation

Gemstones

Labradorite – new beginnings, light in the dark, originality, navigating changes, strength, clarity of inner sight, following your destiny, third eye chakra activation

Black Obsidian – creativity, seeing and following your purpose, facing your true self, protection, prophecy, releasing negativity, grounding

Essential Oils

Juniper Berry – new beginnings, protection, clearing, energizing, clairvoyance, purification

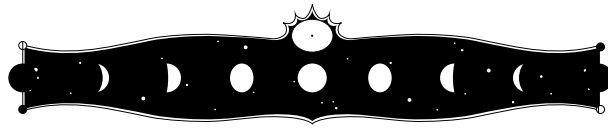
Lemon – positivity, awareness, spiritual awakening, immune booster, releasing old ways of thinking and feeling

Spirit Animal

Panther – reclaiming your true power, asserting your will, strength in silence and darkness, awakened passion, rebirth

Mantra

I am discovering who I am by experiencing life. I don't need to know what will happen. When I trust my inner guidance and act on my instincts, I win.



CRESCENT PHASE

Expansion and Foundation

Gemstones

Carnelian – vitality, creativity, courage, motivation, endurance, attracts resources, power to overcome difficulties and work toward goals

Laguna Agate – flexibility, recognize all things are possible with focus, release depression, acceptance of what is

Essential Oils

Ylang Ylang – relieves anxiety and stress, emotionally healing, enthusiasm, clears negativity

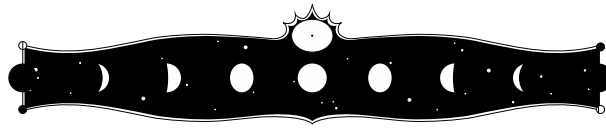
Basil – protection, courage, strength, integrity, uplifts the spirit, stimulating, restorative, clarifying, fortifying

Spirit Animal

Beaver – persistence, building your dreams, diligence, productivity, structure, transforming reality

Mantra

I have the strength and dedication to build a new future. When I focus on what truly has value, meaning, and purpose, I can do anything.



FIRST QUARTER PHASE

Action and Expression

Gemstones

Citrine – manifestation, empowerment, creativity, decisiveness, focus, positivity, uplifting and brightening, self-expression, releasing fear

Sunstone – independence, be your shining self, originality, solar energy, energizing, awakening, personal power, confidence, creativity

Essential Oils

Ginger – liberation, optimism, courage, vitality, warming, stimulates action, releasing doubt

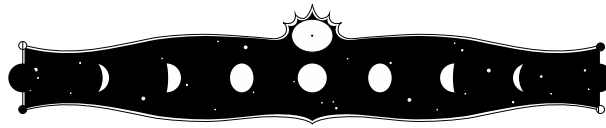
Clove – inspiration, action, love, making things happen, confidence, prosperity

Spirit Animal

Peacock – show your true colors, vision, immortality, honor, stand up for your beliefs, confidence, performance, rising up

Mantra

I am creative and courageous. When I put my heart into it, my uninhibited self-expression blesses the world.



GIBBOUS PHASE

Overcoming and Adjustment

Gemstones

Dumortierite – enhances intellectual abilities, stimulates the divine mind, amplifies psychic gifts, patience, stamina through challenges, organization, positive attitude

Moss Agate – increases self-esteem, strength, effectiveness, attaining goals, stability, concentration, awareness, calm, eliminates toxins

Essential Oils

Frankincense – introspection, protection, wisdom, understanding, purification, mind elevating, centering, sense or state of wholeness

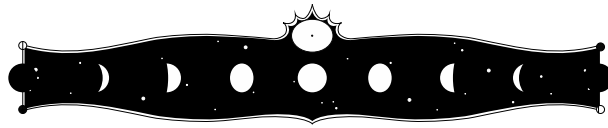
Marjoram – releasing obsession, balance, perseverance, mental clarity, heart-healing, optimism

Spirit Animal

Ant – order, work, discipline, effort, achieving goals, planning for your future, teamwork, self-sacrifice, patience, tenacity

Mantra

I am dedicated to my personal improvement, and to being kind towards myself in that process. No matter how much learning and growing I have to do, I am always enough.



FULL PHASE

Fulfillment and Awareness

Gemstones

Moonstone – fulfillment, fruition, reflection, lunar energy, gratitude, emotional balance, harmony, intuition, possibility, higher purpose, happiness

Selenite – named after Selene the Greek Moon Goddess, peace, purification, higher realm connection, happiness, illumination, mental clarity, expanded awareness

Essential Oils

Petitgrain – joy, awakening consciousness, harmony, mental clarity, confidence, relaxation

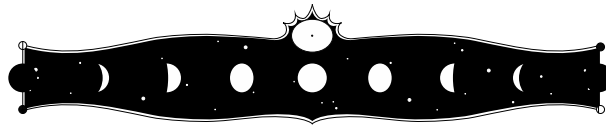
Lemon Balm – friendship, love, peace, spiritual progression, success, blessings, cheer, good health, success

Spirit Animal

Buffalo – abundance, gratitude, interconnectivity, manifestation, integration of heaven and earth; spirit and body, opportunities, synchronicity

Mantra

With increasing awareness, I see myself and the world with new clarity. I celebrate the results of my efforts and manifestation of my intentions - and collaborate with others to put them to good use.



DISSEMINATING PHASE

Demonstration and Contribution

Gemstones

Aragonite – problem solving on the earth plane, patience, accepting increased responsibilities with greater ease

Tiger Eye – strategy, practicality, optimism, intuition, insight, wisdom, wealth, success, mental clarity, manifestation, courage, focus, right use of power

Essential Oils

Peppermint – focus, concentration, increased perception, money, strength, power, positive changes, rejuvenation, stress relief

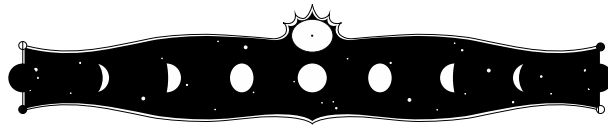
Patchouli – wealth, love, sound judgment, action, earth power, grounding, regeneration, abundance, sensuality, releasing old patterns of shame or low self-worth

Spirit Animal

Wolf – loyalty, leadership, guardianship, ritual, rules, order, social hierarchy, strength, confidence, knowing who you are without having to prove it, freedom through discipline

Mantra

My wisdom and skills are helpful and meaningful to society. I contribute my effort to a collective vision that supports us all.



LAST QUARTER PHASE

Reorientation and Awakening

Gemstones

Angelite – elevated consciousness, balance, spiritual journey and astral travel, universal knowledge, understanding and comprehension, connection with the brother/sisterhood of humanity

Scolecite – understanding your soul’s journey, higher mind awakening, info from /connection with other dimensions, “team spirit” energy, spiritual transformation

Essential Oils

Cardamom – spiritual awakening, clarity, generosity, insight, love, inner wisdom, direction

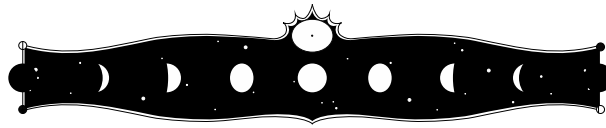
Bay Laurel – creativity, inspiration, looking forward, purification, psychic ability, inner strength, inner healer connection, releasing judgment, forgiveness

Spirit Animal

Hawk – awakened vision, messenger / messages, higher perspective, seeing the big picture, creativity, observation, strength, fearlessness, spirit realm connection, discernment, poise

Mantra

I let go of who I thought I was and embrace who I am. My innovation and insight help me and my communities take responsibility for the past and create a better future.



BALSAMIC PHASE

Closure and Releasing

Gemstones

Amethyst – crown chakra activation, spirituality, connection to other worlds, peace, meditation, transmute low frequency energies to high frequency, letting go

Aquamarine – insight, courage, knowledge assimilation, flow, balance, spiritual awareness, higher self, compassion, “heal the world” energy, trust, truth, cleansing, letting go

Essential Oils

Cedarwood – protection, healing, rebirth, regrowth, spiritual grounding and awakening, purification, ancient wisdom

Champaca – peace, reverence, letting go, uplifting, higher consciousness, comfort, unconditional love

Spirit Animal

Whale – creation, inner depth awakening, keeper of all time, power of song, sensitivity, imagination, contemplation, transformation, rebirth, emotion, love, expansiveness, mysticism, in the flow

Mantra

My form is changing, and I embrace the betwixt and between. With no holding back, I give of my mind, heart, and soul. I know that whatever is true will never leave, and I release everything else.