



The Intuitive Connection

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Full Moon - Part 2 Types of Moons and How to Use Their Energy



The last newsletter discussed the effects of the full moon for those who are sensitives. Since the full moon brings heightened energy, let's take a look at the different types of full moons and the added energy associated with each.

January: Wolf Moon

This moon pays tribute to the hungry wolves who would howl louder during this time of year. This moon offers the opportunity to do deep self-reflection, renewal and new cycles. Since wolves are pack animals, you can also use the energy of this moon to make a connection with your "pack" by finding ways to connect to family, friends and community.

February: Snow Moon

Named for the time of year when winter storms would often bring the heaviest snowfall, it is also known as the Hunger Moon due to the scarcity of food. The energy associated with this moon is about purification, courage, strength and forgiveness. Use this moon's energy to reflect on and accept your mistakes, gaining clarity, and to look for new opportunities.

March: Worm Moon

The name for this moon derives from the time of year when life begins to stir, the soil has thawed, and the birds feed on the emerging worms and grubs. Use this moon's energy to move out of the frozen/hibernation, allowing things to shift to new energy, and new ideas. The focus should be on renewal, growth, and looking ahead to the future.

April: Pink Moon

The Pink Moon was named for the time of year when spring flowers blanketed the ground in bold, beautiful color (especially phlox, one of the earliest pink wildflowers to start blooming). This moon's energy is associated with renewal, rebirth, growth and fertility. You may also notice a heightened sense of creativity and intuition. Use this moon's energy for personal growth, romantic relationships, conceiving a child, and continued actions towards your goals.

May: Flower Moon

Named for the time of year when spring blooms were abundant, flowering trees were blooming, and spring

was in full force. This moon offers good luck, abundance and joy for those who will take the time to appreciate its beauty. It is also believed to be a source of inspiration, creativity and manifesting.

June: Strawberry Moon

Named by the Algonquin tribe for the time of year when the strawberries were ripe and ready for harvest. The energy of the strawberry moon is associated with love and being brought closer to nature. Because it falls close to the summer solstice, it adds extra energy for setting intentions, especially those that align with the season.

July: Buck Moon

This moon is named for the time of year when the male deer's antlers are developing. This full moon's energy can be used for growth, transformation, and moving forward in your life. Use this energy for courage and strength to break free from negative patterns. Make sure that your intentions are focused on positive affirmations.

August: Sturgeon Moon

This moon was named for the time of year when the fishing tribes produced high amounts of sturgeon from the Great Lakes and Lake Champlain. Its energy is associated with abundance, good fortune and magic. Use this moon's energy to focus on finances, career, relationships and manifesting your desires.

September: Harvest Moon

The name is derived from the fact that the moon rises at almost the same time each evening, providing extra light for harvesting crops. The energy from this moon is associated with abundance, fertility and gratitude. Use this energy to give thanks and to practice abundance to attract more positive things into your life. Focus on manifesting your goals for a better future, but do so with a grateful heart and recognize and acknowledge the progress that you've already made.

October: Hunter's Moon

Named for the time of year when game has matured and fattened up for winter, this moon allowed hunters to stock up and prepare for the upcoming winter. The energy from the Hunter's Moon is said to aid positive change and transformation. It has also been used to honor those that have passed as the connection between the other side is stronger during this time of year. You can also use this moon's energy to do some cleaning (spiritually and physically), and get rid of what no longer serves you or your home.

November: Beaver Moon

This moon received its name for the time of year when settlers would put out beaver traps before water would freeze over. It is believed that psychic abilities and intuition is heightened during this full moon. Use this moon's energy to focus on your intentions for the future, releasing negative energy and creating good habits.

December: Cold Moon

This moon got its name for the time of year, as winter has settled in, the days are shorter, the nights are longer, and the wildlife has hunkered down to brace for winter. As such, the energy associated with this moon is about settling down, reflection and introspection. Use this moon's energy to focus on inner peace and harmony. It is the perfect time to reflect on what the year has provided, and to focus on manifesting wishes for the new year just around the corner. Don't forget to spend time with family and friends.

While the full moon may bring some challenges to those who are sensitive, it is also a source of power and added energy for those who wish to tap into this resource. So get your calendars out and mark when those full moons will be taking place to take advantage of the upcoming energy boosts.

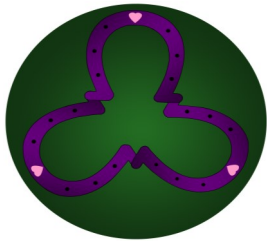


Alpaca inspired lip balm
flavor of the month inspired by:

Calculated Jackpot

Spiced Mandarin Orange

(Infused with the flavors of honey, green mandarin, cinnamon, clove and nutmeg)



Trinity Healing

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