The Moon circles the earth roughly every 28 days. Earth is moving as well so it takes about 29-1/2 days for the moon to reach the same point in the sky as the month before (a lunation). A moon cycle consists of eight phases. Each phase lasts about 3-1/2 days. The moon phases affect ocean tides, plants, and humans—every cell in our body cycles with this circadian rhythm.

The external stimulation enters through the pineal gland in the brain and impacts every organ in the endocrine system—which is the body’s hormone regulator. The hormones communicate this signal to every cell in the body. The circadian rhythmic reproductive hormones influence the menstrual cycle.

Living outside of the circadian endocrine rhythm is the result of hormone imbalance that contributes to anxiety, depression, Bipolar Disorder, weight gain, osteoporosis, early menopause, hair loss, fatigue, autoimmune disorders, Diabetes, and Chronic Fatigue Syndrome. If uncorrected, hormone imbalance can lead to more serious mental, emotional, and pathological diseases.

HorMoon Phases as a Creation Cycle

**New Moon**
- Low energy time. Time for reflection and meditation before the initiation of new beginnings and directions.
- First day of the menstrual cycle. Lowest point in cycle.

**Crescent Moon**
- Energy is rising. Time to start initiating new moon goals.

**First Quarter Moon**
- Act with the universe to create new moon goals and desires. Just do it.
- Feel the rush of hormones. Rise with the moment.

**Gibbous Moon**
- Time to offer support. Be social. People you connect with may now be beneficial to your goals.

**Full Moon**
- Power time. Time for major realizations concerning your new moon goals. Time to move mountains.
- May experience slight PMS as hormones drop before ovulation.

**Last Quarter Moon**
- Time to reflect on accomplishments and to release whatever has been holding you back.
- Time to receive instead of give. Inner reflection, slowing down.

**Balsamic Moon**
- Time to rest and reflect. Make plans and goals for the new moon cycle.
- Hormones beginning to drop. Shift in energy level.

**Disseminating Moon**
- Harvest time. Time for the climax of new moon goals. Feel joy in manifestation.

**Mothering/Nurturing time. Powerful fulfilling release.**

**Tips for Business Owners & Entrepreneurs**

- New Moon: Start new ventures, initiate new business contacts, move towards planned prosperity goals.
- Focus on new moon goals. Have a plan developed and get ready to act.
- Ready, set, go. Time to move your plan to action.
- Time for mutually beneficial meetings & communications. Influential people step out to support you.
- Move mountains with ease. Energy abounds for major undertakings.
- Harvest time. Time to reap the seeds sowed in the waning phase of the previous moon cycle.
- Time to complete old projects and let go. Contemplate strategies and situations that aren’t working.
- Reflect on accomplishments. Start planning new strategies for the cycle ahead.