

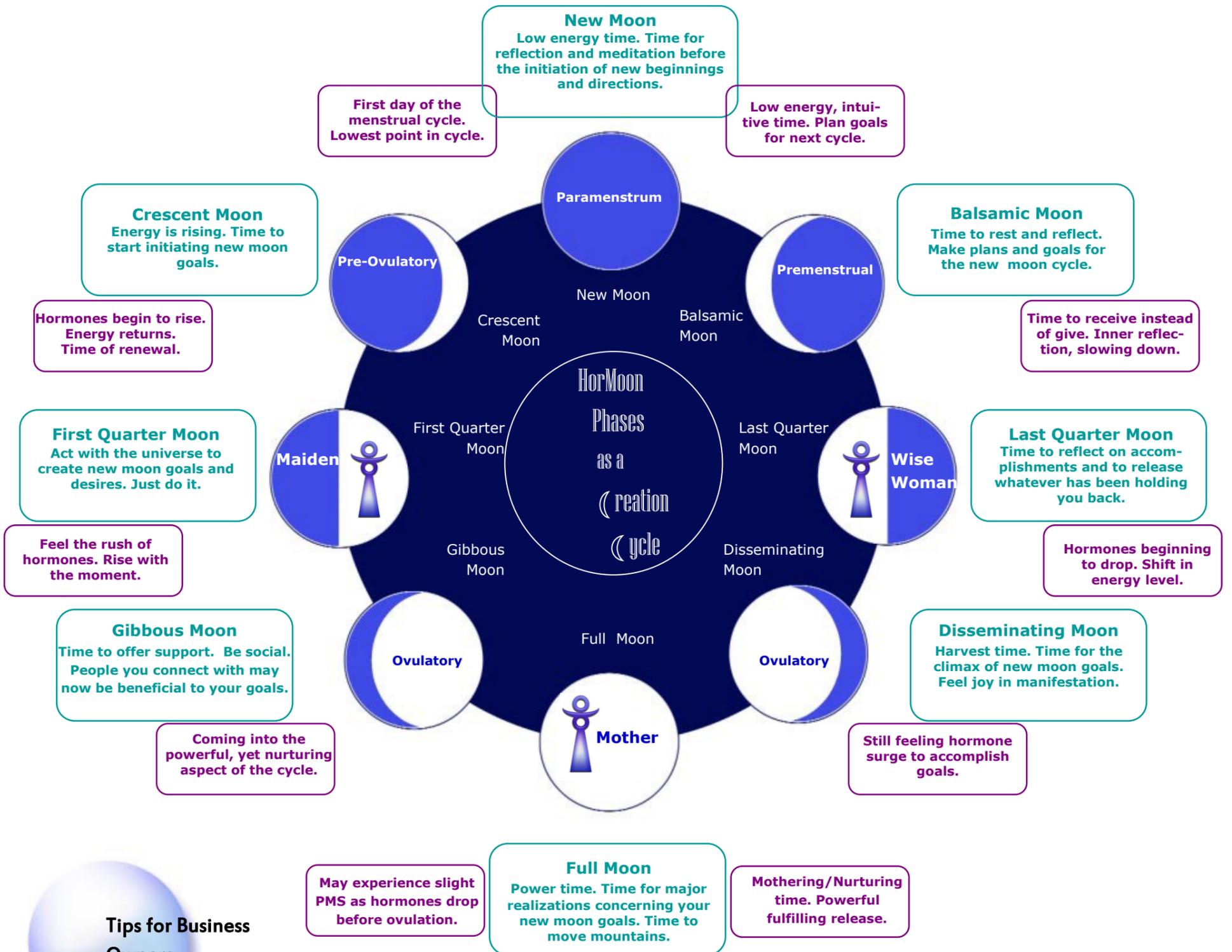
HorMoon Awareness Guide™



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 rhythmic 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.



Tips for Business Owners & Entrepreneurs

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