



EP18 Woo²

The Power of the Moon

with Colette Baron-Reid

Hello and welcome to INSIDE THE WOONIVERSE, Woo². That's a little bit of woo x2. In these shorter episodes, you're going to hear more of me. Like an audio journal on Wooniversal topics like abundance, resilience, working with the moon, manifestation, meditation and much, much more.

This was a funny week because I got a question from somebody that said, why do I care about the moon so much? Because we talk about the moon every two weeks in my membership site in the Oracle Circle Membership and I have a personal love of the moon. I have a love affair with the moon because I am a Cancer. As a Cancerian I am ruled by the moon. My husband can tell you that my moods change according to lunar cycles. I will just say this. On a full moon, genuinely, I am a lunatic, even that word, right? Lunatic. It was actually coined because of how people are impacted around lunar cycles. I think it's important, especially now, given that we're trying to find so many different tools to find certainty, and because there's so much uncertainty in the world, where can we look for certainty?

I, of course, use Oracle Cards as a tool for certainty, my relationship to the divine and my relationship to the moon. Every two weeks the cycles change. We were just actually away, my husband and I, we were really shocked because we came out one day and the beach was gone. We're at our resort. Well, actually, every day it got smaller and smaller until one day it was just like, that's crazy, like 40 feet of beach has disappeared now. Where did it go? It didn't even occur to me until we went and asked the guy that was running the area of the beach, the security guy.

I said like, "What happened to the beach?" He goes, "Oh, it's the moon." The tides pulled away the sand and brought it back. He says, "Oh, every two weeks it comes back." We thought like, "How does all the sand, where does it go?" It all comes back. If you look at a lunar cycles, like first of all, a new moon, a new moon is always going to show up on the Zodiac sign. If you relate it to



astrology it's always going to be in the sign that is on that month. For example, April, the beginning of April, a new moon is always going to be an Aries.

It's new in that sign, so you're going to look at specific qualities of that Zodiac sign and relate that to the energy that that's inviting you into in the first two weeks of that cycle. Always on a new moon, and actually, in my program called dream quest, and I take 20 people through an intensive for eight months in the year, and I teach people how to do sigils on the new moon, of bringing in what they want to intend. You can do so many different things as a ritual on the new moon, but that's when you set your intentions.

Also knowing that the intention, it's always best to do that intention in alignment with the energy that you're in. For example, Aries is always going to have lots of energy, there's going to be lots going on. You're going to want to start things. It's the beginning of a new astrological year. It used to be the actual beginning of the year until they changed it in the 1500s to make it January, but it's the beginning of the year. The new moon is a cycle where you set your intentions and the ... it's like you set your intention, then you take out the trash on the full moon.

You basically go, "Okay, what do I need to let go of that I may have accumulated or what has been illuminated?" Because remember, the moon illuminates the dark. I look at lunar cycles as a way for us to see what kind of shadow work that we need to do too. Always on the full moon, your emotions are high. Well, that's just typical, but that's when we look at what do we need to surrender or release? We hold space where we intend, we plant in the new moon and we let go on the full moon. That's the best way to work with lunar cycles. The full moon will always be in the opposite sign.

If you look, for example, if you look at the full moon in Libra, for example, that's about ... Libra is a relational sign. It's about beauty. It's about connections, art, etc. I always look at it in a general way, where would I need to release things to have better relationships? Because that would be the sign of relationships. If I'm an Aries, when I'm pushing forward and I'm like, move, push, push, push, move, move, move, go, go, go, then I'm like, "Oh, how do I make space? What have I done in this section in the first two weeks that need to be tweaked in the terms of my relationships?"



That's how I would work with lunar cycles. I love talking about lunar cycles. I love the moon, hence why we do so much lunar work in my membership site and everybody loves it. We have this amazing astrologer, Dr. Michael Lennox, who comes in and gives his astrological take on the lunar cycles. Then, I give the Oracles message, which is always, which I find fascinating because anytime you also work with Oracle Cards during lunar cycles, you get so much more out of it because they're navigators. They can really reflect exactly what you need to focus on.

You're not flailing around wondering like, "Okay, then full moon is Libra, what do I do?" No, the cards can actually tell you what it is that you need to release or how do you stay in alignment, better alignment with your relationships, etc. Other than that, I feel the moon is the most mystical ... it's not a planet, it's a moon, but it rules mysticism. When I was a little kid, I used to take a magic marker. My mother used to flip out, and I used to paint blue moons on my forehead, like the little crescent moon, blue moons. I would stand in the mirror and paint it.

That was the weird thing. It was a strange thing I used to do. I was a little kid. Do you know, 20 years later in the late '80s, a book called *The Mists of Avalon* was written by Marion Zimmer Bradley, and it was the story of Morgan le Fay in the Arthurian legend as seen to the eyes of the Priestesses of Avalon. One of the symbols of the priestesses were the symbol of the blue wooded moon, crescent moon on their foreheads. That also freaked me out. Yeah, so this was a sense of relate, a sacred, mystical relationship to the moon that I had when I was little.

My mom also told me that during a full moon I would sleep walk. When I was really little, they had to put up gates because up I would go in a full moon and walked around the house, a little toddler. Yeah, I would crawl out of my crib and walk. But anyhow, so this whole ... we have a mystical spiritual relationship with the moon. Every culture has it. We all have it. It is one of the reasons why I created the *Wisdom of Avalon*, it was my first Oracle Card deck. You'll see the image on the front cover, but inside of it, you'll see the moon, the lunar, the blue moon painted on the priestess, the high priestess card.

Everybody needs to learn. We need to learn about the natural cycles of the world. Did you know also that there are actually 13 lunar cycles in a year? We have 12 months, but there's 13 moons. That's the other thing, that we've twisted our concept of time once we adopted a calendar that



gave us 365 days and only 12 months, which we only have 12 cycles, but they're really actually 13. That's nature. If we go back to lunar cycles and living our lives like planting through lunar cycles, obviously, farmers still use lunar cycles, but I think we'd be healthier people.

I'm going to pick a card to ask what else do we need to know about the moon? Just to summarize this conversation about the moon. The card I got is Co-create from Wisdom of the Oracle. Co-create, of course, summarizes everything that I have just said, which is all about creating with the moon, co-creating with lunar cycles. We are intending on the new moon. We are releasing on the full moon. If we are doing this, that means we become more and more conscious of our relationship to each other and to the world at large. That is the Oracle for the moon.