

# INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

## EP65:

# Moonology, Making Wishes & Manifesting

With Lee Harris

Colette:

Hi there, and welcome to Inside the Wooniverse, a podcast brought to you from the corner of Fringe & Maine. I'm your host, Colette Baron-Reid. Joining us today is my friend, Ms. Moonology herself, Yasmin Boland. Yasmin was once a journalist and a TV producer. And then 20 years ago, after a couple of well-timed eclipses, Yasmin turned into an award-winning astrologer and Sunday Times best-selling Hay House author. Now, Yasmin is the author of a wonderful book, *Astrology Made Easy*, the *Mercury Retrograde Book* that everyone must have, and my favorite, *Moonology: Working with the Magic of Lunar Cycles*, both the book and the fantastic Oracle card deck. Now, she is dedicated to teaching her readers and fellow travelers on the spiritual path how to use astrology as a very special way to connect with the divine. Welcome to the Wooniverse, Yasmin.

Yasmin:

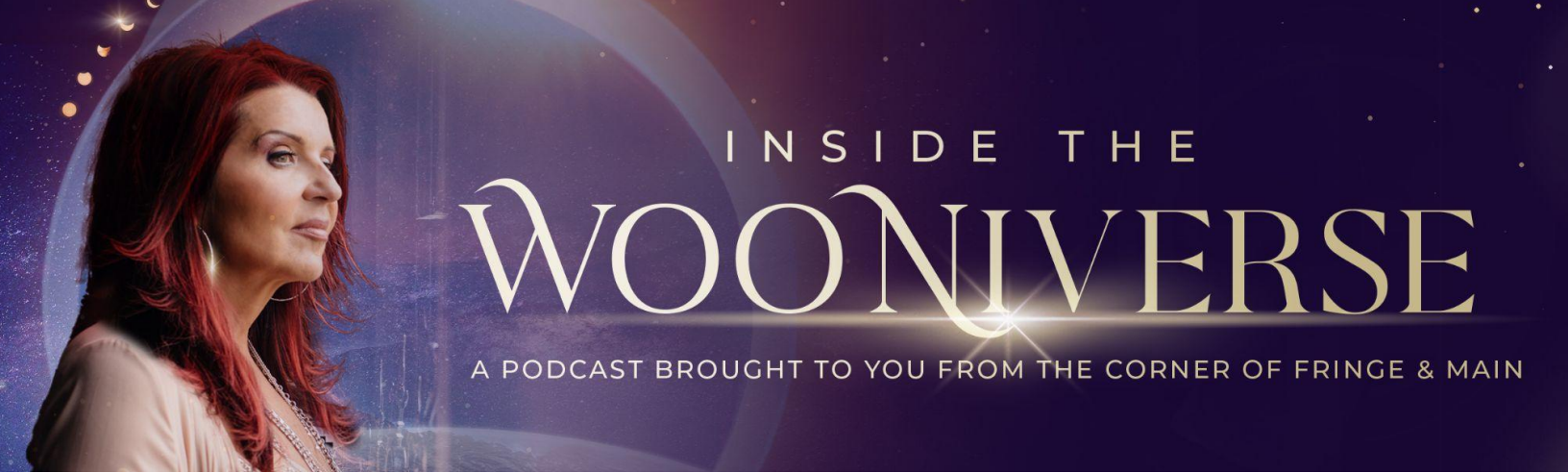
Why, thank you, Colette.

Colette:

So great to have you here. Now, let's get started. We love a good origin story on the podcast, so I want to go back to the beginning. You are so interesting. You were born in Germany to Maltese and English Irish parents, and then you were raised in Tasmania. What was your childhood like? And were you always interested in the woo and unseen influences?

Yasmin:

Yes, I was. But so half of my family came from the island of Malta in the Mediterranean, which by the way is said by many to be the home of the goddess, that's another story, but it's a extremely Catholic country. And so my mom and my dad were both the children of extremely religious people, and anything kind of woo as I was growing up was considered to be quite borderline, if you like. And I remember whenever I talked to my mom about psychic ability or



ESP or anything like that, she would always say, "Oh, Yasmin, there's a fine line between that and madness." My dad was a psychiatrist, so I took that extremely seriously.

It wasn't really until I left home, although, funnily enough, as I'm talking to you, I'm remembering this thing I used to do when I was still at school, which was I'd go to this girlfriend's house and we'd have a sleepover and she had a very big bedroom, and we'd have to be in separate single beds, and we would try and transmit ideas to each other. I probably would have been about 14 or so when I did that. And we actually had amazing, amazing success with our telepathy. But it wasn't really until I left home, I actually went through quite a religious stage with the church, because I was obviously, I know I look back now, I know I was seeking spirituality, couldn't really get on with that because I didn't really agree with a lot of things in the church, like not being able to get divorced if your husband beat you or something.

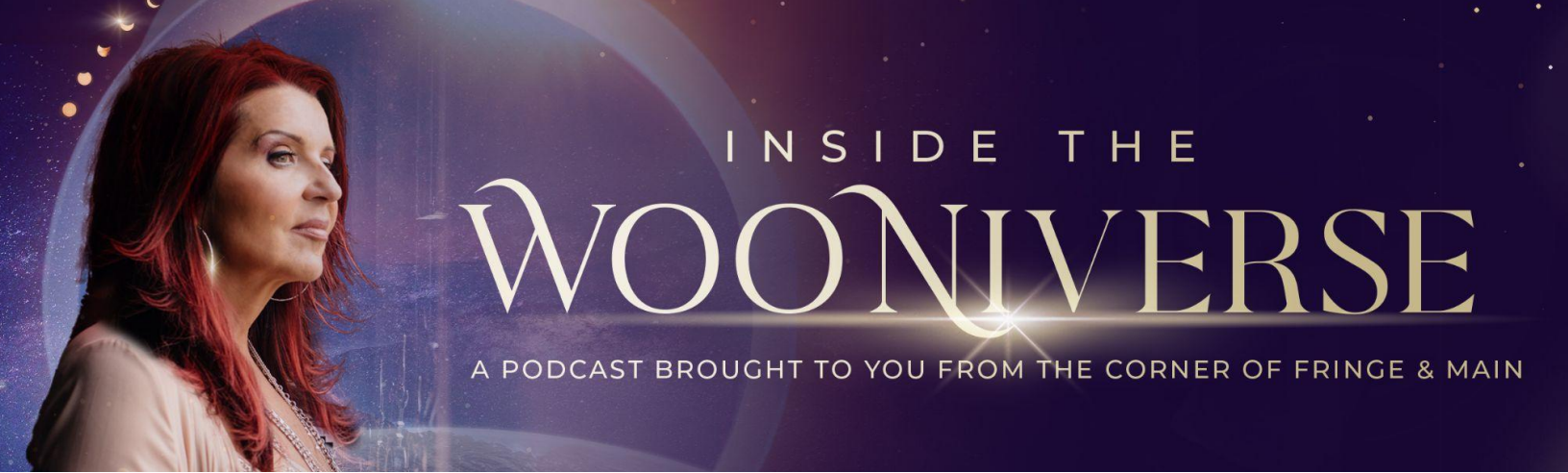
And eventually, around that time when I was first working, I remember I used to be very interested in astrology and I would buy magazines based on how good their stars were. And it's been a very gradual evolution. But it took a while for the universe to kind of whack me on the head. I do actually still have a clipping from an article I wrote during that time when I was first a journalist in Tasmania where I went to a Chinese medicine doctor to do a story, but treated the whole thing like a bit of a joke. And I remember hearing at that point, at one point, when I was in that first job out of university, I got shingles, which is, so I don't know exactly what it was.

Colette:

I have it, I get it. I know exactly.

Yasmin:

Okay, well, it's a lot to do with stress, which I now understand. But I remember at that point as well going to the chemist, and the chemist must have been, the pharmacist must have been quite woo woo himself. And he said, "Well, you know, shingles is caused by stress?" I'm like, "What? You're crazy." And pretty much ran out of there thinking, "Oh my God, as if my mental state has anything to do with my physical state." It took a long time and it really wasn't until I started meditating not that long after my Saturn return that I really got on the path.



Colette:

And your Saturn return is 27, 28.

Yasmin:

Or 29 to 31.

Colette:

Okay, 29 to 31. Perfect. Now, let's talk about, you talk your life changing in 2005. Now, I know we're really fast forwarding, although in 2005, that's a big, big time for you. Let's talk about how that changed you.

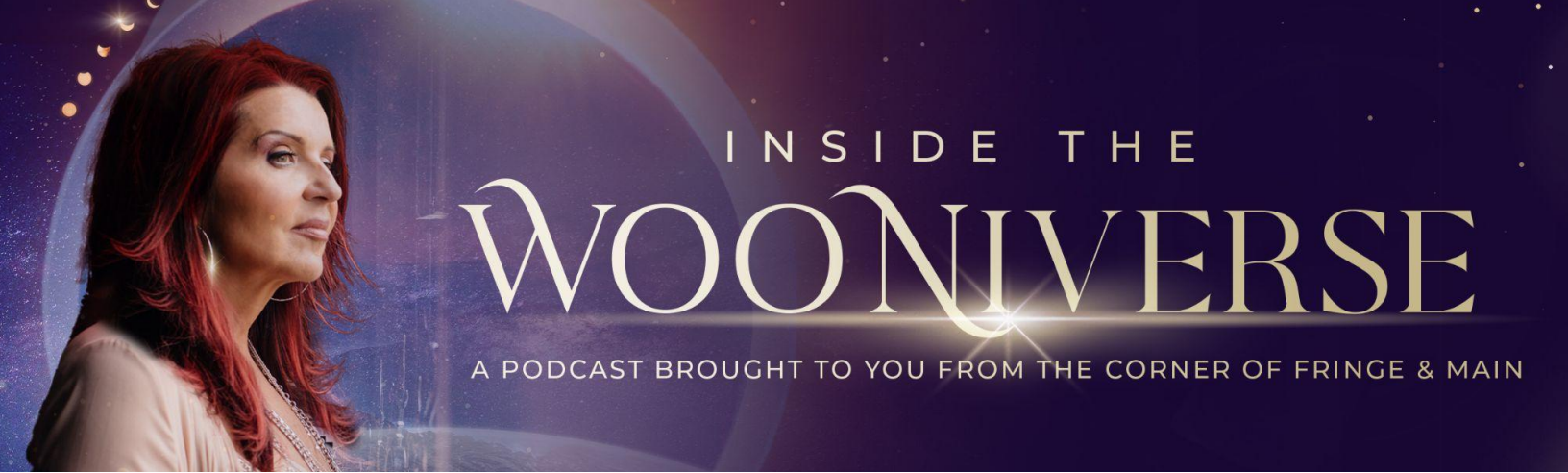
Yasmin:

What happened in 2005? I'd already begun a moon practice. I mean, sort of was incorporating it into my journalism and starting to write about it and starting to do moon workshops in cafes and so on. Just not for money, just literally for private interest. And basically in 2005, I was living in Paris, France, but I was back in Australia. I was in a cafe. I had five weeks where neither the flat that I was in in Australia, nor the flat in Paris was available, so I had five weeks with nowhere to live basically. And I was having a conversation in a cafe. Someone overheard me and said, "You should go to India." I was like, "Okay, maybe. Why not?" And it was someone I vaguely knew. And I looked into it and there was this ashram called the Sri Narayani Peedam where I just was two weeks ago.

I went to this ashram and everything changed. My whole life changed. I was going to go for five days, I ended up staying for five weeks. And I basically learned, I think about surrender and surrendering to the Divine. I think that my so-called New Age studies had very much led me down the path of understanding that we create our own reality, and understanding that we are in charge of our own destiny, so to speak. But I think I'd become a little bit too much, in my opinion, too much thinking I was doing it myself. Like, "I command the universe," that kind of thing.

Colette:

And a lot of people think that. So yeah, this is a good conversation.



Yasmin:

And also, things like Wayne Dyer, who is obviously completely amazing and is one of the people who's totally influenced my journey. But he would talk about the whole I am. And I think I got so fascinated by the way all that worked. But when I went to India that first time in 2005, what I realized was that we are co-creating with the divine. And I had somehow forgotten that, or maybe I'd been so badly burned by the church situation, and I'd moved away from it. I went to India, decided I wanted to get married, came home, got off the plane, made the phone call that led to meeting my husband, Olivia.

Colette:

Wait, wait, wait, wait, wait. Okay, wait.

Yasmin:

I was like, everything changed. When I say everything changed, everything changed. And I believe it's because I surrendered.

Colette:

Okay, you can't just slide over, made the phone call. What does that even mean? You surrendered, but there had to have been also some form of surrendering to the who, surrendering to the how, how did that phone call lead to meeting your [inaudible 00:07:36]?

Yasmin:

Okay, well, I'll just tell you a little story about what happened, because it is a really good story, if I do say so myself. What happened was that, I don't know if it's in Canada or States or England or whatever, in Australia, there was this psychic person called Tatiana. And she had this book out called Tatiana's Oracle, which I was walking through a department store one day, and I opened it up and it was probably 10 years earlier than 2005, so however long ago that was. And I opened the book up and I was like, "Oh, what do you do?" So I said, "Okay, when will I get married?" I wasn't particularly keen to get married, it was just the question that popped in my head. And I did the thing and it said, "When you are 62. And I'm like, oh my God, that's a bloody long time to wait." Excuse my language.



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So, I had it in my head that ... And I'd also been to see a psychic that I found in the back of Taplin Magazine here in London who basically said, "Oh, you're not going to get married for a long time if you ever get married." And I was like, so in my head I was not going to get married. And when I went to the ashram, I decided, "You know what? I actually think I'm ready to get married now. I want to get married. I want to find my life partner," was really the thing. And somehow, without telling anyone at the ashram about this experience I'd had with Tatiana's Oracle saying I was going to get married when I was 62, somebody said to me, "Oh, if you want to get married, you should do the marriage advancement ceremony."

I'm like, "Oh, what's the marriage advancement ceremony?" And they said, "Oh, every Friday night you just go down to the temple. There's a guy there, he's got six limes, which have had the flesh scooped out of them. We put, you put gee in there and a little wick, and you have this tray of nine candles, these lime candles. And you go around the temple and you say, "Om Namo Narayan" three times at every statue. Om Namo Narayan, I didn't even know what it meant at the time. It means, I surrender to the Divine or I surrender to the Divine Mother. "And that will advance your marriage." Because for them in India, I was already completely on the shelf, because in India you need to get married quite young, or you're out of the game. Off I went and I did the thing, went around the temple, I think nine times, did the Om Namo Narayan, how many times.

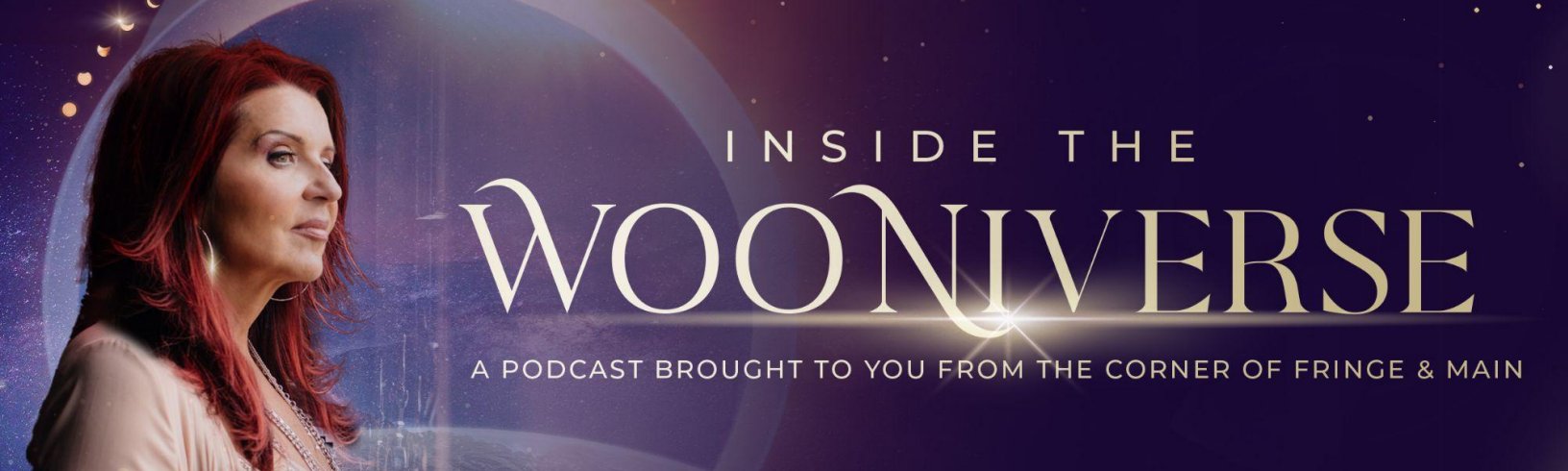
Got back to Paris, got on the phone, made a phone call to a girlfriend who, as a result of that phone call, took me to a party where I met my husband. And so my sister saw all this and was going, "Wow, this is amazing. You did this marriage advancement ceremony. Now you've met the love of your life." And six months later I was pregnant and she said, "I'm going to India." So she flew-

Colette:

I love this story.

Yasmin:

... to India. She flew to India, God bless her, and seeks out the woman who told me about this woman called Vidya at the ashram. And she goes, "Right, look, my sister did the marriage advancement ceremony. Can I do it please?" And Vidya goes, "What? What are you talking



about? And she goes, "You know, go to the temple on a Friday. There's an old guy there, he's got the tray of limes, and you go around the temple." She's like, "I literally have no idea what you're talking about." So, that was my very cosmic way of getting married.

Colette:  
Wow.

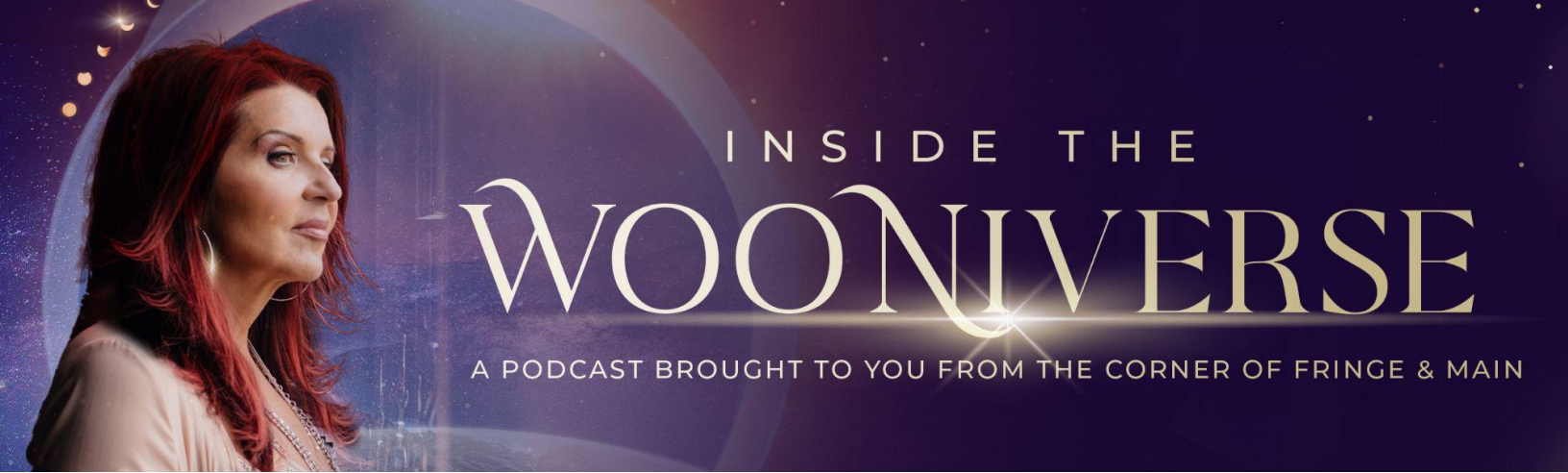
Yasmin:  
Because I think I had to break this belief that I was wasn't going to get married till I was 62. And there's a lot of magic that goes on at this ashram. And I don't think I'd even told anyone about my Tatiana's Oracle thing, but somehow the magic happened. So, it was a very cosmic time at least.

Colette:  
Do you know what's really interesting? I remember that, because it was a book where you had to match a rope with a thing, and then a that, it was a weird book-

Yasmin: It is. It was like that. It was sort of like when you do a graph or something, you had to.

Colette:  
Yeah. And you look up a page and then you go to the other one. It was really complicated. And I remember looking at it, and it also told me some things that were like, "What?" But I was told by a very well-known psychic early in my 20s that I would never have a faithful partner, not get married. Oh yeah, yeah. Never get married. And that never be really successful. That this lifetime, I'd have to come back next time. And I'm going to tell, that haunted me. That was just the back of my head somebody said that to me. Like what? And then when I got clean and sober 37 years ago, I just decided, I'm not listening to any of those things. I'm going to become the person that can have a really healthy relationship and all that. It took a long time for me to do that, but I also co-created a different reality just like you.

Yasmin:  
Yeah. And I also think that because you had your addiction problem and then you surmounted it, got rid of it, you possibly did change your course.



Colette:

Oh, a 100%. Because I would have ended up exactly the way they said. But it was just the point that I think the commonality that we shared is that there was that sense that someone told us that thing that we're like, "No, and I'm going to surrender this and to have something else." I think it's really.

Yasmin:

And I have a lot of emails and I have had for years, where I'm breaking these curses that people put on people. That they think they're destined to be whatever. Someone said that their husband was going to leave them eventually or whatever. You have to try and help people to see, we are creating our reality. And I do honestly think, I know it's hard to believe or understand, but I truly believe that on some level my teacher in India knew I had this negative belief around my marriage or marriageability. And somehow that just broke it. So, anyone who's listening who's been given any negative predictions, know, number one, that whoever made the prediction doesn't really have much integrity because you should never say anything that's going to make someone feel doomed.

Colette:

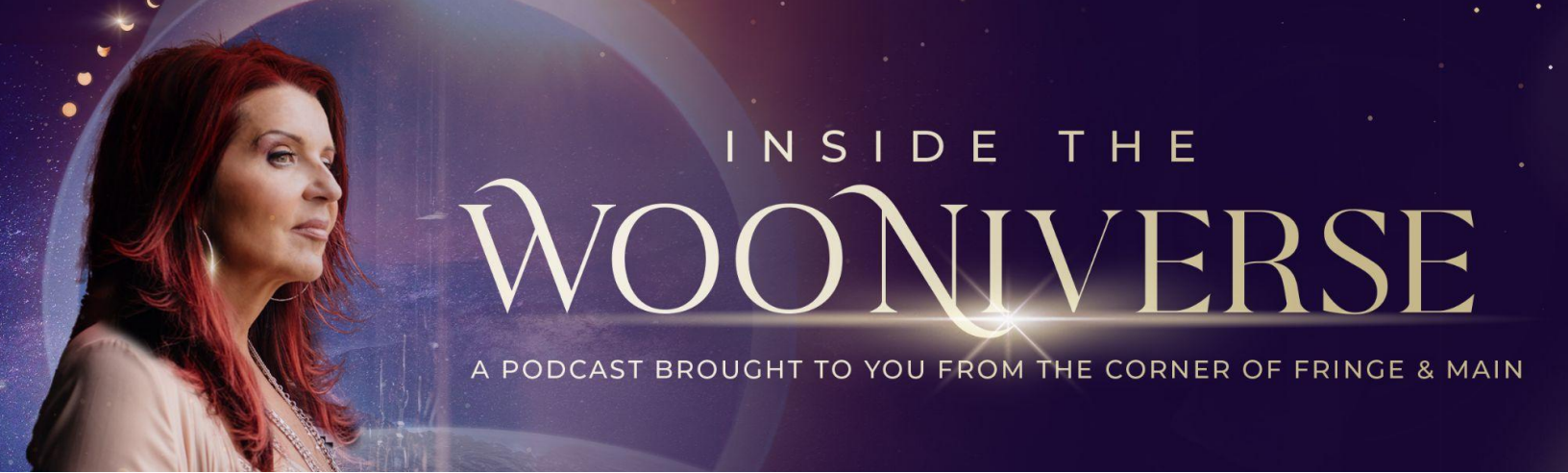
Right, feel doomed. Agreed. Agreed.

Yasmin:

That's like, I think rule number one is don't ever, don't put things like that in people's heads. And number two, if there are challenges, because obviously as an astrologer, if I look at someone's chart, even we had a period when you were having a Pluto transit as I recall, and you worked with it. Even if you do have Saturn on your sun or Pluto's squaring your Venus or whatever, it's a challenge that you either do or don't rise to, you never do. And anyone who tells you you're doomed-

Colette:

A 100%.



Yasmin:

They're just scammers basically.

Colette:

I totally agree.

Yasmin:

They probably want you to cross their palm with silver so they can make it all go away.

Colette:

No, I 100% agree with you. And that the way in which we approach somebody when we talk about this is to say, "Hey, there's a challenge around this, and this is how you would change your viewpoint on it." Even like you say to somebody, you're being invited to take a look at this from a different perspective. That's how I couch it.

Yasmin:

In astrology the first thing that people ask is, "Oh my God, when's it over?" And it's like-

Colette:

Really? No, never.

Yasmin:

"You actually want to work with it. Don't just wish it away. It's happening for a reason because your soul needs this lesson, but here is some ways to work with it."

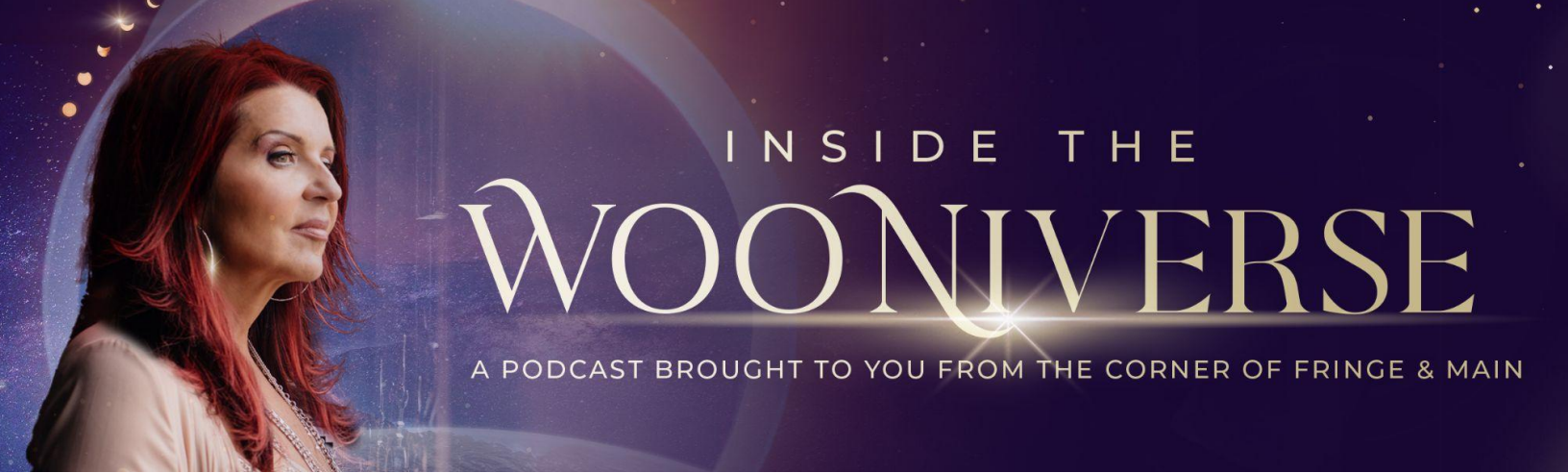
Colette:

I had to make Pluto my boyfriend for a while, and I'm still recognizing some of the lessons and how much I had to change as a result of it. It was really profound. I don't regret any of it, it was hard. You really helped me too.

Yasmin:

Oh, thank you. I can say hand on heart, Colette, hand on heart. I don't want to touch the microphone, but hand on heart, I have never, in 20 plus years of doing astrology, I've never met





anyone who rose to the occasion and the transit better. Because we all get difficult transits from time to time. I've never met anyone who worked as consciously as you did with that challenging transit, so thumbs up to you.

Colette:

Bless you. Thank you.

Yasmin:

True, 100% true.

Colette:

Let's talk about what you're really famous for, which is, even though you are an award-winning astrologer, you say that you don't need to believe in astrology to work with the moon. And the moon really is a connection to the goddess. And I think that's really, I think that's the thread that you offer everybody. So, let's start at the very beginning. When did you start working with the moon specifically, and where did you learn the practices you teach? I want to go back in time again, because I know that we're further ahead, but let's go back.

Yasmin:

Probably about 25 years ago, the '98, '99, around then, maybe '97. I learned to meditate. That changed my life again. And I was dabbling in astrology with a friend who was an astrologer, and she and I were talking one afternoon and I said, "Oh, what about the moon? How does the moon fit into all of this?" And she was like, "Oh, don't worry about the moon. It's too complicated." And honestly, you may or may not be surprised to hear that that was a red rag to a bull for me. It was like, "Okay, now I have to find out everything about the moon." And funnily enough, so then I went off and I started to look into it, and I ended up getting hold of a book called New Moon Astrology by Jan Spiller, who-

Colette:

Oh, I love Jan Spiller.



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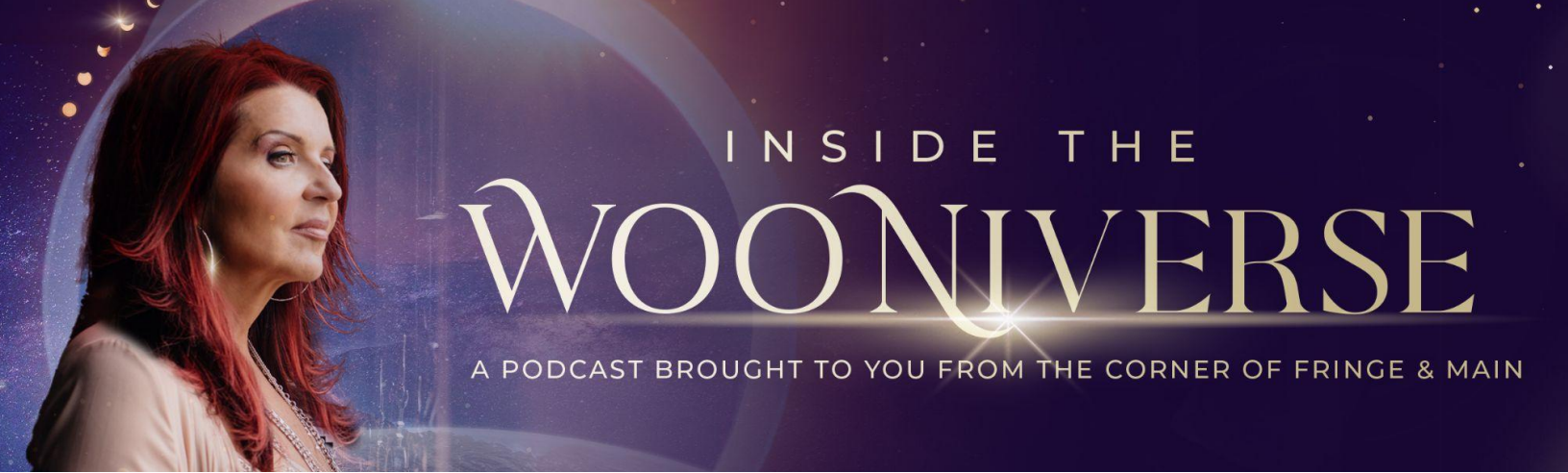
Yasmin:

... unfortunately passed away. Yeah, beautiful woman. And she passed away a few years ago, but she wrote a couple of really amazing books, maybe three or four actually. And I remember seeing it on Amazon and just ordering it and just being on tender hooks for it to arrive. And so that started to introduce me to the idea of making new moon wishes and setting intentions. And then as I looked into it, I realized that new moon wishes and intention setting is something that's literally millennia old and is something that women especially have done for thousands of years. Here in England they do it out in Dartmoor and Glastonbury. It's just a really, really old tradition. And so I read a lot around the subject of the astrology of it, why it's the start of a new cycle, why women have traditionally done this about witches and wicker. And of course, this challenged the Catholic me that was like, "Oh my God, witches, what am I doing?" And I went into it like that. And really what happened was that I started to see that it worked. But with my journalist hat on, my TV producer's hat on, I investigated it and I literally found it worked. And at one point I found a wishlist that I'd made a year earlier, and literally everything on there had come true. And I was like, "This is really extraordinary." That's why I started to do things like holding new moon wishing workshops in cafes around Bondi Beach in Sydney, Australia, just because I wanted to share it, because I'm just a communicator. I love to share things.

And so I started to hold these coffee shops literally for no reason. There was no gain to me per se, but of course, it's one of those things where you do it for no gain and then you do have a gain. And the whole thing just took off. And then eventually I ended up having a column about astrology in Australia for many years. And then the full moon practice really came out of my travels in India where the full moon is huge. And the ashram that I go to is the Sri Narayani Peedam. Narayani is the triple goddess made up of Lakshmi, Saraswati, and Durga, three goddesses. And so that connected me to the goddess and also connected me to the full moon. And the whole practice was in my life for probably more than a decade and a half before I then eventually wrote the book.

Colette:

And you are also a Cancer, so you're naturally aligned with the moon, as am I, so I know.



Yasmin:

And for any astrologers out there, my moon is conjunct my MC. And that means basically, I was hard coded to do this. The MC is your career line and it's what you are known for. And my moon is bang on my MC. So anyone out there who understands astrology, we're going, "Ah, that makes total sense."

Colette:

Who's your MC, is Cancer?

Yasmin:

The MC is the career line, mine's in Capricorn.

Colette:

Oh, even better, of course. I know, I'm loving the Capricorn energy. My progressed moon is about to enter Capricorn, and I'm feeling very businessy.

Yasmin:

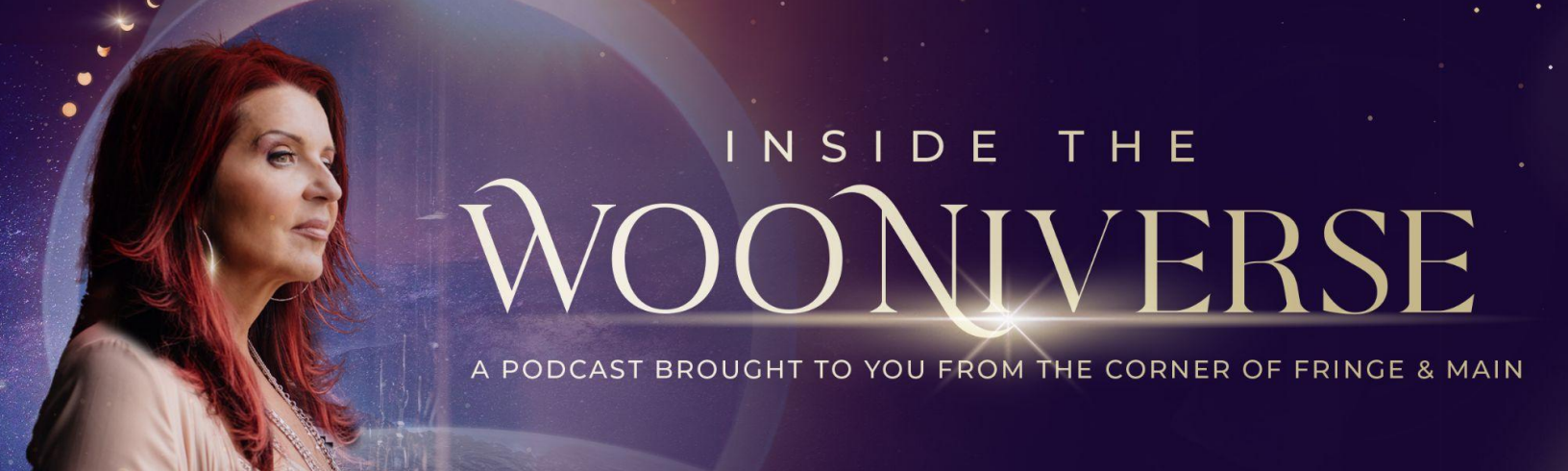
Interesting.

Colette:

Very good, very good. I actually just told my masterclass that for Hay House all about your deck that I'll use mine, but then I'll use yours too, so that I want to talk about Moonology and how you created it. So, working with the moon, because really Moonology is the title of working with the moon. Let's speak about how we create reality with the moon?

Yasmin:

As I studied astrology from just the last part of last century, and I got very obsessed with astrology very quickly, around about the same time I was learning about the law of attraction. And I feel like the law of attraction was becoming more and more well known around the end of last century, around say '97, '98, '99. Certainly that's around the time. I think I did meditation course around '95, '96, the woman there was telling us that we create our own reality. So, I had a lot of information about this idea that we create our own reality, probably I'd say by '96, '97. And then I was learning astrology, and then I was trying to navigate that idea that astrology,

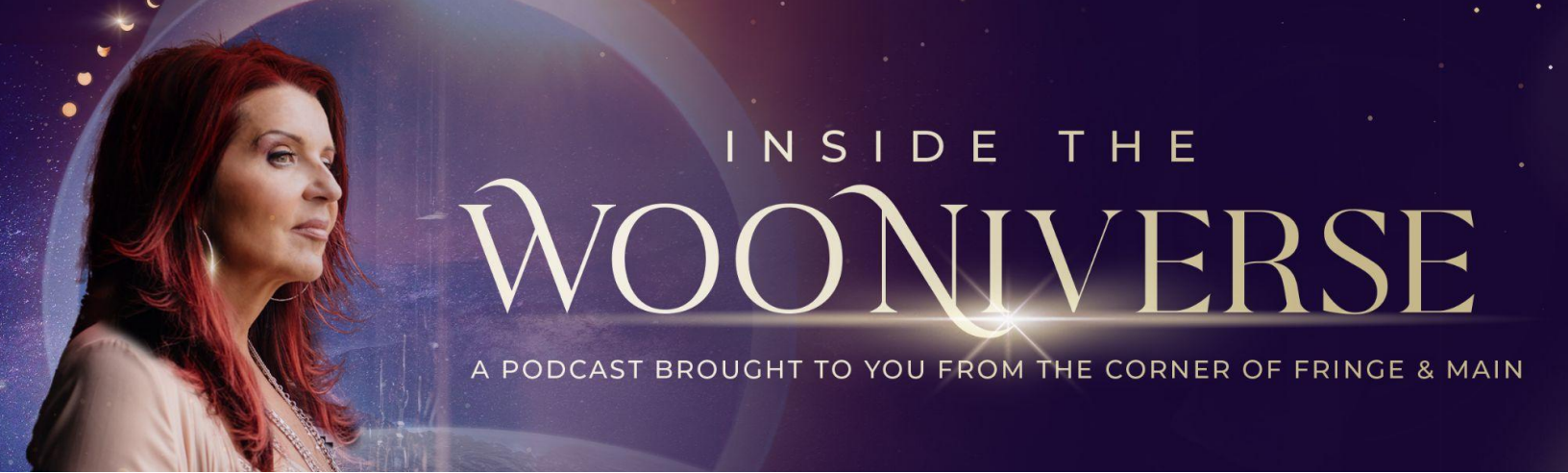


talking about being doomed, can doom me to stuff. Ancient astrology was extremely fatalistic. It was sort of like, I mean, I'm not even joking, "When this happens there'll be a plague of pests upon your house," or stuff like that, "Or you will die in a seafaring accident," or something like that.

And that just didn't sit well with me. Even though I tested astrology, because my first teacher always said, "Test it, test it, test it." That was her mantra. I had tested it and I knew it worked. I also knew that making new moon wishes worked. So, what I started to do is I started to look at how can you actually use what's going on in your chart as an opportunity to create your reality? And I actually ended up doing a couple of talks, I can't remember now. I think it was the New South Wales Astrological Association or the Australian Astrological Association. I did a couple of talks, which was really important for me, because astrologists take their craft very seriously, as they should.

And I knew that I was veering off a bit to a slightly uncharted way of looking at astrology and then coming up with the idea of moonology and the new moon and the full moon, working with the new moon and the full moon, essentially stripping out the rest of the astrology. I did a couple of talks called, Astrology and the Law of Attraction, are they good bedfellows? And do they go together? And I think in a way, looking back, it was my way of testing the water with my astrological peers, so to speak. Because some of them are very intimidating, formidable people who've done things like, I don't know, gone and learned Hebrew. And so they could read bits of the sanskrit, all these things on the old astrology on them. So, they're quite serious, learned academic about astrology.

People maybe don't understand that it gets, there is this end of very academic, very serious stuff. So, getting up in front of some of these people and talking about moonology or astrology in the moon and the law of attraction, I think in a way was my way of seeing, did I get any pushback? And I didn't. In fact, most people absolutely loved it and wanted more. So, it grew from there. I grew in confidence that what I was talking about, even though nobody had really done it, particularly in earnest before. I started to realize that it had legs and that it was useful. And that was basically what led to it. And funnily enough, the same teacher who said to me, "Oh, don't worry about the moon, it's too complicated." In fact, a couple of years later we were



talking again and I said, "You know what? What about moonology? It's like astrology, but it's moonology."

Colette:  
It's genius.

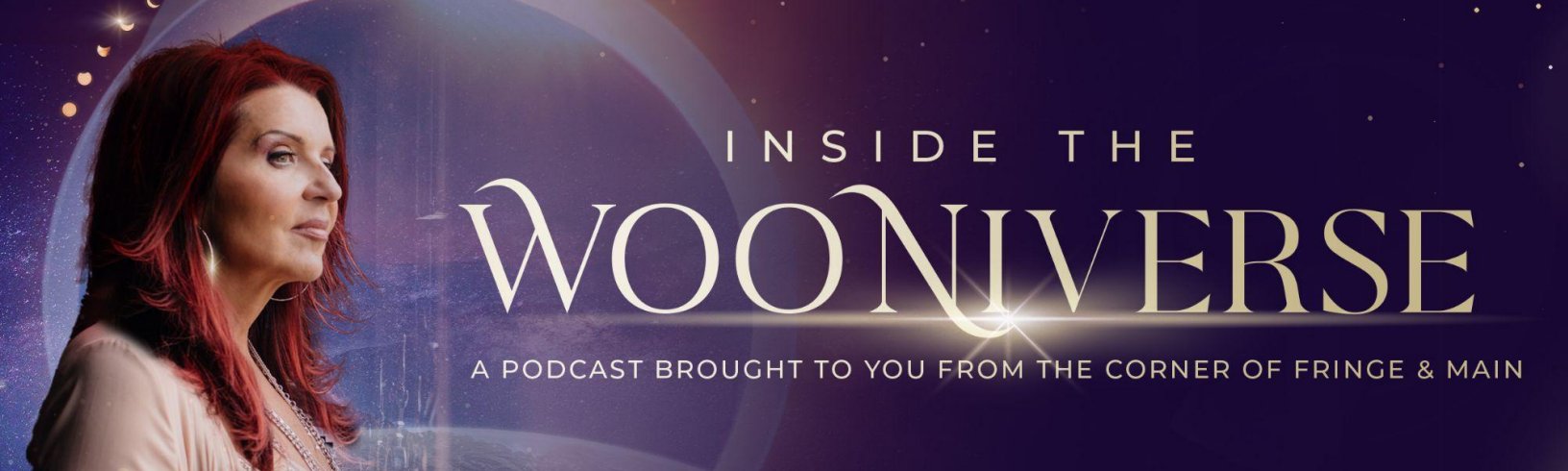
Yasmin:  
And she cocked her head to one side. She was quite psychic, she was a medium as well as an astrologer. And she went like this. And she went, "Oh, remember that. It's really important." I was like, "Okay." And so I actually then went and got the URL, moonology.com. And again, it just all grew very, very organically. I mean, I still had one foot in journalism and just went from there really.

Colette:  
No, it's just genius. It really is, it's genius. There's nothing like it anywhere in the world, and it really does work.

Yasmin:  
And it really does work.

Colette:  
Now, let's actually show people how it works. Because a lot of people may be going, "Well, how does it work? How does it work? We want to know." Let's speak about some aspects of the moon we could look at when getting started. What's the difference between a lunar phase and the sign the moon is in at any particular time?

Yasmin:  
All right. Okay, so let's start by just putting it in context. In fact, if you're watching it rather as opposed to listening on the podcast, you can see I've got the moons behind me. What you can see there above my head is the full moon. We all know what the full moon looks like. And then on either side it's not quite full and then it gets smaller until we get down to the sliver. So, they're the moon phases. We get the new moon, which is actually, excuse me, you cannot see the moon when the moon is new. We've just had the new moon at the time of recording this. And



then we get the first sliver becomes apparent, and which way it faces depends if you're in the Northern or the Southern Hemisphere. But we get the first sliver of the moon where you go, "Oh look, the moon, the crescent moon."

And then you get the half moon, which in astrology is either the first or the last quarter moon, and you get all these eight phases. But I used to work with that. But over the years I've realized people don't even need to know all of that. They can learn all that. If they do my Moonology courses or whatever, they learn about all the phases. But you don't need to know all the phases. At the risk of sounding like my teacher who said, "Don't worry, it's too complicated." You really just need to know about the new moon and the full moon. But to answer your question, so we're on planet Earth, obviously, going around the sun and the moon is going around planet Earth. As we go around the sun, the moon goes around us. And so all the phases are created by the relation of the moon to the sun, because it's obviously shadows. The moon isn't really changing shape or anything.

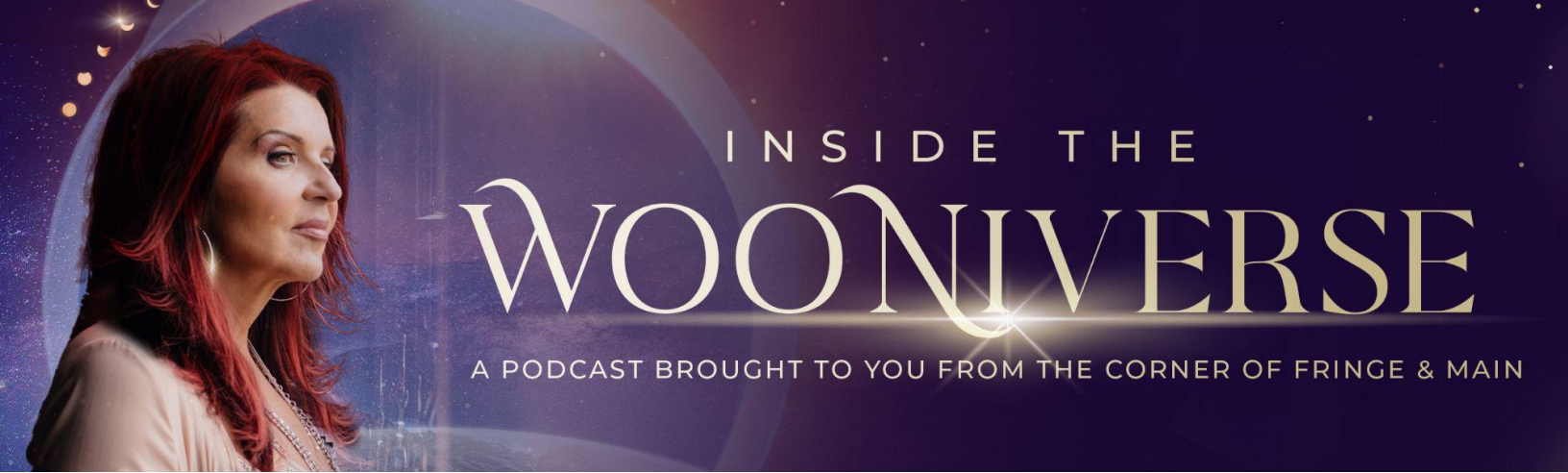
And so as we go around the sun and the sun then moves through all the different signs we get, the moon will then go through all the different signs as well. So, one month you might have the new moon in Taurus, or the next month you'll have the new moon in Gemini. And by the same token, you might have the quarter moon in Scorpio or whatever. The phase and the sign don't have anything to do with each other in a way. The moon is always in one phase or another, and the moon is always in one sign or another. And there's no way to tie them up. You just need to start to follow the moon. You'll start to see, okay, well right now the moon is in whatever sign it's in. I should know that right now, shouldn't I?

Colette:

Let's actually go through sign by sign what the different lunar aspects are like, and what are the flavors of those signs, for example, for a person who has no clue about what these are?

Yasmin:

Okay, so one thing to mention at this point is we are talking about the moon up in the skies, because the moon is always moving, always changing shape and size, and always going through the different signs. It spends about two and a bit days is the way astrologers describe it in each sign, about two and a bit days. At the time of recording this, actually the moon is in



Taurus, which is a good thing. As the moon goes through the different signs, a baby, for example, being born right now, because there'll be a baby being born right now somewhere in the world, will have on their horoscope chart the moon in Taurus, because that's where the moon is right now. But I'm not actually talking about what we call natal astrology. Astrology about of your chart, we're looking at the transiting moon, so the moon in the skies right. Now, over the years I've studied it and I've gone, "How much influence does the moon have? Because the moon goes in Aries, then Taurus, then Gemini, then Cancer, Leo, Virgo, Libra, Scorpio, Sag, Capricorn, Aquarius, and Pisces. It goes through all the 12 signs over the course of the month, also known as a moon. The word-

Colette:

A moon.

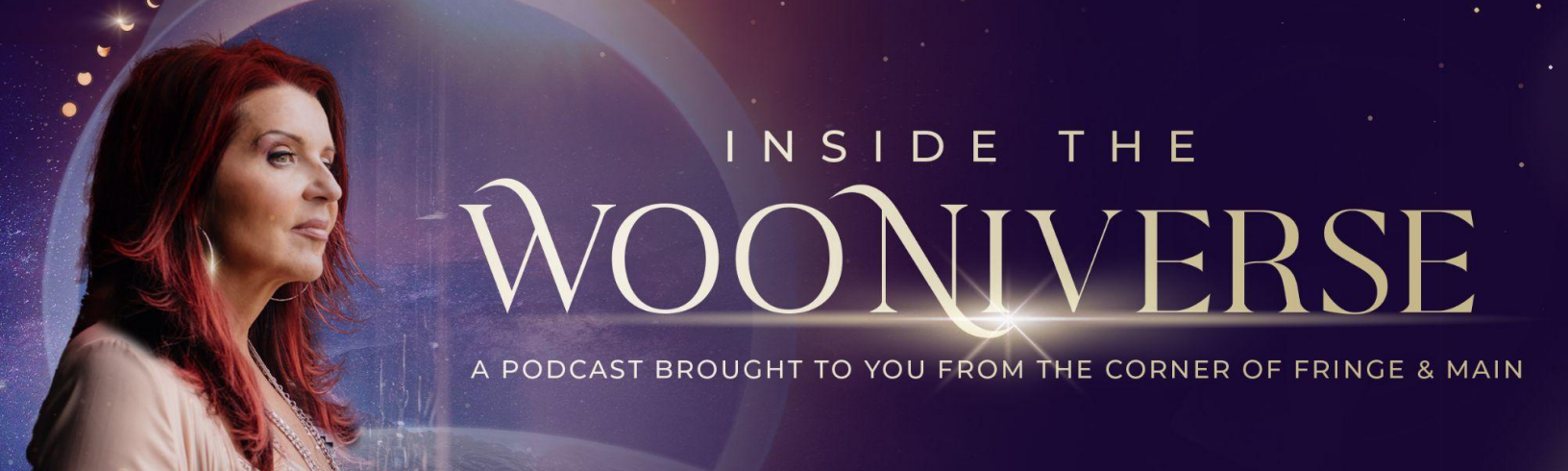
Yasmin:

... month comes from moon, because it takes a month for the moon to go around. When the moon is in Aries, if you are very tuned into the moon, you will feel it, but otherwise it could just pass you by. So, moon in Aries, the moon is very much in astrology about feelings, emotions, and just what you need. So, moon and Aries, people are going to be speedier. They're going to need to get things done because it's a fire sign. It's a very fast sign.

Next sign, Taurus. Well, the moon is also about food. Taurus is a very foody sign. So it might be a day when you just feel like you want more carbohydrates, or it might be a day where, because Taurus is steady, it might be a day when you start feel your emotions settling down. Or just to flip it before we do the rest of the signs. If you were looking for a day when things are likely to be a little bit calmer, then a Taurus moon day is going to be a bit calmer than an Aries moon day. But you do also have to take into account what the planets are doing, right?

Moon in Gemini, very chatty. Great night for a party or an event where everyone has to communicate. Gemini's a very chatty sign, and a good time to talk about your feelings to an extent as well, because the moon is very emotional.

Moon in Cancer, well, that's sort of like a perfect match. The moon is all about home and family and Cancer's all about home and family. It's one of the moon's two home signs, along with



Taurus. If you're looking for a, "What night am I going to spend at home with my family next week?" Oh, it's a Cancer moon, do it that night. And again, this is very broad brush strokes, and you do need to look at what the planets are doing as well, if you want to really be crucial. Moon in Leo, Leo's the showy sign. It's a time when people are going to be more willing to put themselves out there and strut their stuff, show the world what they've got.

Moon in Virgo, Virgo is reliable, modest, chaste, and likes to sort of get everything sorted. So, great day to do your filing, get your house in order literally or metaphorically.

Moon in Libra, Libra's, the sign of relationships, so it can be a very good time to deal with any relationship issues. Not a bad night to go on a date, especially including a first date. Very much about love and romance.

Scorpio. Well look, one of my mentors, Jonathan Cainer, who was very well known here in the UK didn't agree with this, but most of us say Scorpio's the sexy sign, very sexy sign. When the moon in Scorpio, good night for another kind of date night or just a sexy night.

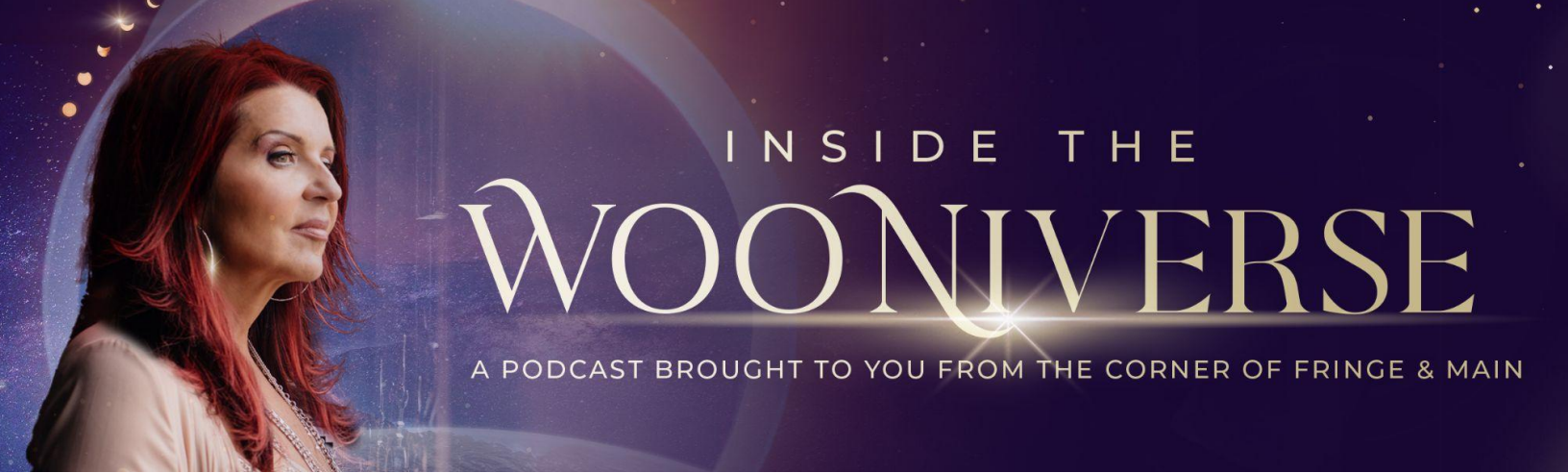
Moon in Sag, Sagittarius is the adventurer, so it's a time where you're going to feel more emotionally free. Moon in Cancer, it's very odd feelings and could be a bit needy. Sag is like, "Whoa, I'm off to see the world."

Moon in Capricorn, as you said, very good for business, business minded, making plans, being strategic, getting things, making sure that everything's ticking along as it needs to.

Moon in Aquarius is quite a good one actually, because the moon is quite clingy and needy and very much like, "Oh, I need a hug." But Aquarius is very, not standoffish exactly, but almost. It can be a bit aloof, it can be a bit cold, sort of think of steel or something like that. It's a bit like that sometimes. Not in a bad way. It's not an offense. We've all got Aquarius in our chart somewhere, but it's not clingy. In fact, I always feel like the moon in Aquarius is an opportunity to detach from a situation and be a little bit more rational about what the heck's going on here.

And then we have the moon in Pisces. And Pisces is a very gentle sign, very romantic, likes a drink and likes a bit of poetry. It's about soulmates. It's more of a gentle night with your lover or good friend or something like that. But I'm just going to say one more time, do understand that if





you want to start to just work with the moon through the signs, it's important to keep your eye on the astrology, which if you don't know astrology, apart from, I obviously have a book for it, *Astrology Made Easy*, let me give it a plug. But even on Facebook or Instagram or whatever, just keep an eye, because it's not solely dependent on where the moon is on any given day.

Colette:

That's so interesting. Now, we have to take a little pause. More with award-winning astrologer and moonologer, Yasmin Boland, when we return.

And we are back with Yasmin Boland. So Yasmin, my next question is, when you work with the moon, what's the difference between a wish and an intention? We know what the flavors of the moon are, and like you said, so now if you're looking at new moon and full moon astrology, you are going to be looking at the moon through the signs because you're looking at the new moon in say right now the moon, new moon is in Pisces. So how would you work with this new moon, and what's the difference between a wish and an intention in your view?

Yasmin:

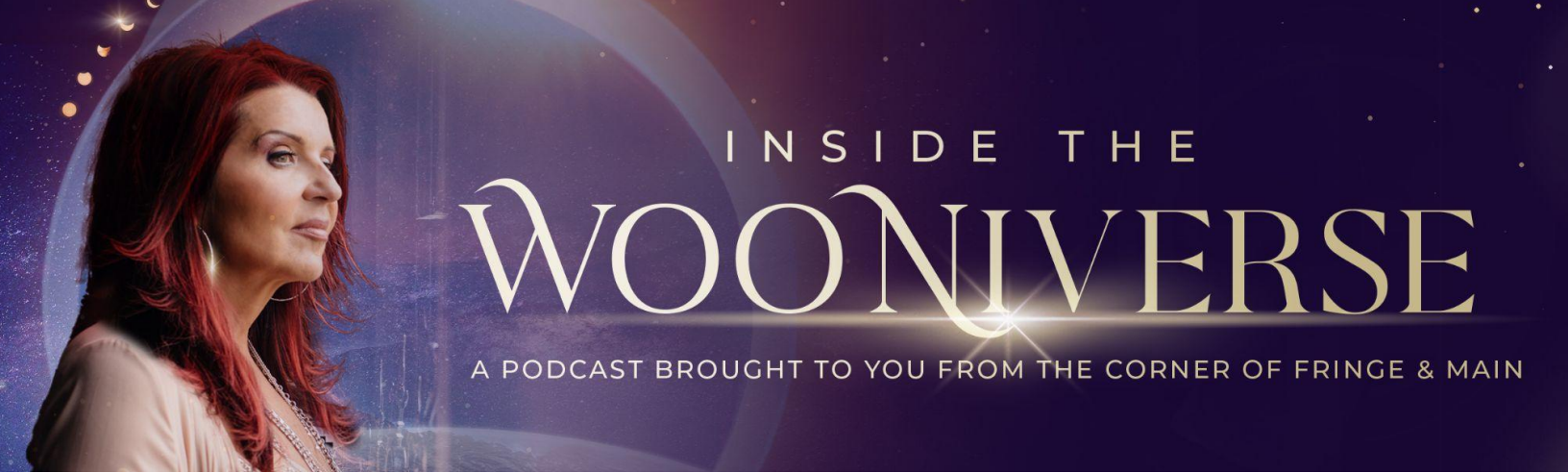
First of all, let's just say, with every new moon there are three ways to work with it. The number one way to work with a new moon that's really simple, requires absolutely no astrological knowledge whatsoever, is just to make wishes or set intentions. And I'll answer your question about that in a second, okay? The second way is, work with the sign that's in. So as you say, we've just had the new moon in Pisces. Then you're going to look at things like, "How can I bring more poetry into my life literally? Or metaphorically, how can I bring more romance into my life? How can I deepen my spiritual practice?" All the Piscean themes are up on offer. And then the third way is to actually look at where in your chart it's taking place. All you need to do is work out which house Pisces rules. Say it's your love zone-

Colette:

The sixth house.

Yasmin:

Your which?



Colette:

Six.

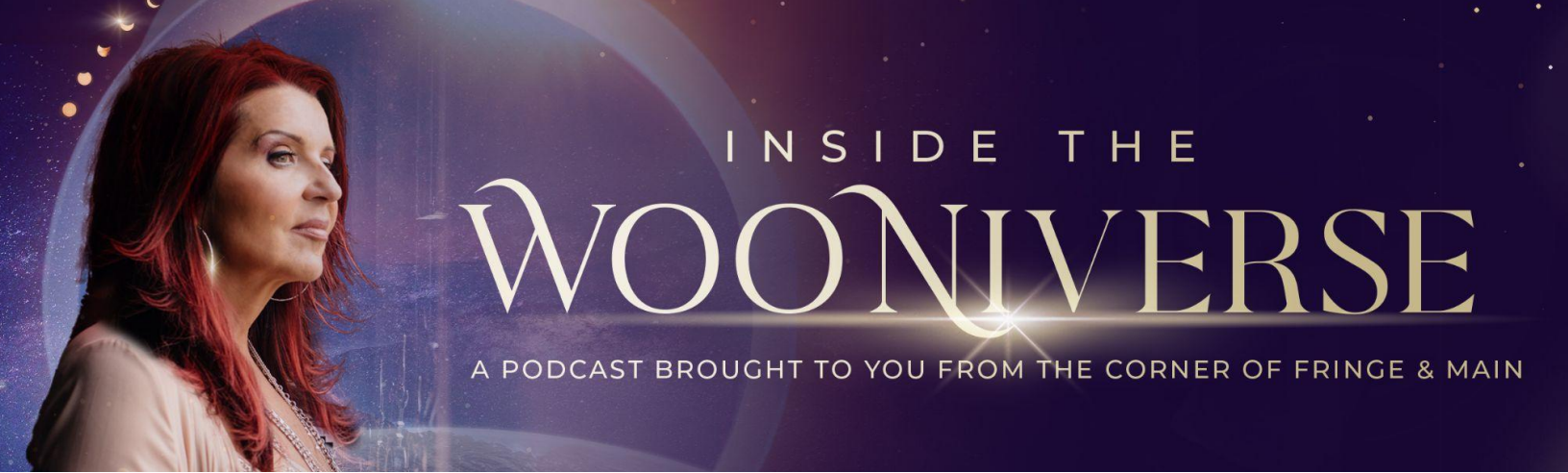
Yasmin:

Sixth house. So the sixth house, well done, is to do with daily life and health. When you get the new moon in there once a year, which you will get, sometimes twice, it's a time to say, "Okay, so I'm setting my intentions and making my wishes just on something that I want to do with the fact that it's a new moon in Pisces, but also to do with my daily work and health, because that's what it's triggering in my chart. So, I'm going to change my routines and I'm going to take better care of my health, or I'm going to drink more water. I'm going to cut out those carbs." Or whatever it is that you want to do, do sixth house stuff. There are those three ways to work with the moon. Just make a wish, look at the sign that the new moon is in, and look at where in your chart it's triggering.

And you can just do one, you can do two, or you can do all three of the methods. As to the question of the difference between a wish and an intention, so I initially started to only do new moon wishes. I believe that wishes work, because it's all about our feelings. The moon is obviously the perfect conduit for wishes because the moon is also about feelings. So, you want to make wishes from the heart, which is why when I teach about making wishes, it's about visualizing it and feeling it as Wayne Dyer and Neville Goddard before him said, "Feel the feeling of the wish fulfilled." If you make a wish from the heart, it can manifest. But I realized along the way that some people when they hear the word wish, it reminds them of when they were five, blowing out the candles on a birthday cake or something, seemed to be airy fairy. And people didn't really necessarily understand if you wish from your heart, it's like sending, Abraham Hicks would call, "A rocket of desire out into the universe." And it's extremely powerful. But I realized that not everybody was able to understand that a wish can be that powerful. I then started to talk about setting intentions, because some people are just more comfortable with that. And actually it works really well at the new moon as well, because it's the restart. And that's why I say, even if you don't believe in astrology, if once a month you set your intentions for your life, your life is going to change. So-

Colette:

I agree.



Yasmin:

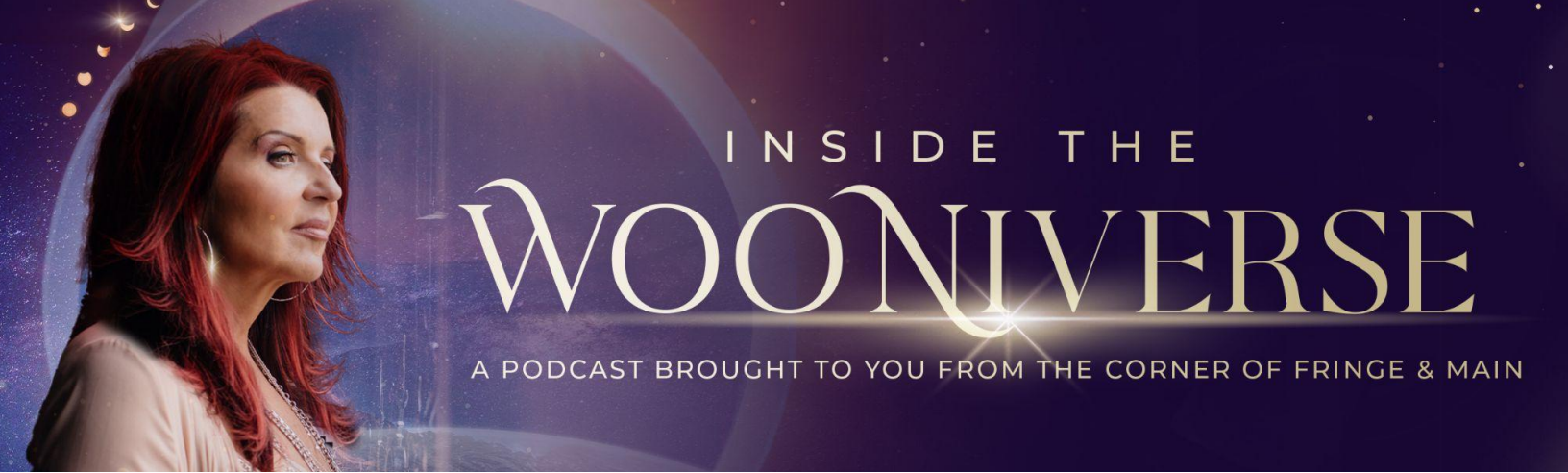
... make a wish, set your intentions. And the other one that I suggest, and this came from a workshop I did once, is make commitments to yourself. You can make wishes, you can set intentions, or you can make commitments. It doesn't really matter. The point is, the more I've worked with moonology over the past 20 plus years, the more I realize that the new moon, aside from the fact that it has traditionally been seen as the time when the veil between the worlds is at its thinnest, so it's the best time to send your wishes out into the world. And that has been the tradition for thousands of years. It's also really powerful, because once a month, if you get clarity about what you want, then you will therefore be far more likely to take action or inspire action towards your goals. And again, this gets back to why I say, you don't need to believe in astrology for this stuff to work. It just works. Because once you know what you want, you're actually more likely to take steps towards doing whatever it is you have to do to achieve it.

Colette:

With that in mind, then what does the full moon, how does it factor in with this?

Yasmin:

Well, I'm glad you asked. Because it's actually really, really important as well. You've got the new moon, and you got two weeks of the waxing cycle, and then you get the full moon, and then you've got two weeks of the waning cycle, you get another new moon. In the waxing cycle between new and a full moon, go for it. The full moon is when we offer it all up to the divine. And this is something I learned in India and comes back to the whole idea of co-creating with the divine and the universal source, or whatever you want to call it. Whatever hasn't happened by the time of the full moon, offer it up to spirit, offer it up to the divine, offer it up to source. And somehow I was made to realize in India that this is actually the secret to manifesting. People think it's all about setting intention. They think it's all about making wishes. It's all about what you do at new moon. And I honestly, after 20 plus years of doing this, I don't think it is. I think that that is about getting clarity and taking action, but somehow surrender is the secret source. But I always say source, S-O-U-R-C-E, it's the secret source of our manifesting power. That's what I teach in Moonology. It's like, set your intentions, offer it up to the divine, set your intentions, offer up to the divine. It honestly is the magical formula.



And you and I are both on the same path, and we're both learning as we go. And I can't remember who I was with the other day. Someone was saying to me, we were talking about manifesting, and I said, "I still am amazed when-

Colette:  
Me too.

Yasmin:  
... I manifest.

Colette:  
Me too.

Yasmin:  
And it's like-

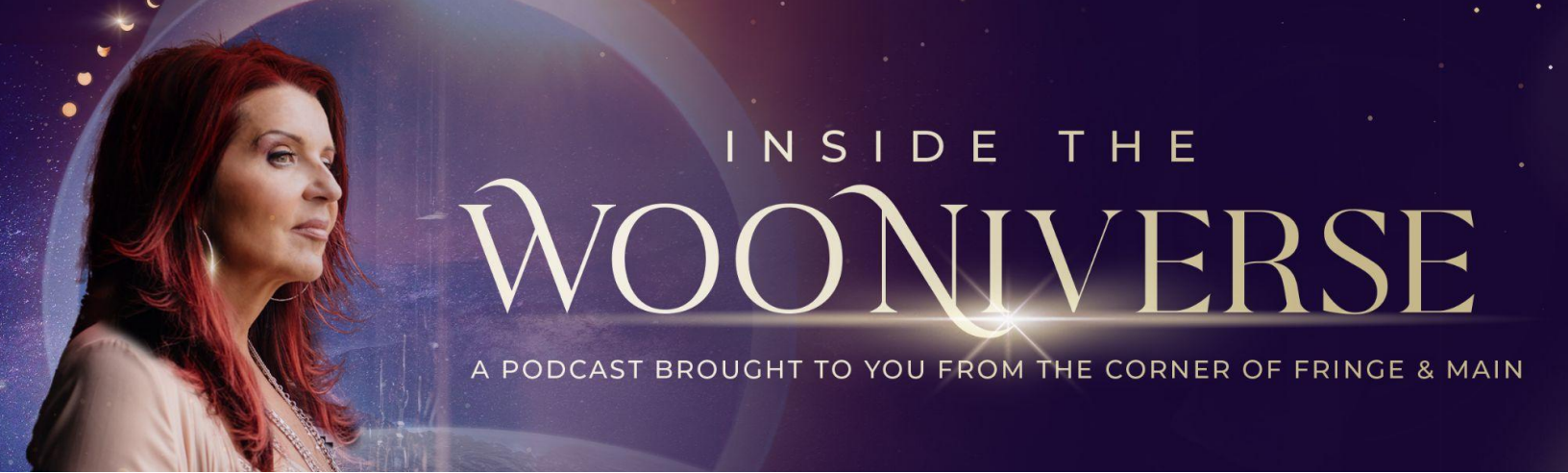
Colette:  
Me too.

Yasmin:  
And I said, I think it's because we're taught from such a young age, "Magic isn't real. Fairies don't exist." I mean, I don't know anything about fairies, to be honest, but nothing is real. Nothing woo woo is real. And so you're still like, "See, it works."

Colette:  
I'm never ever going to be any different. I'm always in awe. I'm always shocked and surprised. I'm never jaded about this ever, because it works.

Yasmin:  
But why are we still surprised after all these years?

Colette:  
Because I think-



Yasmin:  
I think it's weird.

Colette:  
Because I think it makes it fun. It's like, wow. Because I think also we tend to forget, because the world conditions us to fall asleep at the wheel, and then we get awakened right away, like, "Wow." And I also feel like these are these gifts that we can celebrate, they feel very celebratory.

Yasmin:  
Yeah, I still find it absolutely fascinating.

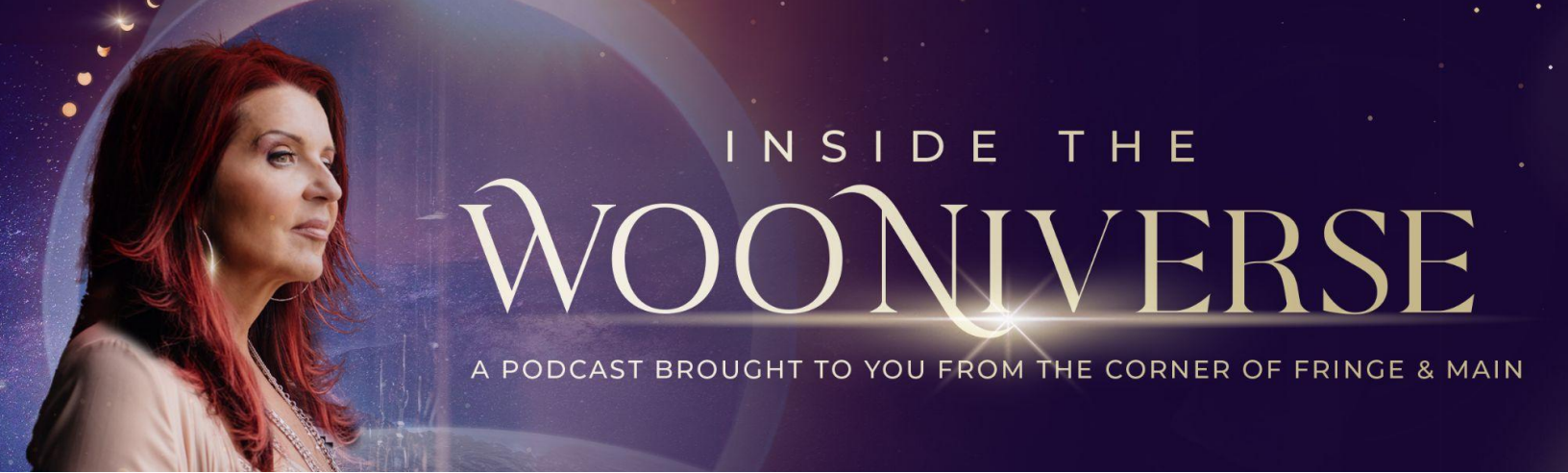
Colette:  
Me too.

Yasmin:  
And I do think it's because we're conditioned by the world and because I think that all the most respected people in the world tend to be scientists, people who've won the Nobel Prize for atomic fusion or fission or whatever, all that stuff. And so they're the ones who, apart from Albert Einstein, they're the ones who kind of say, "Oh, it's all woo woo. It's all nonsense." And so on some level, I suppose we absorb that bias.

Colette:  
Not good enough, but somehow-

Yasmin:  
And so we're still amazed. But that's why I guess my teacher said to me, "Test it, test it, test it." Because you just have to have personal experience with it, and you start to go, "I don't understand it, but this actually works."

Colette:  
The evidence is there and it's constantly there. I like being surprised. I still love the feeling of wow and the awe and the reverence and the whole like, "Ah." Because in that moment I am so



connected to spirit, and I am so in reverence. And I know that I'll fall asleep at some point again. But boy, oh boy, in these moments, see, there's that sense of, "See, it works."

Yasmin:

I think I would honestly feel like I would like to be able to take it more for granted. But I also think that that awe and that joy is actually part of it as well.

Colette:

I do too.

Yasmin:

It helps us manifest. I mean, but part of me is like, "Come on, do I still need to be amazed every time? How many times do I have to be amazed by the fact that this works?" Well, because also as teachers, we have this responsibility, don't we? We're teaching this stuff. And you want to make sure you're not misleading people.

Colette:

But I also teach people to be amazed. I tell them, "Be amazed when it happens." This is real. But the reality that calls us is also very powerful and seductive. And it tells us that, I mean, I know this is real, there's no question, I am. I do take it for granted that it's real, but when I actually see things culminate and come together, the synchronicities always blow my mind. Because it's like, "I could not have made this up." So, that's kind of fun. But I do understand what you mean. Wouldn't it be great if our entire society just expected this, that we were all working on magic?

Yasmin:

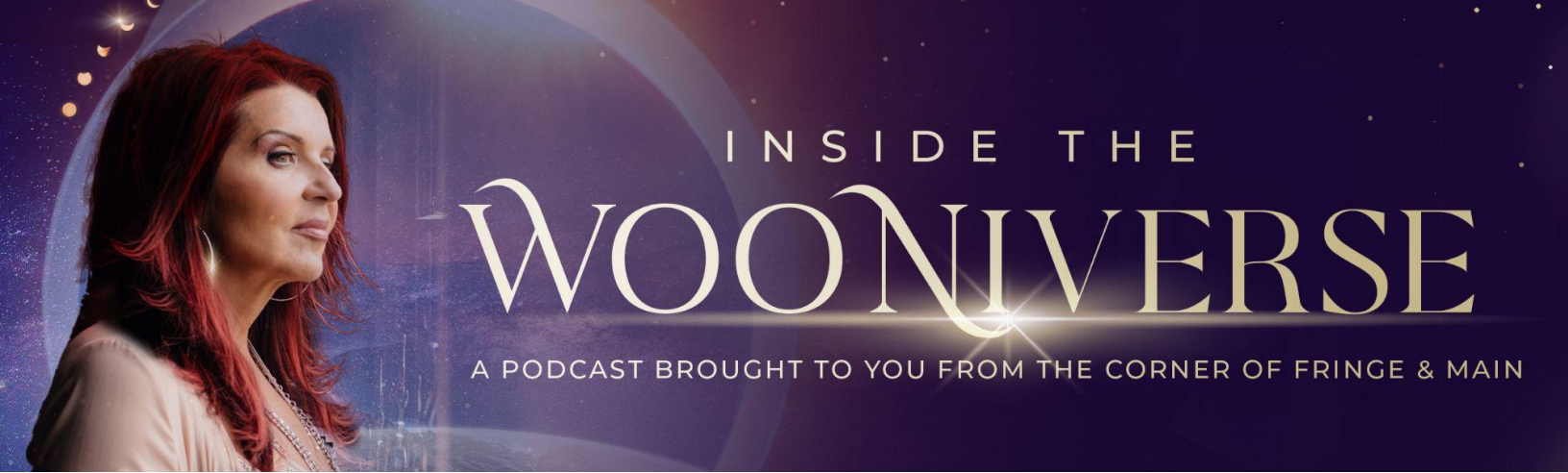
Maybe that's what I mean.

Colette:

And I agree with you.

Yasmin:

Was just like-



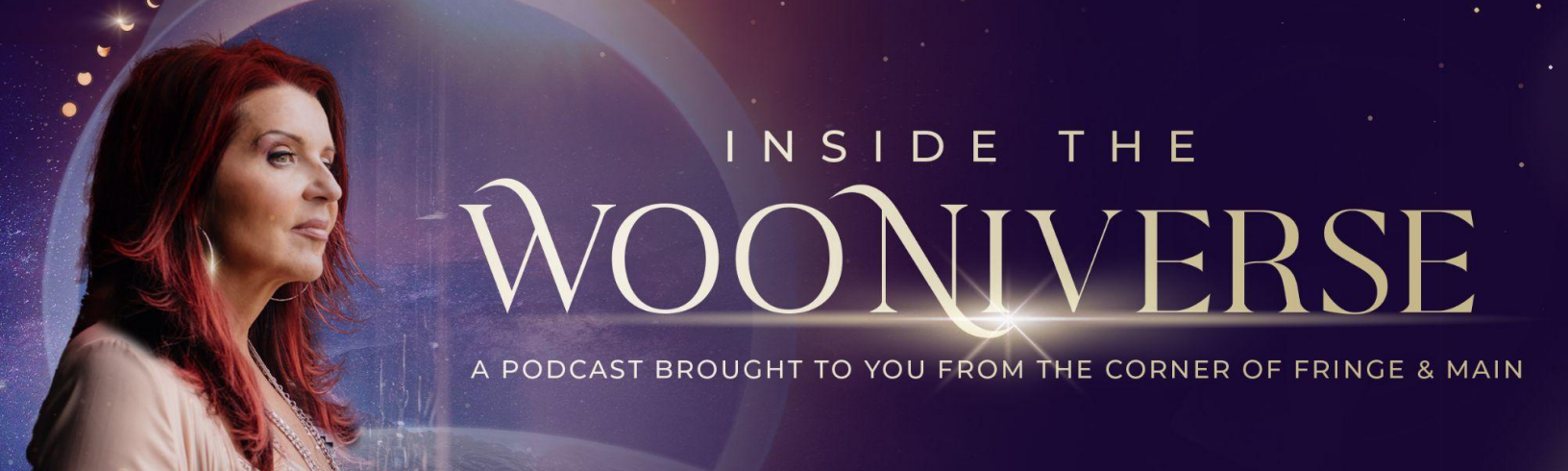
Colette:  
Why not all of it?

Yasmin:  
This is how it works, guys. Take it or leave it. You can sit there drinking beer, eating pizza, watching TV, or you can get out there and make magic, or you can do a bit of both or whatever. But-

Colette:  
Magic is real and both of us know it. Now, let's talk about eclipses, because I think they are always very fascinating. What are they and how can we best work with eclipses, and what's the difference between a solar and a lunar eclipse?

Yasmin:  
A solar eclipse is an eclipse that takes place at the time of the new moon. And a lunar eclipse is the eclipse that takes place at the time of the full moon. And the way I learned to remember that was by saying, so it's S for solar, solar eclipse. I used to say new moon so I would remember that. It's the new moon. So S, solar eclipse, new moon.

Eclipses are just another thing all together in a way. They're like, I actually didn't even write about them in Moonology, and I must write about them very soon. They're like everything on a whole new level, so everything we've said on steroids. One of my favorite expressions was from a ... I said there hadn't been that many astrologers who'd done what I'm doing working with the moon. There was one woman who did some amazing work, and I read all her books, which are these very little thin volumes you can get from the American Astrology Association. Her name was Sophia Mason. It's like Sophia, but they pronounced it Sophia, she's passed away now. But in one of her books, which I think was Forecasting With Eclipses, she said, "Think of her like this. If it's a new moon and it hits your Jupiter, or whatever, you might find \$10. If it's a new moon eclipse and it hits your Jupiter and your second house, whatever, you'll find a \$100." It's like that, so it just amplifies-



Colette:  
Amplifies.

Yasmin:  
... everything. Yes, but for better or worse, obviously, because if it's a difficult period in your life and you're not really rising to the challenge and you get a difficult new moon on your Saturn or whatever, it can just be more intensely challenging.

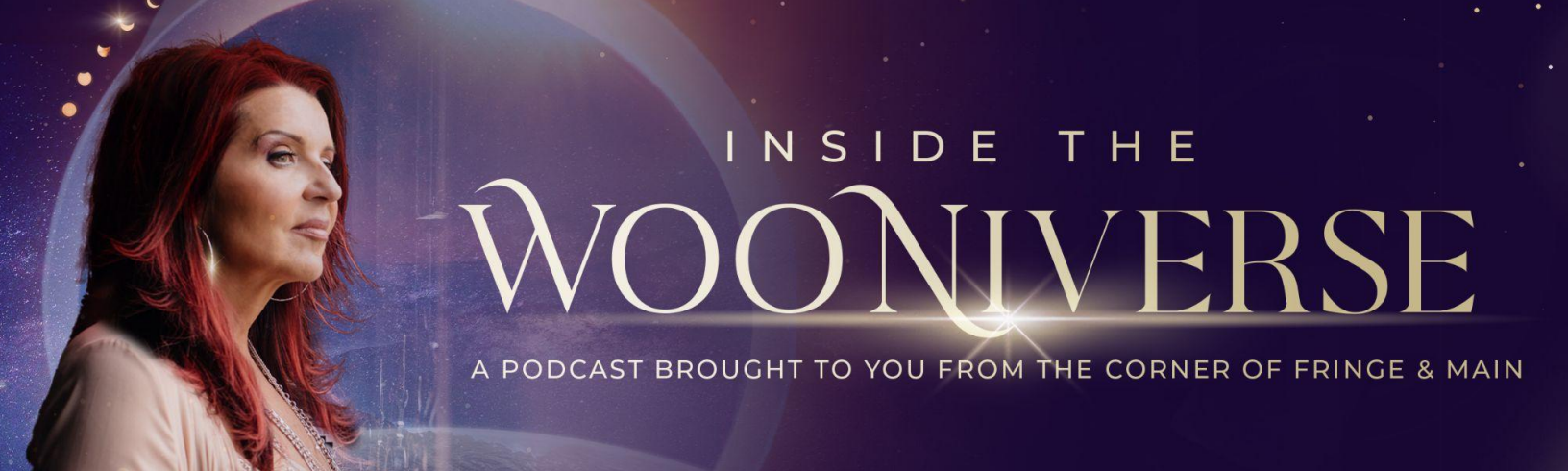
Colette:  
Sure.

Yasmin:  
But basically, eclipses just amplify everything.

Colette:  
Oh, that's very interesting. Because people talk about, "It's eclipse season." And then it's like, "Okay, what does that mean? Wait, oh, it's that it intensifies things." Now, does it intensify things according to the sign the moon is in? Or is it much more complicated than that?

Yasmin:  
Yeah, no, it's much more complicated than that. Just to speak to the fact that it's eclipse season. Basically, eclipses always come in at least pairs. An eclipse season would be the time between the first eclipse and the last eclipse of the year. And they usually, we have two eclipse seasons a year, and you can get up to seven eclipses in one year. But this year we've only got four, I think. It doesn't really matter what sign it's in, what it does matter is, is it squaring Pluto, which is difficult, or is it harmonizing with Venus, which is lovely, or is it hitting your ascendant, which is going to be really personal, you're really going to feel it. Or is it opposing your Mars, in which case it's going to fire you up. On the one hand, it's a bit, like I said, there are three ways to work with a new moon. There are three, you can apply the same rules to an eclipse. Either just be aware that there's a big portal for change opening up. I mean, everybody now I think, has seen that film Sliding Doors -





Colette:

I loved that film.

Yasmin:

... younger people haven't seen it. It's very much like that. It's about, I think of it a bit like a door that's going sideways and you have to jump through and wherever you jump through is going to affect where you end up. And eclipses are like that. They're like portals that open up. You either jump through or you don't. That's a risk, especially with a new moon eclipse. With a full moon eclipse often it's time to release something. It can be something difficult like some negativity, some fear, a bad habit, a bad relationship, a bad job, anything like that. I think of, and you probably might as well because you're a fellow Cancerian or moon child, as I like to call it, but I think of full moon eclipse as a little bit more challenging, because often it's time to let something go. Whereas new moon eclipses are exciting, because it's the start of something. It's not always true though. Sometimes an eclipse will just hit your chart and sometimes the better, sometimes more challenging. But eclipses are amazing and really, really worth paying attention to.

Colette:

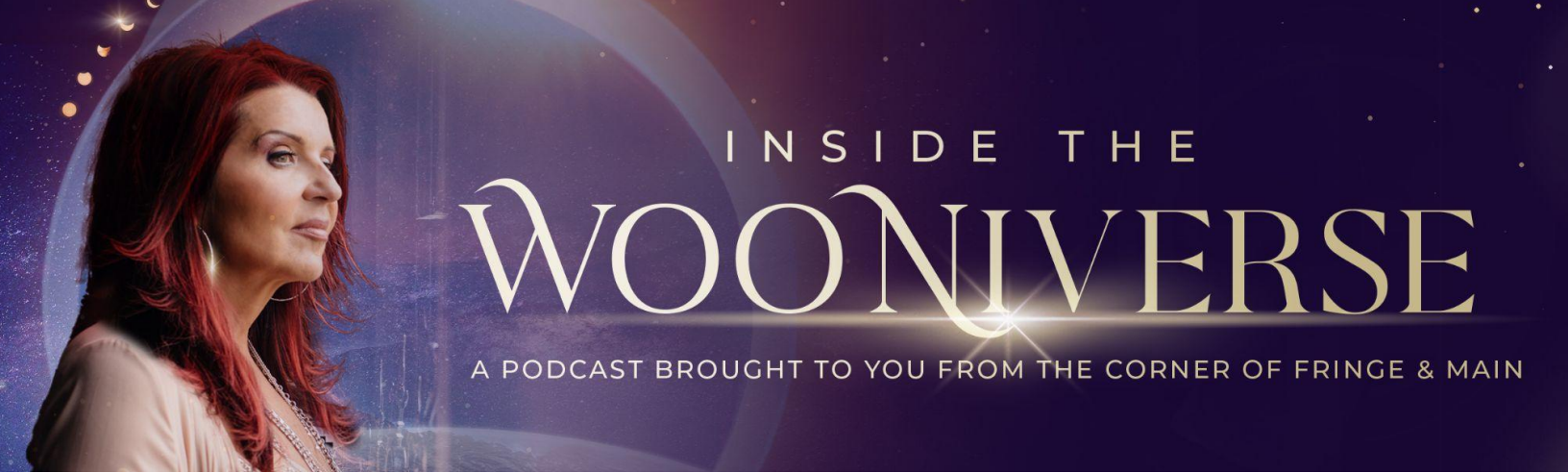
Oh, I love that. That's really cool. Okay, so let's talk about moonbeams and the power of moonlight. Do you ever create your own moon water? And if so, what do you use it for?

Yasmin:

Okay, so I create moon water from time to time. I will just leave a jar of water out, or a bowl of water out somewhere. Because I'm in London. We have foxes left, right, and center in the garden. So you have to leave it somewhere the foxes aren't going to tip it over or drink it all. And you let all the moonbeams from particularly the full moon come down and infuse it. And I will use it for things like running a bath, putting it in my bath, or watering the plants. Basically they're the two main things I'll use it for. But I have to say, number one, it's not astrology, okay? This is something I learned about from people on my Facebook page who talked about, and I'm like, "Oh, moon water, that sounds good. What's that?" That's something I've learned about through my readers.

Colette:

Does it charge something? Does it give you a special gift to the moon water?



Yasmin:

I mean, honestly, I think that you'll get just as good results by going out and sitting under the full moon. But something very interesting about moonbeams is, I don't know if you ever knew George Lizzos, who worked for Hay House in London for quite a few years and eventually went off to be a spiritual teacher in his own right. He's an amazing guy. And he said to me once, "Think about moonlight, Yasmin. It's the light of the sun, which is masculine," very yang is the sun, "bouncing off the moon." Which is very feminine and about the goddess we talked about. When we get the moonbeams down here on earth, we're actually getting the yin and the yang, the yin of the moon and the yang of the sun. And it's like the complete picture. And I think that's why moonbeams are so special. But I would say, "Yes, make moon water, why not? If you want to."

Colette:

I want to.

Yasmin:

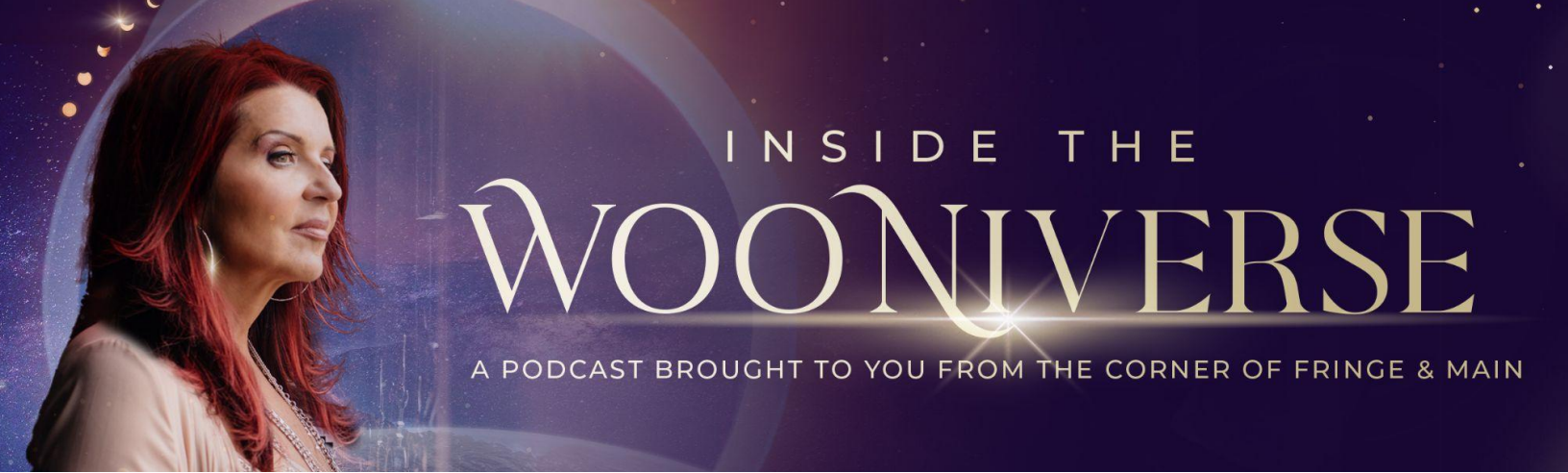
But get yourself out under the moonbeams as well, because I do think it must have a very balancing effect because of how it's created, in my humble opinion.

Colette:

What do you wish more people knew about the moon?

Yasmin:

I wish that more people knew that they have the power to create their life using the moon as a cosmic timer. And so by setting your intentions at the new moon and releasing it all at the full moon, you can actually start to shape your life, no matter what's happened to you so far, where you are, where you've grown up, how you're feeling, how stuck you feel, how powerful you do or don't feel. Whatever, you can actually change your life once you start to do these practices. And I feel like they're heaven sent practices, that one thing we haven't touched on is that people used to do this for thousands of years until they stopped, because they started to burn us alive at the stake in the village square with our families watching. And they started to drown us and hang us talking about the witch trials 500 years ago where anything between thousands and millions of women were killed for doing this, so we stopped doing it. I'd like people to be able to



remember that they actually have this power and that they're no longer going to be burned at the stake for using their powers.

Colette:

Oh, I just love that. I love that. Let's pull a card together to see if there's anything else the universe wants us to talk about. Did you have your Moonology card deck?

Yasmin:

You know what, I have one card on my desk today and I'm going to just-

Colette:

Okay, what is that?

Yasmin:

I'm just going to say that this is the reason why I have this random one card on my desk.

Colette:

Okay.

Yasmin:

If you're watching this or listening to this, it's for you, all right?

Colette:

Perfect.

Yasmin:

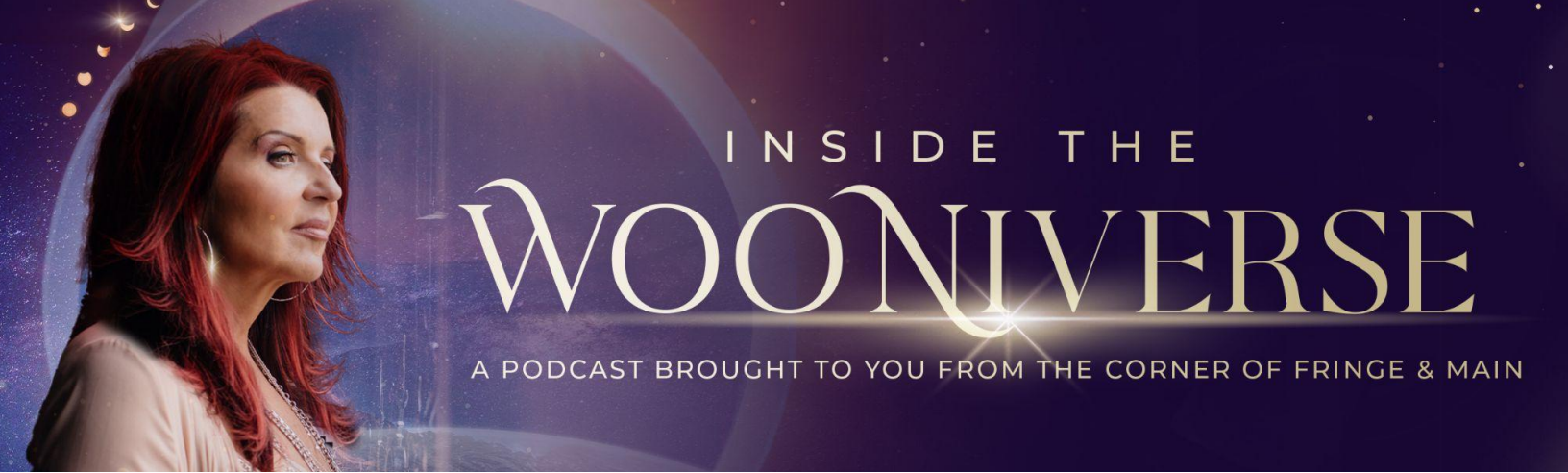
You ready?

Colette:

I'm ready.

Yasmin:

It actually says, "You and your family are safe."



Colette:

Oh, isn't that interesting?

Yasmin:

Isn't that beautiful?

Colette:

That is beautiful.

Yasmin:

So, if you are listening to this or you are watching this, this is your message, "You and your family is safe."

Colette:

You and your family are safe.

Yasmin:

There's a reason why it's on my desk. I should have all my decks on my desk when I'm talking to you, and I don't, because I've just got back from traveling.

Colette:

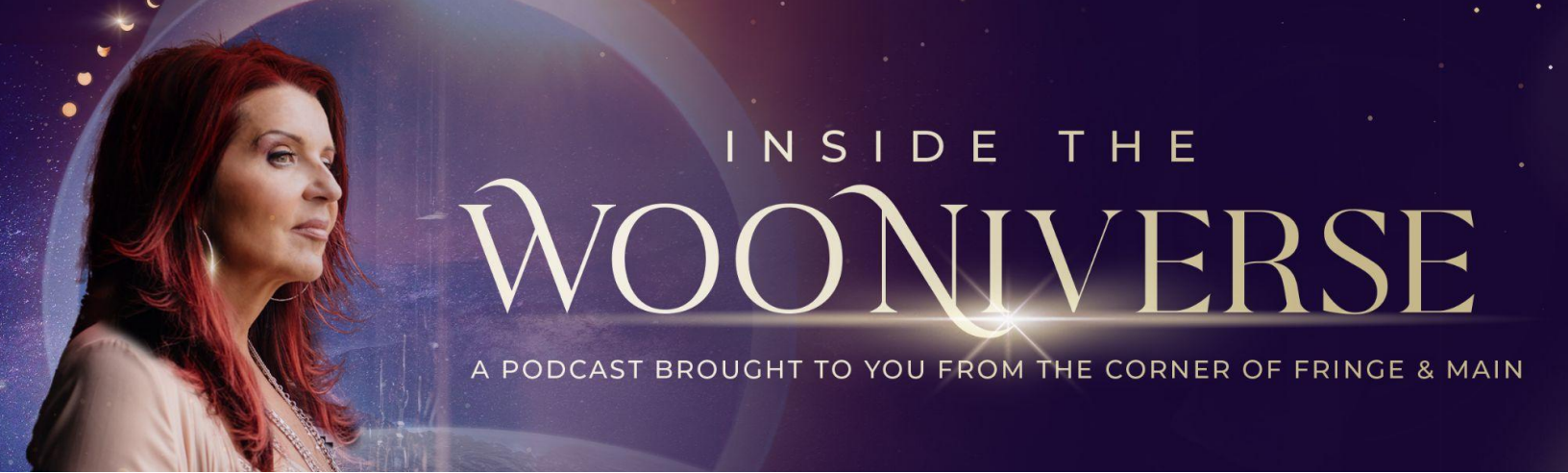
No, that's beautiful. I love that. Now, I'm going to pull a card from my latest deck, the Dream Weaver's Oracle. And the question I'm asking, is there any other subject? Now, we have safety as a subject and family, right? So let's look at a subject that this card deck would like us to talk about. And I have, oh, when a witch must drink their brew.

Yasmin:

Hey, that's so good.

Colette:

I'm going to read-



Yasmin:

Because that's what we're talking about.

Colette:

I know. Okay, so-

Yasmin:

Oh yeah. Read it, read it, read it.

Colette:

I'm going to read it. This is something that we can both comment on. All right, "So it's being unapologetically comfortable in who you are, trusting and knowing your own magic, i.e. plus the moon, being authentic and inspired, the courage to own your values and who you are, not succumbing to the spell of society."

Yasmin:

I mean, you literally just drew that, didn't you?

Colette:

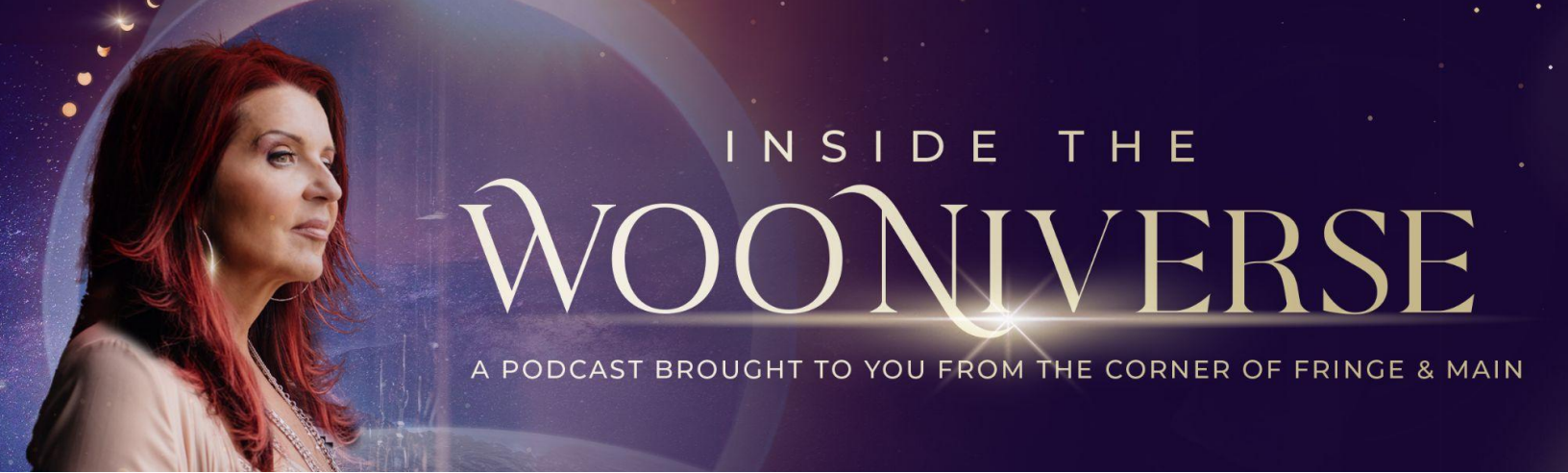
Yeah.

Yasmin:

That's extraordinary, because that's literally what I was trying to explain before.

Colette:

Yeah, exactly. That is really, that's what I think the exclamation mark is what the universe wants us to really underline, that we have to acknowledge that there is a spell. There is this conditioning that creates, for example, us falling asleep at the wheel because we're like, we're not being seen as serious. Or that this that has existed for thousands of years, that we were killed for. Women were killed for working with the moon, et cetera. This is something that exists. This is part of our natural magic that all of us have, and you teach us how to work with that. And I think that's a phenomenal service that you give to all of us, Yasmin.



Yasmin:

Thank you, Colette. And I also get a personal message from that card.

Colette:

Perfect.

Yasmin:

Because I'm sitting here saying, "I'm still amazed and I feel like I shouldn't be." And that's relates to that card. It's like we have to drink our own brew. We have to go. And especially if we go through tough times, even anybody out there listening who's a light worker, a witch, a moonologer, whatever, uses your Oracle cards, my Oracle cards, whatever. We have to drink our own brew. We have to believe in ourselves, even despite all these so-called learned people who seem to be crazy.

Colette:

I love this. Okay, we are going to take a little break now, and when we come back we're going to switch gears and enter into another dimension of the Wooniverse, the tea time after party. Please stay with us. We'll be right back.

Thanks for joining us today and welcome back. With us today is award-winning astrologer and author of the best-selling Moonology, Yasmin Boland. This has been so good. We're going to switch gears now and travel into another dimension of the Wooniverse called the Tea Time After Party, a place where we kick up all the fun. Joining us now is our executive producer, Connie Diletti. We're going to have some fun. Yasmin, are you ready you two?

Yasmin:

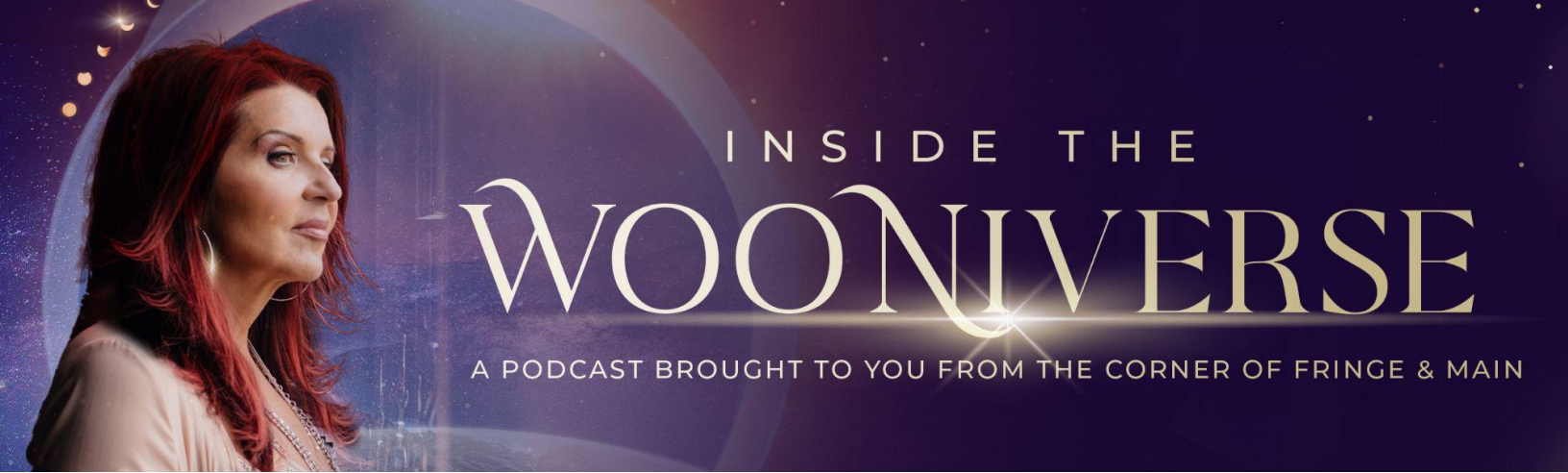
Woo, great.

Connie:

So ready.

Colette:

Okay. Actually, Connie, why don't you start and ask Yasmin our first fun question.



Connie:

Oh, for sure. Okay, so you're offered a trip to the moon on the next SpaceX flight. Do you take it?

Colette:

Yes.

Connie:

Yes? Oh my goodness, okay.

Yasmin:

My husband's in Paris right now and he'd have to come back really quickly and look after our son, but yeah, I'm off.

Connie:

You're off? Oh my gosh, that's amazing.

Colette:

If you could trade lives with one person for one day, living or crossed over, who would you choose and why?

Yasmin:

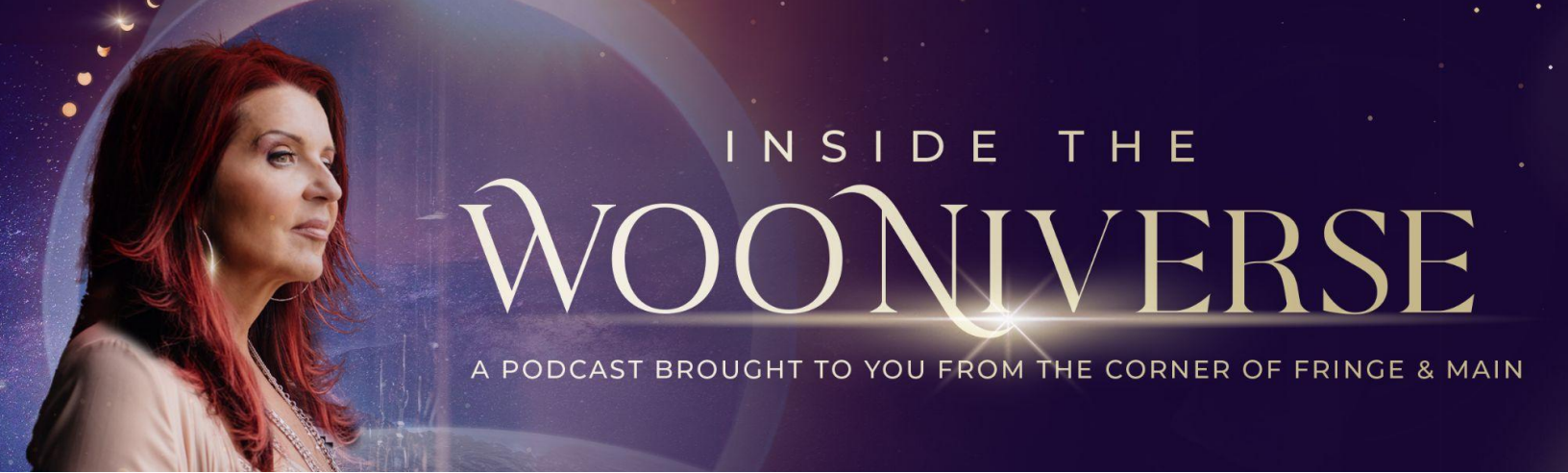
Okay, I've got a few in my head. I think it'd be Nadia Comăneci on the day she scored her perfect 10 at the Montreal Olympics. Just to know what-

Connie:

Wow.

Colette:

Oh wow. That's a really good, I've never though-



Connie:  
I love how specific.

Colette:  
Quite specific.

Yasmin:  
So specific.

Colette:  
But think about that, it's that sense of feeling accomplished in such a way that is worldwide and global and it really shows that spirits work through her and all the hard work she put into. Yeah, I can imagine.

Yasmin:  
And nobody ever even thought it was possible because they didn't even have the scoreboards and all. I've always been fascinated by her and I think if I could ... I also wouldn't mind being Madonna for a day, just that fun.

Connie:  
Because just-

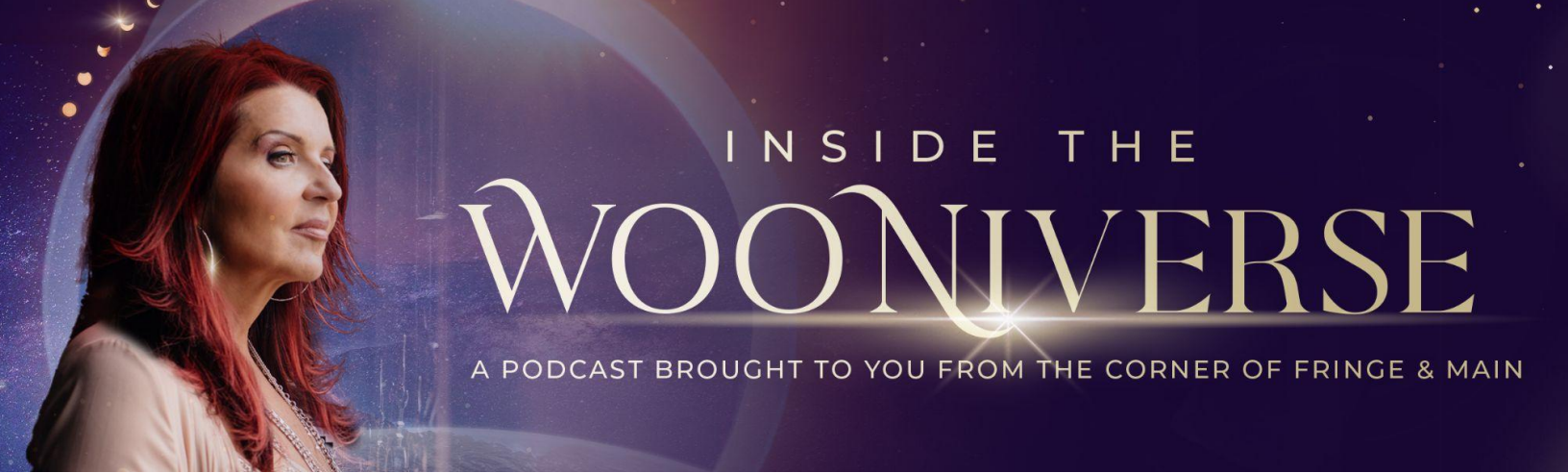
Colette:  
Why not? Right?

Yasmin:  
Am I supposed to say I'd like to be the Pope or something a bit more worthy? I'm just=-

Colette:  
Why is that worthy? You're funny.

Connie:  
That is so worthy, that all-





Colette:  
That is worthy, girl.

Connie:  
Of course.

Colette:  
Is worthy, more than worthy. I love that. Okay, Connie, your turn.

Connie:  
Okay. If you had to listen to one song for the rest of your life, anytime you turn on the radio there it was, what would it be?

Yasmin:  
Into The Mystic by Van Morrison.

Colette:  
I love that song.

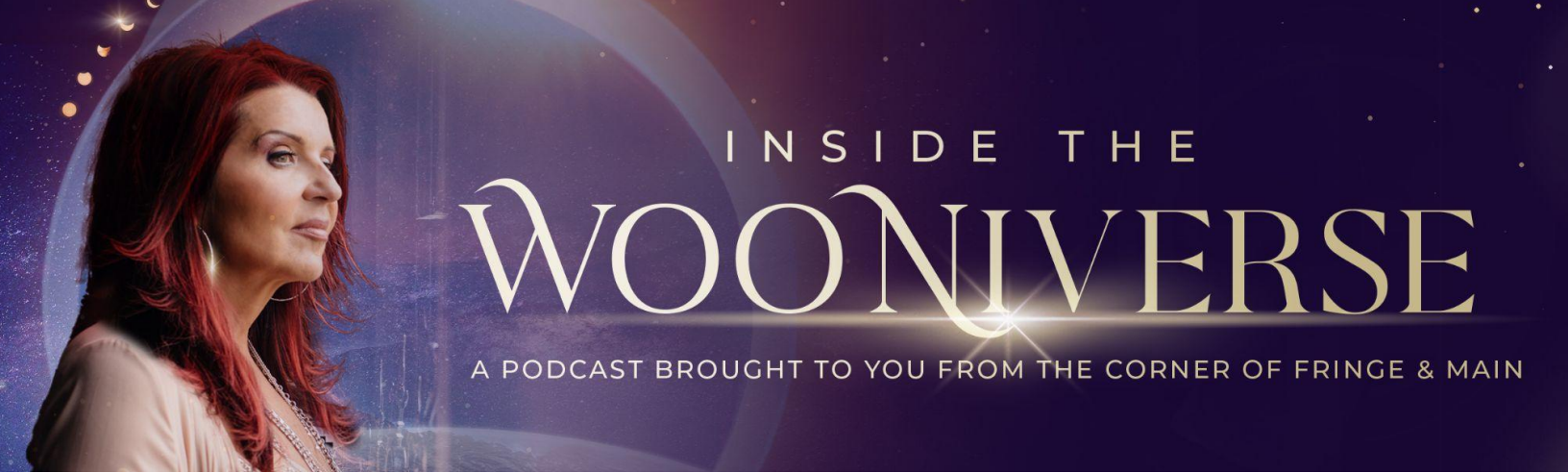
Connie:  
Beautiful. Okay.

Yasmin:  
I love that song.

Colette:  
Love that song.

Connie:  
This is like-

Colette:  
Oh my God.



Connie:  
You're so prepared for these questions.

Colette:  
My favorite song.

Yasmin:  
I'm really not.

Colette:  
Do you have a talent that others might find unusual?

Yasmin:  
I can kind of play the flute.

Colette:  
Oh.

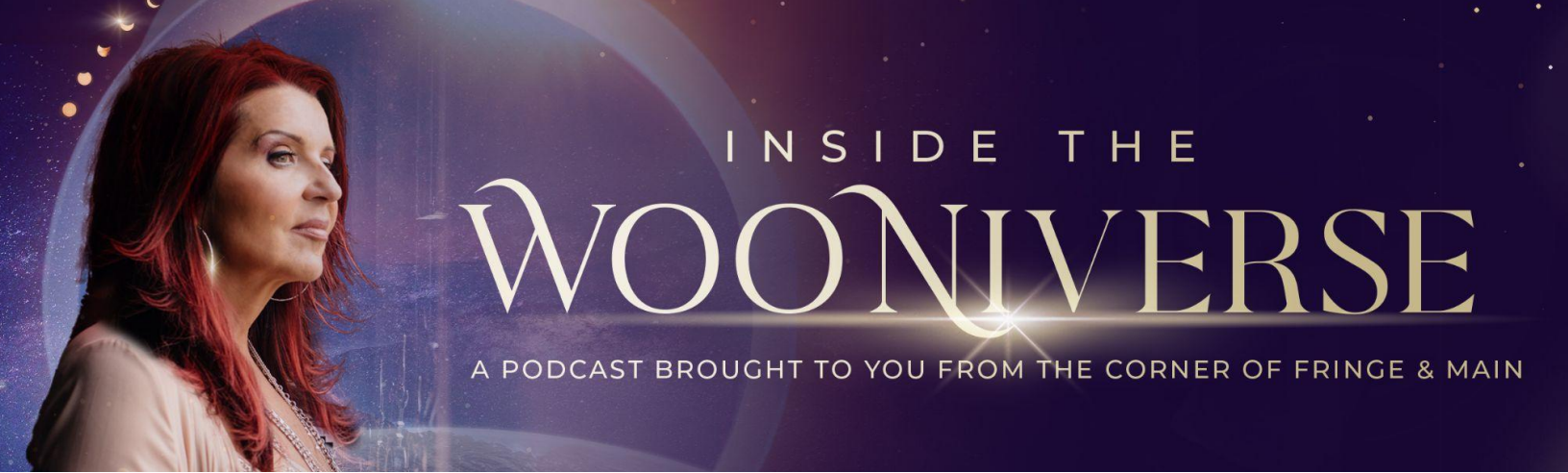
Connie:  
Wow, okay.

Yasmin:  
I actually learned in the pandemic, so it's a new talent.

Colette:  
I like that. I can speak in Burpish.

Yasmin:  
Oh, I can speak French.

Colette:  
I can say your name in Burp.



# INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

Yasmin:

Excellent, let's hear it.

Colette:

And I will never do that in Burp in public.

Connie:

I've yet to hear this language though. I mean, I think we need a whole other episode on this. Just saying, just saying. So, you are banned from the library. Why? Collecting moon water from the east trough outside of the window.

Yasmin:

Pouring moon water all over the carpets. Trying to lift the energy in there.

Colette:

That's hilarious.

Connie:

What a noble reason. Okay.

Yasmin:

Yes, very noble.

Colette:

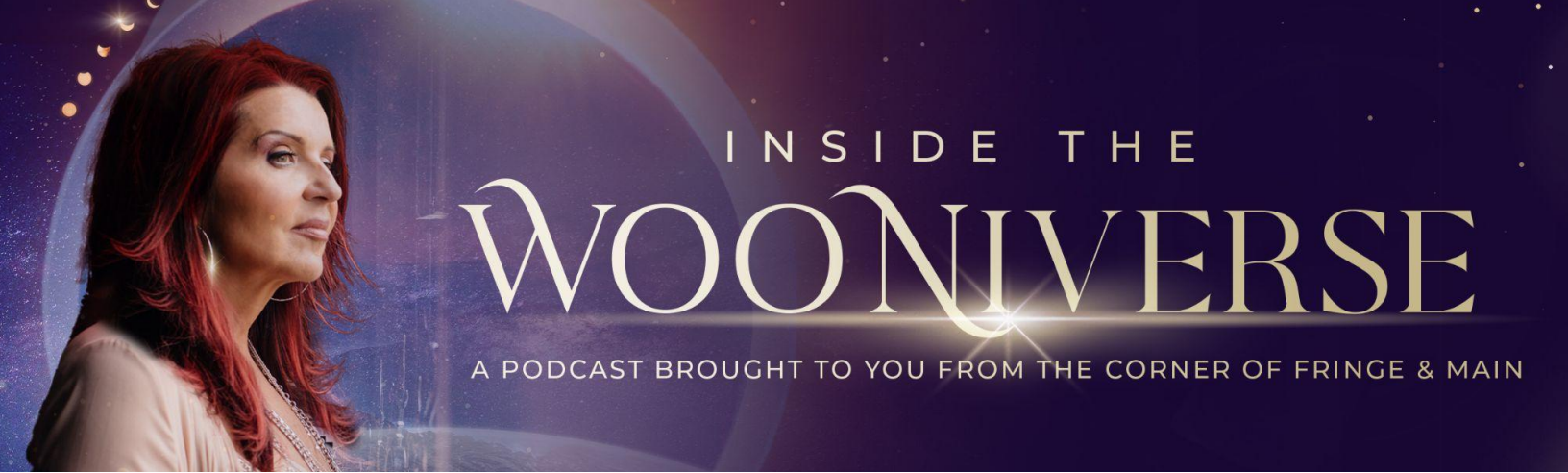
Okay, last question. If you could be wildly successful in another profession, what would you choose?

Yasmin:

Easy, being a screenwriter.

Colette:

Well, what if that's, I think that could actually happen.



Connie:  
Yeah.

Colette:  
To be quite honest, very possible.

Yasmin:  
I'd love to do that.

Colette:  
I've always seen that, that you're going to end up doing something like that, honest to God.

Yasmin:  
I'd love to. I would love to be able to do films about astrology and about creating your own reality, and-

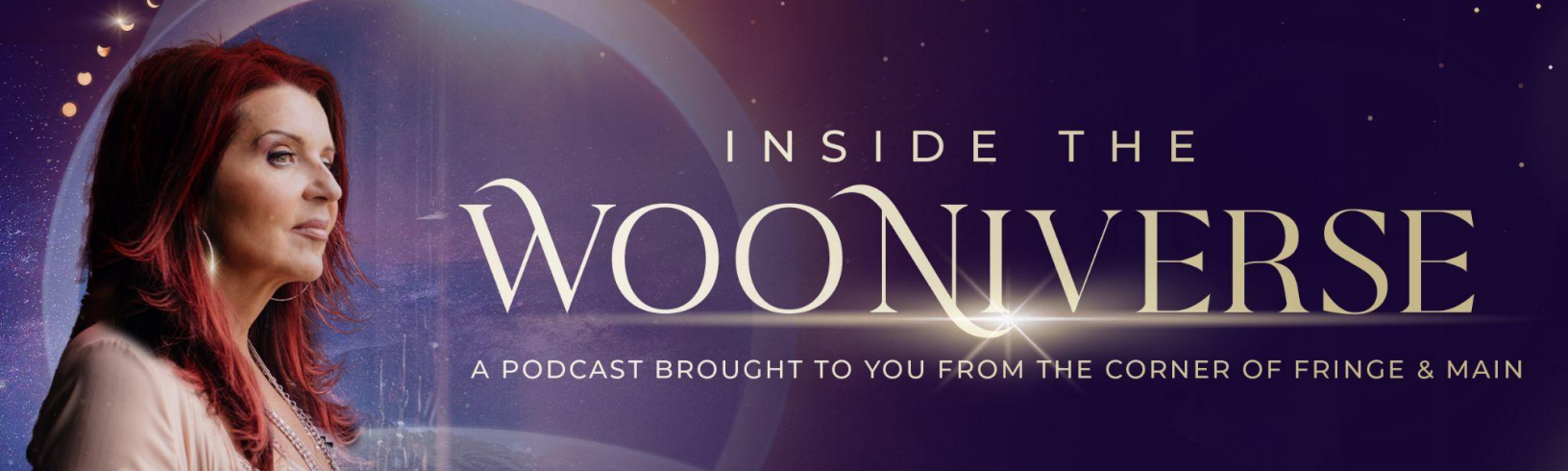
Colette:  
Well, you're such a good writer. People should know, you've also written a novel that I thought was fantastic. I hope you're one day going to write another novel, because you're so good. You are such a good writer.

Yasmin:  
So are you. So are you.

Colette:  
I mean, honestly, I couldn't put it down, I'm like, "This is so good." We should tell it. We'll put the name of your novel in our show notes after. But-

Yasmin:  
Thank you.

Colette:  
... anyway, this has been so great, so great. I've been so happy to have you on the show to learn more about Yasmin and all of her offerings, which are many. You can visit her at



# INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

yasminboland.com and you can also catch her on her podcast called Mainly Moonology. And as always, you can find a transcript of this episode, quotes, all the links and so much more on our show notes page. Go to [itwpodcast.com](http://itwpodcast.com), or click the link in this episode's description. This was so much fun. Thanks for joining us, Yasmin, you were awesome.

Yasmin:

That was so nice, Colette, thank you. And thank you to all your team.

Colette:

So, what did we learn today? I mean, this conversation was fascinating and really fantastic and what really hit me is the reclaiming of the moon. Because when Yasmin talked about how women were burnt at the stake and also the witch trials, et cetera, for actually practicing with the moon, this is such an important, just such an important thing for us to consider. The moon is for everybody. It's always been there and it's been a tradition that's been baked into our bones since time immemorial. So, we need to remember where we come from and that drinking our own brew, trusting in our own magic, it's so true. Until next time, thanks for listening. I'm Colette Baron-Reid, be well.

Credits:

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