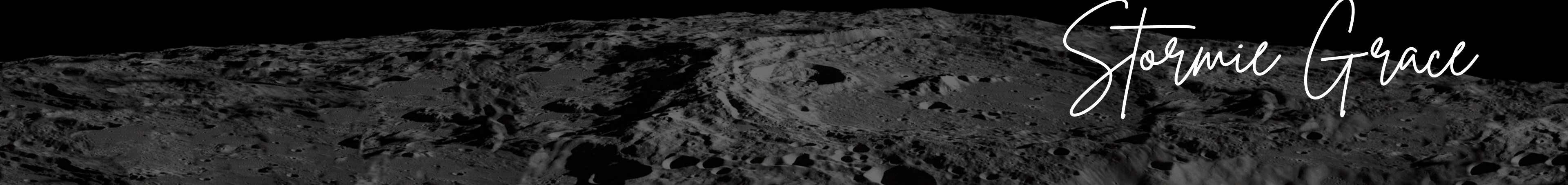




**NAVIGATING LIFE'S CROSSROADS:
A PERSONAL JOURNEY THROUGH PROGRESSED LAST
QUARTER, BALSAMIC, AND NEW MOON PHASES**

Stormie Grace





KEY RESOURCES



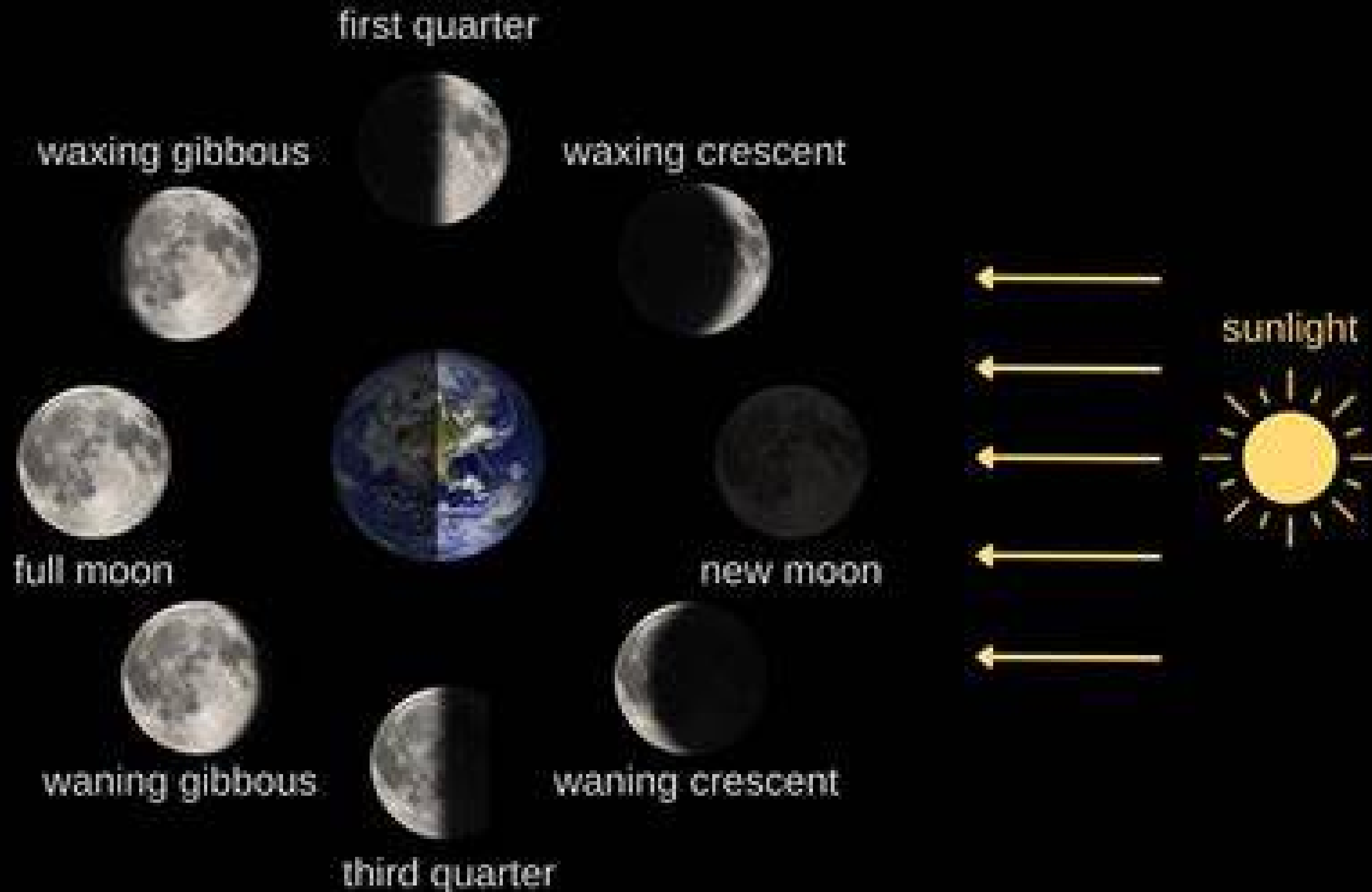
- **Recommended Reading:**
 - Finding Our Way Through the Dark by Demetra George
 - The Lunation Cycle by Dane Rudhyar
 - The Book of the Moon by Stephen Forrest
- [sciencenet.org](https://www.sciencenet.org) photo credit

INTRODUCTION



- Welcome and Purpose of the Talk
- Why focus on Progressed Moon Phases?
- Understand Each Season with a focus on the Last Quarter, Balsamic, and New Moon Phases.
- Invitation to Reflect on Your Own Lunar Cycles

Phases of the Moon



THE MOON IN ASTROLOGY

- **Key Idea:** “Cycles Teach Us When to Let Go and When to Begin Again”





MEETING THE SEASONS

- New Moon
- Crescent
- First Quarter
- Gibbous
- Full Moon
- Disseminating
- Last Quarter
- Balsamic



PROGRESSED NEW MOON

- NEW MOON (0-45)
 - New directions, ready to initiate, even if you don't know exactly what you are ready for. There is there's an intuitive quality to this time and a blind faith and trust are needed here.
 - - Initial urge Instinct Projection
 - TASK: Trust intuition, and ask to be shown the next steps. The course is pushing forward without much of you help needed. Starting position!



PROGRESSED CRESCENT

● CRESCENT

- A key word for the Crescent Phase is breakthrough. It is a time Becoming aware of the NEW something that has been feeling on the way. You can see the picture a bit clearer now.
- Mostly you see that you must change to move forward. Future minded



Activation Striving Future

TASK: Go against your instinct but follow intuition. Break from the past. Acknowledge with love and gratitude friends and family that “don’t fit” anymore. They will shift or fall away. Make plans now for the future.



PROGRESSED FIRST QUARTER PHASE

- FIRST QUARTER

- FULL FOCUS FORWARD!!!! The past has been cleared up and you can build forward. You focus down and grow here! This IS a building phase, and you are creating a strong foundation by working, but the path is clear as to what you are doing.

- Clearing Action Building
uTASK: JUST DO THE WORK here, don't worry about details. Just create and build, you can sculpt it later. Celebrate your building and working time.



PROGRESSED GIBBOUS PHASE

● GIBBOUS

- Bringing SEXY back!!! This phase is so intense with sexual energy which can be used to build and create, but it's more about relationships, study, and technique.
- You want to know the most efficient way to get things done here, so what you build will grow. You move from the phase of chaos to much more conscious choices.
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Perfecting Analysis Interpret

TASK: Look back to your New Moon Phase and what you sensed was coming, see how it's playing out now. Expand it, perfect it, and grab new relationships to help you learn to do that.



PROGRESSED FULL MOON PHASE

● FULL MOON

● All that you have been working on is now matured and coming to culmination, you've learned to grow something and work in new ways. You are at an important stage of your lunar cycle.

● Perfection Completion Conscious Illumination
TASK: Congrats, you've built something and changed! What is the purpose of what you've built? What purpose are you serving now? Take time to think about what you have done and celebrate what it has illuminated for you. Prepare to give it away or let it go.



PROGRESSED DISSEMINATING (WANING) PHASE

- DISSEMINATING
You have accomplished something and now it's time to share it! Depending on your age, you are completing an 18 year project or Previous New Moon journey.
- Imparting Convey Awareness
- TASK: Talk, TEACH, TEACH, TEACH, share, give wisdom!!!
You can teach, but only those who are ready will hear. Don't push for people to hear you!



PROGRESSED LAST QUARTER PHASE

● LAST QUARTER

● A pulling away phase. You may be less pumped about all that has been happening. This is a time of closure for you. Go with the flow, you don't have to drive and push here. Process everything you have experienced. You are in slow preparation for what is next.

● Readjustment Correcting Disillusionment Elimination
TASK: Give yourself permission to take things easy. You don't have to push or go go go, if you don't want to. Eat well, and do things that build your stamina for life. Try to avoid clinging to things that seem to be naturally leaving. You have grown and now things are shifting to the past.



THE PROGRESSED LAST QUARTER

- Charolette Slows down in her web
-
-
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Last Quarter Moon

Regarding Nature:

- Connect: Spend time in nature, reflecting on its cyclical changes.

Accountability for Ourselves: PERMISSION TO SLOW DOWN

- Reflect: Assess your goals and achievements, and take stock of what's working and what isn't.
- Release: Let go of habits and attitudes that no longer serve your growth.
- Adapt: Be open to change and ready to tweak your plans.

Regarding Others:

- Communicate: Engage in open, honest conversations about progress and plans.
- Support: Offer your support to others in their own reflection and release processes.
- Share: Discuss the lessons learned and celebrate mutual growth.

Treating Clients:

- Create the Space: Lower and slower energy. Hold the container of space for slowing



PROGRESSED BALSAMIC PHASE

● BALSAMIC

A shutting down. Not a time to venture into something new.

- If you are used to being busy, it can feel like you are going a bit crazy, because you are being asked to go inward instead of outward. The sense of identity can feel questioned here. You may seem unrecognizable here. You have changed. Now
- assimilate.

Incubation Preparation Closure Surrender

TASK: Meditation, enough solitude if that what calls to you, surrender to what calls to you. Trust your dream life, and psychic sense. It is working beautifully! It's not a highly mental time and that's ok!



THE PROGRESSED BALSAMIC PHASE

- Avatar Ceremony.
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-
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Balsamic Moon

Regarding Nature:

- Restoration: Engage in restorative activities like planting trees or tending to gardens.
- Harmony: Seek harmony with natural rhythms and cycles.
- Gratitude: Express gratitude for nature's gifts and its role in your life.

Accountability for Ourselves: GRIEF AND GRATITUDE

- Rest: Prioritize rest and recuperation to recharge your energy.
- Intuition: Listen to your inner voice and trust your instincts.
- Plan: Begin crafting a vision for future endeavors.

Regarding Others:

- Healing: Focus on healing relationships and resolving lingering issues.
- Empathy: Offer a listening ear and compassionate support to others.
- Closure: Seek closure on past conflicts and misunderstandings.

Treating Clients:

- Create a Comfortable Space: Lower lights, less content, discussion of endings and celebrations



THE PROGRESSED NEW MOON PHASE



- The New Version of you is in, but you might still be gaining trust and integration.
- Trust intuition
- Indiana Jones
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New Moon

Regarding Nature:

- Connect with the Season of Renewal/Rebirth

Accountability for Ourselves: FEEL IT OUT

- Set Intentions: Establish clear intentions and goals for the new lunar cycle.
- Initiate: Take the first steps towards your new objectives.
- Believe: Cultivate self-belief and embrace new opportunities.

Regarding Others:

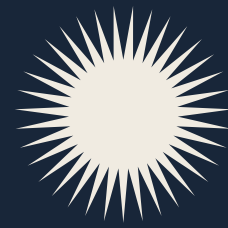
- Encourage: Inspire others to set their own intentions and pursue them.
- Celebrate: Celebrate new beginnings and support each other's aspirations.
- Make space for a lack of full clarity

Treating Clients:

- Explore: Introduce new ideas and proposals to clients.
- Start Fresh: Begin new projects with enthusiasm and clear objectives.
- Align: Ensure your goals align with your clients' needs and aspirations.



GROUP ACTIVITY



- Exercise: Identify Your Current Progressed Lunar Phase
- Prompt: Reflect on Where You Are in Your Emotional Cycle
- Share Insights (Optional)
- Takeaway: Awareness of the Journey Empowers Growth



CLOSING REFLECTIONS

- Embrace the Shadows, Transition with Grace
- Recognize the Beauty in Every Phase
- Manifest the Extraordinary Possibilities of New Beginnings
- Thank You for Joining Me on This Journey



LET'S CONNECT

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