



FLOWING IN

Lunar

ALIGNMENT



INTIMATE WOMBAN
BY INTIMATE MAMA



MOON SYNCING

In our modern world, the connection between women and the moon is often overlooked or even forgotten amidst the hustle and bustle of daily life. However, beneath the surface of our fast paced society lies a deep and ancient bond that has existed since the dawn of humanity – the connection between women and the everchanging phases of the moon.



*tuning in to the phases
of the lunar cycle*



While menstruation has long been recognized as a powerful link between women and the lunar cycle, the truth is that this connection extends far beyond the confines of our monthly bleed. As women, our bodies, minds, and spirits are intimately attuned to the rhythms of the moon, regardless of whether we are currently menstruating or not or aware of it or not.

Just as the moon waxes and wanes in a continuous cycle of growth, culmination, and release, so do the energies within our own bodies. The ebb and flow of our internal landscape mirrors the ever-changing dance of the moon in the sky.



By tuning into the energy of each lunar phase and aligning our practices with its corresponding qualities, we can tap into a profound source of wisdom, intuition, and empowerment. Whether setting intentions at the new moon, taking inspired action during the waxing phase, celebrating abundance at the full moon, or surrendering and releasing at the waning phase, we have the opportunity to deepen our connection with ourselves, our cycles, and the natural world around us.

By embracing the timeless wisdom of our lunar connection, we can harness the power of the moon to guide us on our journey of self-discovery, healing, and transformation, aligning with the natural rhythms of the cosmos and reclaiming our inherent magic.

NEW MOON



ENERGY & PRACTICES

The new moon marks the beginning of the lunar cycle, symbolizing fresh starts, new beginnings, and the planting of seeds. The sky remains dark, inviting us to delve deep into our inner selves,

Introspection. Self-care. Meditation. Visualization. Intention Setting. Reflection. Energy clearing.

NOURISHMENT

Light, cleansing foods and herbal teas to support clarity and purification.

Foods that help rejuvenate and set intentions: Leafy greens provide essential nutrients for renewal and detoxification, while fresh fruits symbolize abundance and provide a burst of energy to support intention-setting.

HERBS & OILS

Calming & Grounding: Chamomile, lavender, frankincense, sandalwood, bergamot

MOVEMENT

Gentle yoga or walking in nature to center and ground yourself, allowing space for new beginnings.

FIRST QUARTER

ENERGY & PRACTICES

This phase brings a sense of momentum, action, and decision-making. Half of the moon is illuminated, a time of balance and accountability, urging us to push forward with determination and resilience as we move toward the intention we set.

Affirmations. Gathering momentum. Making plans.

NOURISHMENT

Energy-boosting foods to sustain physical and mental vitality

Foods that energize to keep momentum flowing: Lean proteins fuel the body and promote muscle repair, while cruciferous vegetables provide fiber and nutrients to support clarity and resilience.

HERBS & OILS

Energizing & Clarifying: Rosemary, peppermint, ginger, eucalyptus, lemon

MOVEMENT

Moderate-intensity workouts to build strength, endurance, and resilience, harnessing the energy of progress and empowerment.



FULL MOON



The full moon illuminates with its radiant energy. It represents culmination, abundance, completion, and the peak of manifestation in the lunar cycle. The fulfillment of intentions. Energy is at its peak as we honor our highest expression & achievements.

Celebration. Gratitude practice. Ceremony.

NOURISHMENT

Indulgent, abundant foods to celebrate the fullness of life and nourish the body and spirit.

Foods to help cleanse and illuminate:
High-water content foods such as cucumber and watermelon support hydration and detoxification, while seafood rich in omega-3 fatty acids promotes brain health and mental clarity.

HERBS & OILS

Celebratory & Uplifting: Lavender, jasmine, rose, ylang ylang, geranium

MOVEMENT

Dancing, expressive movement, or yoga to celebrate and release pent-up energy, embracing the energy of joy and liberation.

LAST QUARTER

ENERGY & PRACTICES

This phase signifies release, closure, and the clearing of space for new growth and opportunities. It encourages us to let go of old patterns and beliefs that no longer align with our highest good while integrating lesson of this cycle.

Declutter. Journal. Reflect. Wind down. Rest.

NOURISHMENT

Grounding foods to nourish and stabilize the body and spirit.

Foods that help detoxify and release:
Leafy greens, dandelion greens, berries, and herbal teas promote the detoxification process & assist in eliminating stagnant energy .

HERBS & OILS

Purifying & Releasing: Sage, juniper, rosemary, cedarwood, vetiver, patchouli

MOVEMENT

Gentle, restorative practices like yin yoga, annature walk, or gentle stretching, allowing for deep integration and renewal.



Integrating this practice of syncing with the moon is a journey of self-discovery and alignment as we navigate our internal flow with the rhythms of the cosmos. Begin by choosing one or two simple practices that most resonate with you, such as intention setting during the new moon, journaling how you feel with the different phases, or releasing what no longer serves you during the last quarter moon. Take small, intentional steps to incorporate these practices into your routine, allowing yourself to gradually deepen your personal connection with the lunar cycle.



The power of syncing with the moon lies in its ability to awaken our innate wisdom, intuition, and connection to the universe. As women, we are inherently attuned to the cycles of the moon, and by embracing this connection, we reclaim our inherent gift and embody the cyclical nature of life itself. By aligning with the energy of each lunar phase, we can cultivate a sense of balance, empowerment, and wholeness, allowing us to manifest our deepest desires and live in harmony with the ebb and flow of the universe.

Intimate mama