

May  
Rayburn



Charles  
Derelthee  
'Hearne





"Time is a created thing.  
To say 'I don't have time,'  
is like saying,  
'I don't want to.'"

- Lao Tzu

...And still we feel like we're running out of time, being chased by time or having lost time. As we come to realize that time is a concept, why not alter this concept so that it supports us? Our dominant calendar is proposing to perform on a steady level. Monday to Friday, first of a month until last of a month. This gives the idea time would pass in a linear way and we could fail not keeping up with it. But what if time moved differently? In a circle, or spiral? Like we can observe in nature, with seasons and cycles? This allows us to have different moments: being productive, coming to rest, waxing, waning. Just like the Moon.

We are made of water and Moon effects water. Following the Moon does not need to become a strict dogma. I have seen benefits in my clients only after little practice, when honoring their cyclic awareness. The benefits I have seen include:

✧ Development of self-trust and confidence

✧ Reduction of unnecessary stress

✧ Evolution of the relation with their  
inner presence / spirit

✧ A clearer sense of direction and achievement of goals

This booklet is an invitation to your own exploration. I do not want to charge you with a level of facts as what I offer here is the unknown place to discover.

The best mind-set to start of this journey, is one of a curious child.

We have both principles inside of us: masculine (YANG) and feminine (YING). You may already have insights about this on a conceptual level, or even feel the different aspects alive inside of you.

As this is a whole topic on its own, for this booklet, we will just treat the YANG as an active notion and the YING as a passive notion. If you practice Yoga, you have already experienced the opposing forces: contracting

and releasing. What I refer to as "passive" is not the absence of something, but a particular state.

You perhaps have an idea on which moment of the Moon you already benefit from and which you are not available/ resisting from. In order to determine this, your upcoming tracking and awareness of your cycle will reveal to you, where you can change perspective or learn.

In which principle you feel more at home? Is it the letting go and receiving or the putting to action that you prefer?

What is more difficult for you: Giving or receiving? Listening or speaking?

The resting moments of the Moon YIN are especially beneficial if you tend to have thousands of ideas, but do not realize them finally. In the YANG awareness, we go through a deeper reflection that enables to correct a course (navigation).

I had my preference in creating intentions (New Moon) and was weak in bringing them into form (YANG moments, especially the Full Moon). I was an airy, fairy being, floating in between the abundance of possibilities. My pregnancy brought me to rest and restore, and I was surprised how this retreat of action enabled me to create and come to results. The aimless restoring moment is so rich. And it is an art in itself because if you

only rest to achieve, you are not completely letting go and still trying to control the direction.

The bathing rituals I offer you in this booklet are to help you to access the YIN state. Sacred bathing was an appreciated tool by our ancestors, one famous example is Lady Cleopatra.

She mastered the art of sacred bathing and she was very active in realizing projects. The fear of being unproductive when allowing yourself to rest is mostly generated internally (and highly supported by the majority of our culture).

Daring to rest is a big step in one's life. We do not have to wait until we are completely depleted, reach a midlife crisis, or burn out.

In contrary to the Gregorian calendar approach of having a steady performance with a moment of rest on Sunday (for a few religious people), it does not match our inner rhythm as much as following the ways of nature. Here we get to breathe deeply.

May this booklet initiate you into a perspective of abundance out of ease and playfulness. May you find your own rhythm and flower in sustainable ways. Enjoy this exploration. Be welcome to the ones in the glow of the Moon.

Yours,

Clara Dorothee Hahn

P.s. A helpful tool to train your awareness is the free application "Moon", which shows you the current Moon state.

P.p.s I love to follow your exploration on this initiation. If you use Instagram and you want to share an insight out of this study add the #Moontuned and I can follow you with your discoveries.





# APPRECIATION

The community of Medicine Stories that have contributed with their plant intuition and knowledge to the section of plant allies. Medicine Stories is a Podcast hosted by Amber Magnolia Hill.

My unborn child, who guides me into focus and clarity.

Nina Wesely for her drawing of the Moon cycle around the earth.


Collaborating with Eliza, sharing our Moon rituals, dreams, feelings and inspirations.



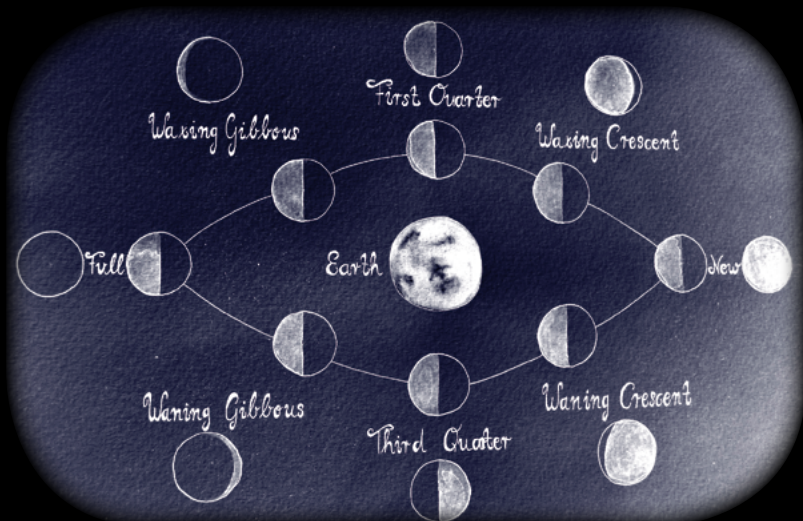
# HOW TO USE THIS GUIDE

Each Moon phase is around 5 days (except New Moon and Full Moon). Use this Booklet for at least one Cycle to get a taste of its possible impact on you. If you can start at NEW Moon- great! If you want to start during the cycle, you can already get some practice and gather insights. Choose one moment for each Moon practice and you may want to repeat it the next day, or at another moment. You might want to add another ritual into each Moon or however you naturally see to develop your own practice along the way that fits with my recommendations.

Every Moon phase starts with an affirming sentence. This is the theme of the Moon you are practicing with. You can read this sentence aloud to yourself and remember it in the upcoming days.



During each Moon phase you will find a little introduction and a recommended practice or ritual. I am also naming a few plant allies who fit into this phase. There is a lot of wisdom available about herbalism and for the sake of this practice you can just play and explore the plants I write down. There are many ways to do so.



You might want to prepare a tea from them (you will get most of them in the pharmacy/internet/ health shop) and drink it. You can find the plant in the form of an essential oil which you can add to water and put on your heating system to spread in the air that surrounds you.

The plant can be added to your bath tub, you can make a steam with the plant ally and breath it (if it is recommended for the specific plant), and also if you have one enjoy a Yoni Steam. If it is a plant you can find growing around you, you can just visit it and be inspired, like meeting a friend. For example, the Oak Tree is one to visit. You may find the recommended flower in a flower shop and could have it on your desk. There are many ways to incorporate the plan allies.



YANG

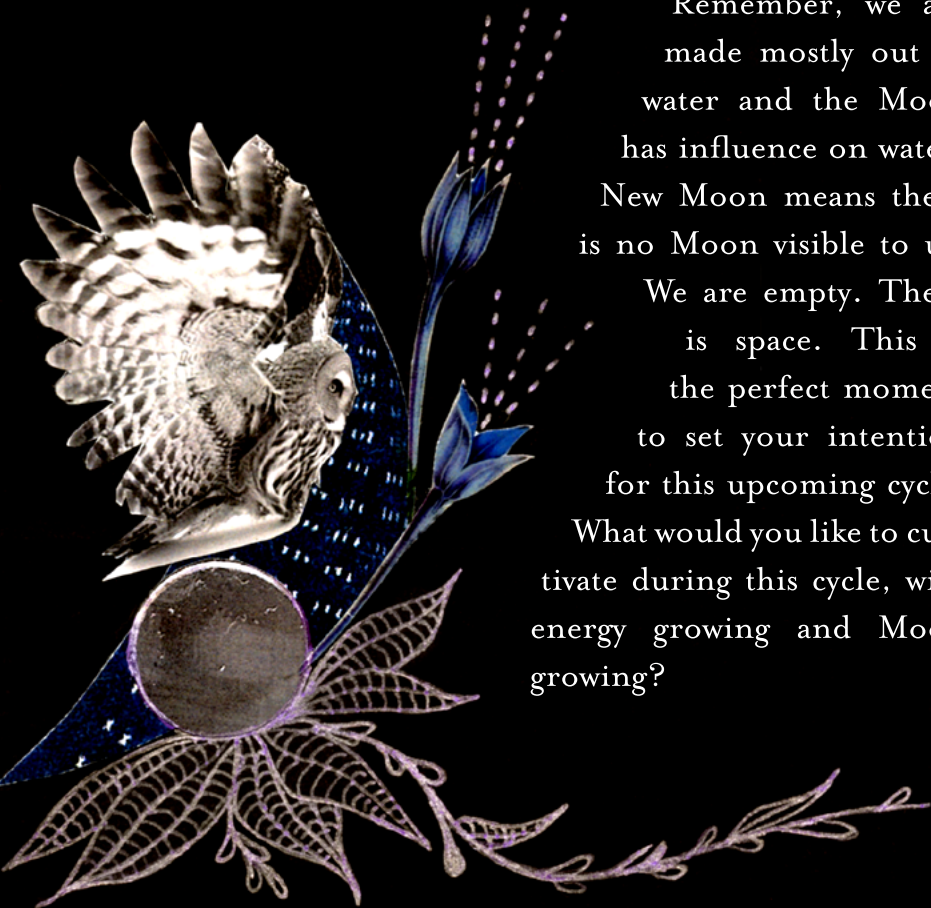
# NEW Moon

"I set my intention"

Remember, we are made mostly out of water and the Moon has influence on water. New Moon means there is no Moon visible to us.

We are empty. There is space. This is the perfect moment to set your intention for this upcoming cycle.

What would you like to cultivate during this cycle, with energy growing and Moon growing?



You can imagine planting a seed in the soil and the water will slowly water this seed over the next 15 days. What would you like to see blossoming in your life? An intention is many times driven out of a lack of something. We are you missing in your life?

I recommend you to pick three wishes, otherwise it is hard to keep focus.

The New Moon rises when The Sun rises. We too should rise to greet her.

## Ritual:

Choose a moment that you will not be interrupted. Shut off your phone and perhaps set a timer so you respect the time you give to this ritual. Even 5 dedicated minutes are great!

Light a candle and take some deep breaths to focus and center your attention to this very moment. You may close your eyes and connect to your heartfelt desire.



Take a pen and phrase your three affirmations. Use present tense! Write as if this is the reality already:

"I am listening to my launched podcast."

"My partner and I are giving each other loving attention."

If you wish you can write more about each in detail. Describe the smell/ taste/ feeling/ surrounding to bring you into the mood of it. Afterwards, end the writing with "Thank you".

Read aloud what you have written, listen to it, as if it was medicine in the form of sound. Soak it through your skin and ears. Let these words melt in your heart. Stay with the sensation as long as you wish. You may sit and breath or lay down and enjoy the reality that you are affirming yourself.

Afterward, fold the piece of paper and place it on a special spot in your living surrounding. You may want to choose an Altar. Place a crystal, a flower pot, or a precious bracelet on top. Put this piece of paper in good company. Blow out the candle.

Plant allies: Gingko, Rosemary, Paolo Santo, Madia Flower, Iris

*Been tuning thoughts*



## YING WAXING CRESCENT

"I breath"

Inhaling life. Breathing is what keeps us alive. Our diaphragm holds all of our digestive system, our heart and lungs. Filling your biologic body with a deep breath is taking in life. We master to breath without actively thinking about it. For those days of the Moon shaped like a sickle focus on your breathing. After you have set your intention we are letting go of our focus and relaxing into the life force herself. As a condition for these days move into your feminine side by softly breathing and perceiving. Your intention will be distributed through your body with every breath you take. Imagine when breath-

ing how your affirmation gets carried over your lungs into your blood and informs every cell of your body. You are getting soaked into the vibration that you are "working" on for this cycle. Those are not days of worrying if what you affirmation may be brought to reality. These are days that you breath and observe. Of course, you will still move through your daily tasks and surrounding, just experiment, if you can do this out of a breathing state. Start to try it out now what I am referring to. When you focus on your breath and even allow it to sink deep into your body: how does your awareness shift? What do you see in the space surrounding you? What do you notice inside of your body?

INSPIRE (inhale) yourself! That does not happen with pressure but with simply breathing and letting reveal whatever shows up. For the following practice you might experience some intense emotions; welcome these as part of your unfolding.



Practice: (You may want to record this instruction to your phone and play it to yourself)

If you wish create a soothing atmosphere in your space light some incense and have candle- light. Lay on your back and close your eyes for an in-depth awareness. First check in on how deep your breath reaches right now. Is your belly rising? Is your chest lifting? Just acknowledge the condition. Now allow your body to move supporting for the breath. Let belly expand and chest to rise up. Let next breath to reach the bottom of your lungs. Perhaps put one hand on your belly and guide the breath to the inside of your palm. Have the other hand on your chest and feel how the breath is opening the space under your hand. Feel with each breath the floor under your back. With your inner eye see this fresh new air travelling through all your body and leaving the soles of your feet. You may imagine how all the toxins and notions that do not serve you are leaving your body with every exhale through your feet. Keep on breathing gently and enjoy the sensation of oxygen caressing you from the inside.

With every breath you are creating your unique rhythm of life. Hear its music vibrating through your blood. Smell inside of you and see the colors arising. You are creating life. With every breath, you are alive.

Plant allies: Dandelion, Mullein, Peppermint, Yerba Santa, Wintergreen, Damiana, Juniper

*Alleen tuning thoughts*

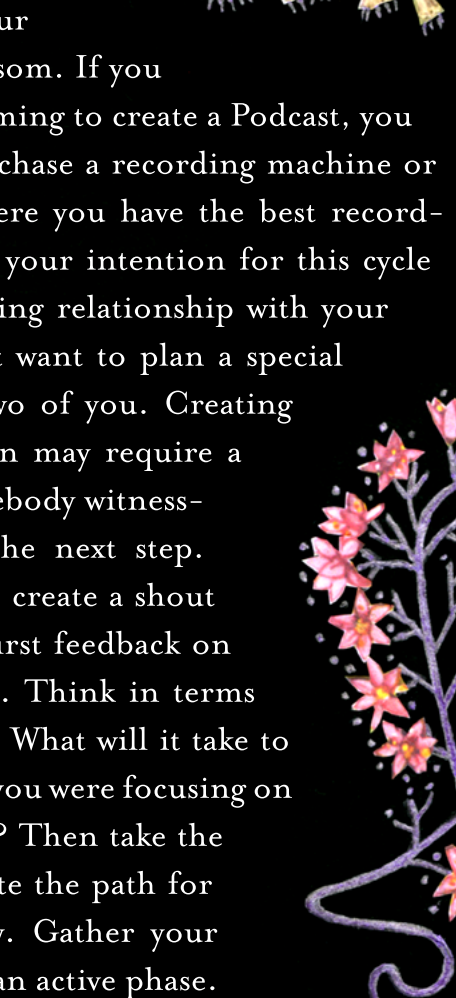


# YANG FIRST QUARTER

"I support my  
intention"

In the sky you will see  
a quarter Moon. When  
this is the case (and you  
can also recheck with  
your phone) it is time  
for action again to sup-  
port your Vision to  
manifest.

In these days cre-  
ate the atmosphere /



situation which your  
seeds need to blossom. If you  
are for example aiming to create a Podcast, you  
might want to purchase a recording machine or  
set up a space where you have the best record-  
ing conditions. If your intention for this cycle  
is to live a nurturing relationship with your  
partner you might want to plan a special  
evening for the two of you. Creating  
the right condition may require a  
phone call to somebody witness-  
ing you making the next step.  
You might want to create a shout  
out post to get a first feedback on  
your internal idea. Think in terms  
of the "next step". What will it take to  
reach the horizon you were focusing on  
in the New Moon? Then take the  
next step and create the path for  
the next to follow. Gather your  
resources. This is an active phase.

Ritual:

Set up your own Altar space. Organize your surround-  
ings so that it supports you and is beneficial for your

everyday life. Placing importance on a place will gather your focus on the task. Creating a spot where you are reminded of your intentions helps you to keep them in special focus. Your alter is the spot in your surroundings, where you enjoy placing your eyes. It might be a table, a windowsill, or a stone where you gather objects that support your intention. Create such a place and decide on where is the best energy in your space. Once you have a surface take your New Moon intentions and place them there.

As I am proposing in the Rituals of this booklet to work with lighting candles you can place one on your Altar. What other objects are pleasant and supportive for you? Is there a picture of someone you want to place? What are your treasures? Some sand from the seaside you collected... do not force it to be filled. Having an almost empty altar with one special object you like can also be powerful. You can keep on shifting and updating your Altar. See how its energy is rising with the attention you give it. See how this becomes a magnet that has influence on how you are manifesting your intentions.

Plant allies: Ginseng, Nettle, Sunflower, Solomon's Seal

*New Moon tuning thoughts*

YING

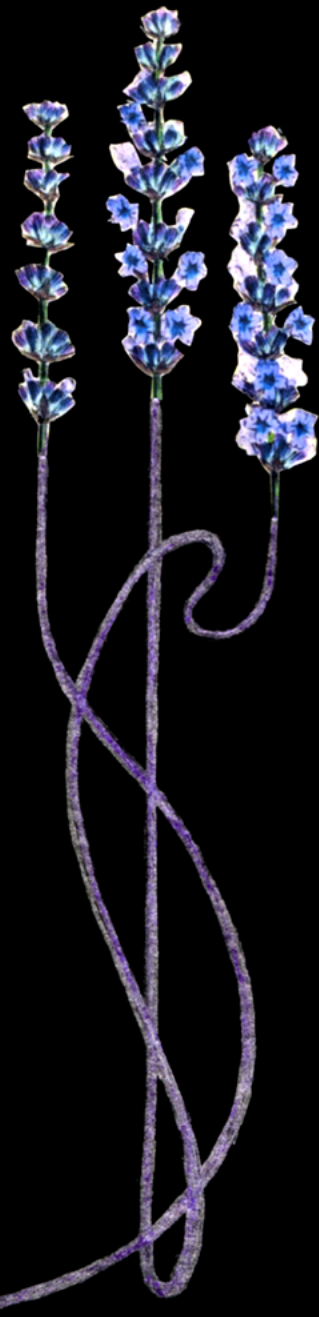
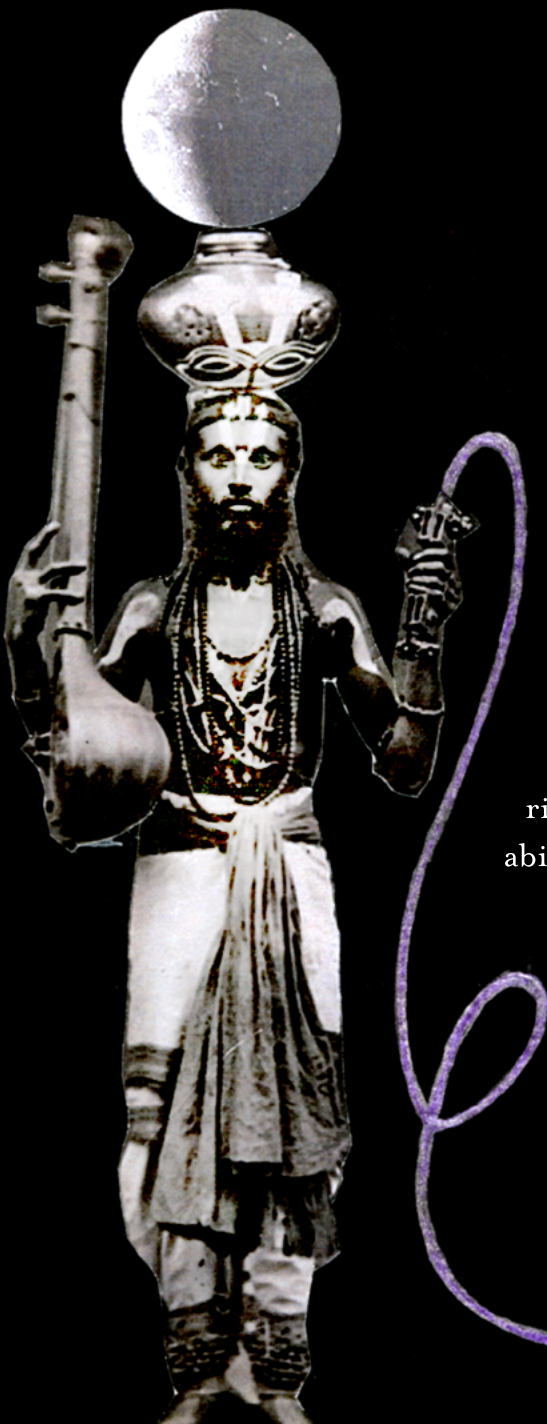
# GIBBOUS Moon

"I trust"

Every light comes with a shadow. Even when focusing on the light aspect of TRUST we might face the other side of it, or the lack of it. You might experience insecurities and a level of Vulnerability in this time just before the Moon comes to be Full.

I am experiencing this feminine phase many times as the cracking moment.

As Leonard Cohen sings "there is a crack in everything, that is how the light gets in." This inner vulnerability supports the breaking through to happen. When I speak of trusting, I am referring to this in-depth, fragile place. If you are doubting that your vision might come true or fearing the reaction when it shows up fully, this is where your trust is required. In these days offer yourself a loving treatment. Guide yourself into the state of trust that comes from your heart. Let it be a process, and do not push yourself into Trust. Let it emerge in time. Throughout these days you can remind yourself what are the reasons for starting on this path. You are working on a specific goal. Who do you dedicate this "effort" for? Perhaps your inner child's dream? Perhaps your children's future? Connect to that reason.



## Ritual:

Sacred bathing is a deep treatment we can offer ourselves. What is the difference from an ordinary bath for the sake of cleaning ourselves? This is on you. How you can elevate your bathroom into a temple space by setting your space and taking your time. Create an atmosphere that is pleasant for you. Take yourself on a date. Seduce yourself with this atmosphere.

You may add a plant ally to your bathing water. For this, boil hot water and pour it over the plant, letting its remedies color the water. Use a French press or a tea net and add this infusion to your water. You may also want to add the whole herb (hibiscus feels wonderful on the skin and looks stunning in the bath tub). You can also add sea/ Himalayan salt to the water and essential oil. Guide yourself in the water through the emotions that are awake and let yourself know that you are here. Water is the element that refers to our emotional world and is a great place to alter them.

Plant allies: Violet, Rose, Hibiscus, Lavender, Oak, Madonna Lily, Gardenia

*Been tuning thoughts*



YANG

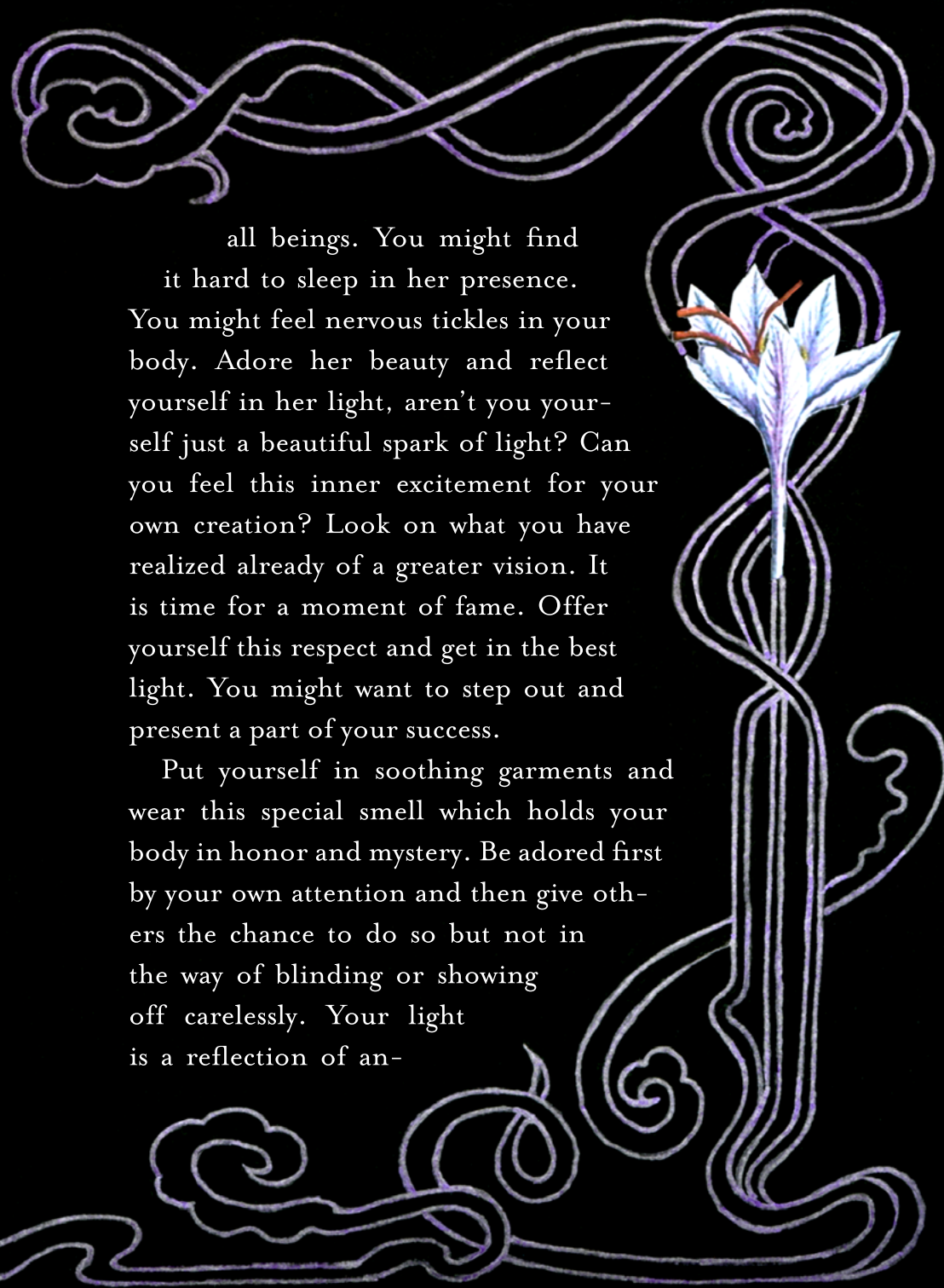
# FULL Moon

"I Shine"

Look at her, isn't she stunning? Each time. Such a glow around her. She is shining, but not blinding. She hypnotizes and has a mysterious notion to her. She is so far away though we feel her so personally. She has so many stories around her and she gets so much attention. Doesn't she still appear humble in the sky surrounded by all those stars? She is a vessel for the sun's light and reflects it back to us so that we can look straight into that glow which attracts

all beings. You might find it hard to sleep in her presence. You might feel nervous tickles in your body. Adore her beauty and reflect yourself in her light, aren't you yourself just a beautiful spark of light? Can you feel this inner excitement for your own creation? Look on what you have realized already of a greater vision. It is time for a moment of fame. Offer yourself this respect and get in the best light. You might want to step out and present a part of your success.

Put yourself in soothing garments and wear this special smell which holds your body in honor and mystery. Be adored first by your own attention and then give others the chance to do so but not in the way of blinding or showing off carelessly. Your light is a reflection of an-



other source, so do not hold it back. Shine proudly, like a mother enjoys the adoring looks from her sweet children. She does not take them personally; she glows knowing that this appreciation is right.

### Practice:

Which aspect of yourself and your work would you like to put in between the stars? Is it time for a launch? Which part of yourself is striving for recognition because it deserves it? How can you guarantee that? See which of your affirmations has already brought some flower or which seed can bring a flower when you expose it now? The full Moon is a great moment of showing up because all of the atmosphere feels already so charged. Use this extra light for your inner projects to shine.

Plant allies: Sunflower, Rose, Calendula, Saffron, Turmeric


*Moon tuning thoughts*




YING

# DISSEMINATING Moon

“I appreciate”



If you experienced the Full Moon as a peak, intensifying of your affirmation, or even as the bringing and utilizing of fruits now the intensity will wane. Every high moment needs to end, otherwise it could not be a peak experience. It is time to breath out. Cultivate a state of appreciation when letting go, this captures the peak in the best way. If your Full Moon was not an especially peak



experience find another way to tune yourself into gratitude. Could you realize for example any patterns that do not work for you anymore? There are good learning steps to notice and to put into grace. Being grateful is an energetic coloring of experience. It is a decision. You have the power to let appreciation run through your veins. You do not have to wait for a reason to be grateful you create the reason with your reasoning. It is a great power, isn't it? It is within you that you start to cultivate gratitude. Now is a good moment to start.

## Ritual:

For five days deepen your sense of gratitude. Our sleep is a process of integration and restoration. The moment before you fall into this other sphere you can



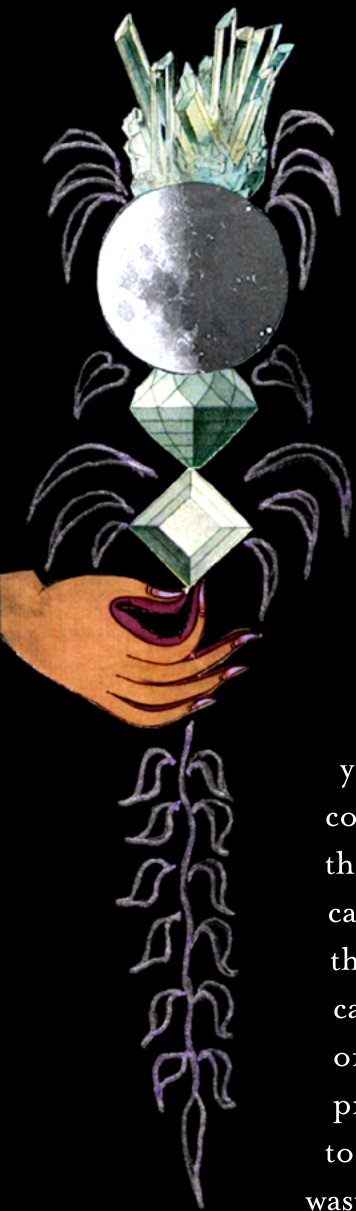
color how your day has processed. The last move of your day can be appreciation.

Place your hands on your heart and memorize all you are grateful for, which has passed this day. Was it a taste, a certain look you got, or something you have learned (...). Let those memories pass your inner eye while you give that taste of gratitude to your inner self. You might fall asleep while reviewing the highlights from the day. Your hands may still be touching your chest while you drift to sleep.

Continue this practice nightly and see how your days may be affected by this routine.

Plant allies: Rose, Cacao, Clover

*Moon tuning thoughts*



## YANG THIRD QUARTER

"I give back"

The Moon is emptying and so can you. Empty your cup. Give the last water inside of you as an offering. How can you translate this in your life? Which resources were you exposed to in abundance this cycle? Was it loving attention? If so, call someone that you sense will appreciate that recourse by offering your attention and care. Did you make an unexpected amount of money this cycle? Make a donation to a project that this "extra water" is well poured to. With a good intention your water is not wasted, the earth you pour it on will grow new seeds. Different spiritual traditions recommend to give one 10th of what you have received to stay in harmony and in sustainable receiving.

Challenge your mind here, even you might feel in lack of some. Focus on what you have been given in this cycle and spread that quality. Even a simple offer you make by placing seeds for birds is a giving. Find your way and make it your own ritual.

When giving back we want to acquire a balance. We have received and something was given to us. In all spiritual communities, there is a focus on giving back to where one has received from. Can you recognize the Earth you are living on as such a source? Giving you food and a ground to live on. If this is the case or you are open to cultivate that recognition, the following Ritual is for you.

Ritual:

To practice the muscle of Giving back you can train throughout these days in several moments. When you take a sip to drink outside, pour some drops on the



ground. Internally honor that this drink came from re-  
sources of the Earth. When eating, put aside a little bite.  
Place it on your window and offer it back to the atmos-  
phere. Eventually birds will pick it up or insects will have  
a fiesta on it. You are training a muscle that is to offer  
and give back.

If you have your period you can collect your blood (for  
example in a Moon cup) and pour the blood into your  
plants or garden. This practice also has the side effect of  
honoring your cycle. Instead of treating your blood as  
garbage you recognize its importance for procreation.  
Play with what "giving back" can look like.

Plant allies: Comfrey, Blue Berry, Ginger, Hawthorn,  
Turmeric, Cardamom, Aster

*Moon tuning thoughts*

# YING BALSAMIC Moon

"I restore and reflect"

Come back to the image of breathing. After you have deeply filled your lungs and breathed out, you are empty. It is time to be still and listen to the echo which is caused by your movements.

The days before a Full Moon you silently center inside yourself, similar to closing your eyes before an important

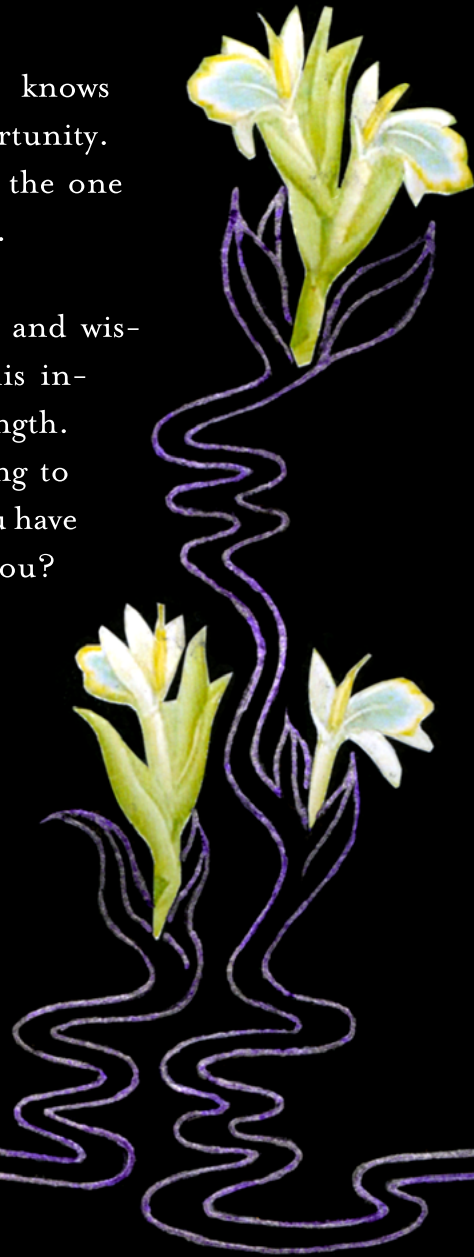
performance, speech, or run. You gather your strength and collect your will for the next round. You do this with graceful reflection.

Avoid your judging self, who knows about failure and missed opportunity. Take another inner consultant, the one who gathers the learning aspects.

The one who measures in love and wisdom. Be in the company of this inner voice and restore your strength. For the moment there is nothing to achieve. Be present with what you have created. What changed around you?

## Practice:

Take out your last New Moon Affirmations and read them carefully. Reflect on how your month has passed. A good way to do so is to get yourself into a free writing state. Take your

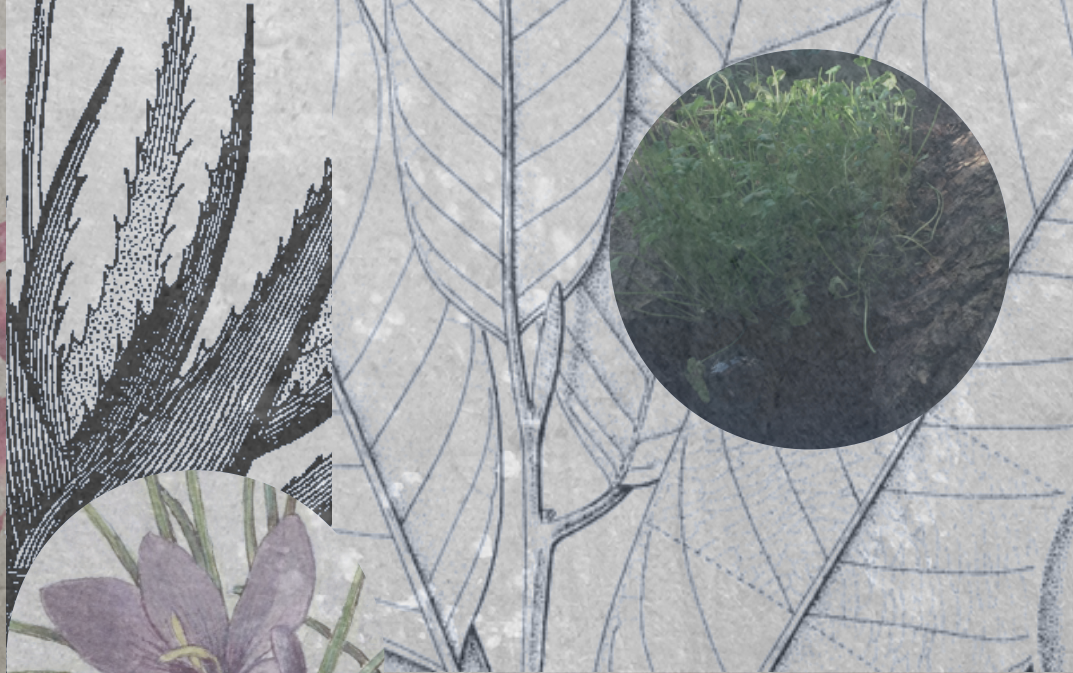
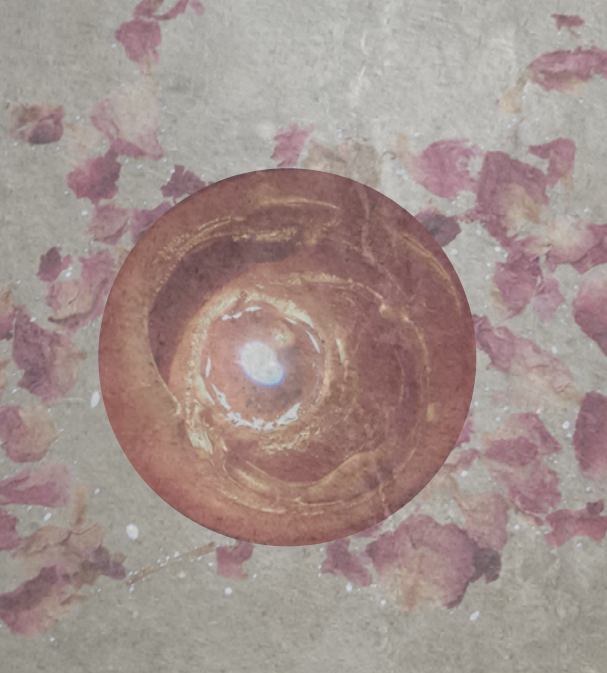


journal and reflect without censuring yourself. If you notice yourself writing from a blaming or criticizing place pause and see if you can let another voice be expressed through your writing. Remember, this practice is not about analyzing or judging, it is acknowledging what has been moved throughout this Moon. You may understand what has been missing and how you might ground it the next time.

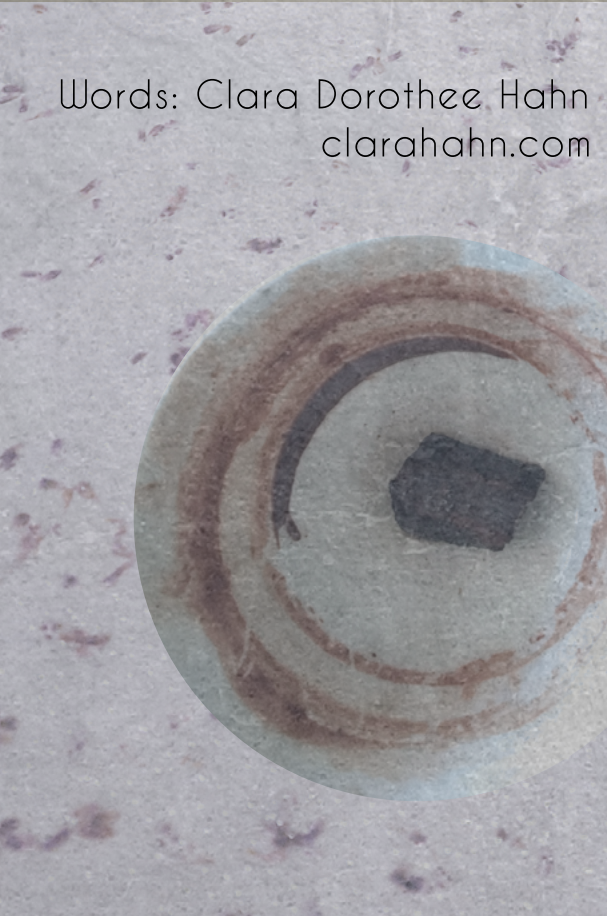
Use this writing for your inner coaching process. You can learn a lot from listening to yourself. End this writing exercise same as you did your New Moon by writing: "Thank you!"

Plant allies: Chamomile, Reishi, Tulsi, Cardamom, Star of Bethlehem, Nettle

*Moon tuning thoughts*



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