

Shamanic and Traditional Moon Phases

by Cayelin K Castell www.cayelincastell.com



Capricorn – Winter Solstice
Darkness Dominates *New Moon*
Traditional Phase 0 - 44 degrees

Shamanic Phase 345 to 29 degrees

This is the deepest descent of spirit into matter - where ancient future meet within the seed that contains all the wisdom of the previous cycles and all the potential of the next cycle. The seed is condensed structure and form. This is the Call to Adventure, beginning point of the cycle.



Aquarius – Imbolc – Cross Quarter Increasing Light
Crescent Moon
Traditional Phase 45 - 89 degrees
Shamanic Phase 30-74 degrees

The seeds are stirring, breaking open, breaking free of outer structure of the shell going through a revolutionary experience. What was contained is now free to find new expression, explore new territory, grow, change and evolve. Divine guidance is possible connecting with the bigger picture or sense of the divine plan seeking fulfillment.

Pisces – *Still Crescent Phase* – Increasing Light - Adapting and Preparing The tender shoots need care and a safe space to grow This is the phase of the journey that prepares for the crossing the Threshold of Initiation. Inspired by divine guidance Pisces is learning about compassionate selfless service and how to help and heal.



Aries – Spring Equinox
Balance of Light and Dark *1st Quarter Moon*
Traditional 90 - 134 degrees
Shamanic 75 - 119 degrees

Fast growth of the plants having fully established roots, stem and leaves, with buds or flowers appearing. This is about seeking individuation and finding one's own unique expression, style, look, and interests, separate from others. Learning more about self and life, and committing to a cause that is just and true. Crossing the Threshold of Initiation - daring to pass the threshold guardians into the zone of personal power.



Taurus – Beltane
Waxing *Gibbous Moon*
Traditional Phase 135 - 179 degrees
Shamanic Phase 120 - 164 degrees

Flowers are blooming and the first fruits are beginning to ripen! Abundance and Beauty are everywhere. It is a time for enjoying and savoring the pleasure of life. The Road of Tests and Trials testing our strength, knowledge and skills.

Gemini – *Still Gibbous Phase* – Nearly Full Moon – Adapting and Preparing The plants are blooming, shapeshifting from bud to flower to fruit. The quest is nearly complete. It is time to relax, have fun, play, and gather information.



Cancer – Summer Solstice
Light Predominates *Full Moon*
Traditional Phase 180 - 224 degrees
Shamanic Phase 165-209 degrees

The plants reach fruition, a time of fullness of light, life, love, security, safety, comfort. A time to encounter the divine essence within via the mystical marriage or apotheosis.



Leo - Lammas
Decreasing Light *Disseminating Moon*
Traditional 225 - 269
Shamanic Phase 210 - 254

Time for the first harvest festivals. After encountering the god or goddess in divine union it is time to disseminate the gifts of the fully realized divine essence within. The return journey begins, returning with the gifts of the journey.

Virgo decreasing light – still *Disseminating Moon* - Adapting and Preparing Ceremonial Honoring and finding a sacred expression for the experiences of the journey so far, further disseminating the gifts & insights gained.



Libra Autumnal Equinox Balance of light and Dark
Last Quarter Phase
Traditional 270 - 314 degrees
Shamanic 255 - 299 degrees

The harvest continues. This is the time for crossing the return threshold of Initiation feeling a sense of comfort and mastery in other realms. The task is to find ways to balance the sense of self in relationship to others.



Scorpio Samhain Hallowmas
Waning Crescent *Balsamic Moon*
Traditional 315 - 360 degrees
Shamanic Phase 300-345 degrees

The plant gives its final fruits and has begun the death process, moving freely between the worlds accessing multidimensional realms of inner self. This is the time for honoring the ancestors and those who have died and for consciously engaging death and rebirth cycles.

Sagittarius Decreasing Light and the last 30 days to Solstice
***Still Balsamic Phase* – Adapting and Preparing**

The seeds are prepared for the next planting or cycle that begins at the Winter Solstice. This is the quest for synthesis of the entire current cycle, planning and preparing for the next cycle. Distilling the wisdom for the purpose of teaching others about these insights and truths - recognizing that knowledge is different in different states of consciousness and from different perspectives of experience. This is the time of endings and preparation for a new beginning.