

# MOON MAGIC MEDITATION

An introduction to the magic of the moon phases

BY ELIN HEJLL



# Welcome!

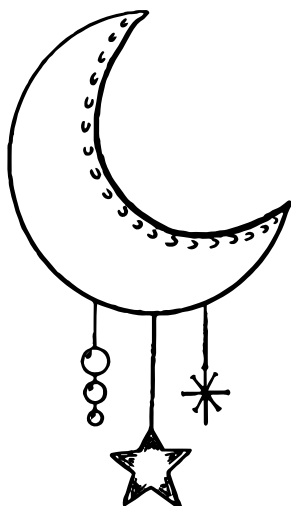
Welcome to this guide on how to tune in and open yourself even more to the power and energies of the moon, and understand how She affects you and your life.

As a Priestess and witch, I have a passion for tuning in to the cycles of nature, such as the seasons, the moon as well as my own cycle. I want to share that passion with you.

Some say that the moon does not affect us at all, but I feel that we must listen to our own heart and soul.

What do they say? What is true for you?

With the help of the moon, we can learn how to stop, take a break from our busy lives and listen inwards. We can tune in and figure out what we feel is right for us.



We can discover a pattern for when we need rest, when we want to create, when it is best for us to socialise.

This is not an exact science where everyone is affected in the same way by the phases, and that's what is so exciting!

I will share some facts, some questions and some tips. Then it is up to you to explore your own relationship to the lunar energy and see how it works for and with you.

The fact that the moon goes through different zodiac signs also affects us, but I will not go into this, but you will get tips on where to find more information about it.

I want you to feel, reflect and explore.

I want you to find what feels right for so that you can open up and listen even more to your heart.

The path to Goddess is through ourselves.

Welcome!

*Elin*



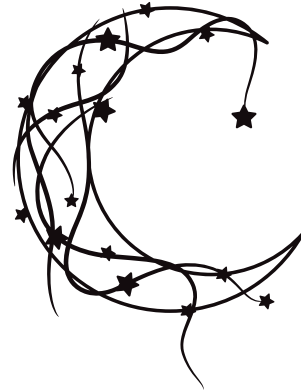
# How you can use this guide

In this guide I have gathered basic facts about the phases of the moon, as well as some ceremonies and examples of meditations to try.

I have shared tips on what you can do during the various lunar phases and suggest questions that you can reflect on.

You can start the course in whatever phase you want, but I recommend starting with the dark moon, which is when the moon is not visible all.

You can check your calendar when that is, or look up the lunar phases on the internet to see when the next dark moon is.



At each lunar phase, listen to the guided meditation once, or more.

Of course you can use the same meditations for several months at a time, or take a break and then start again! It is the same with the suggested ceremony. Do it the day before or after the meditation, or save it for the following month.

Write down what you see and experience during the meditation and ceremony and reflect on the questions I offer.

Read the information on the moon phase here in the guide and see if you want to try some of the other tips I have shared

Let's begin!



# The dark moon

This is when the moon is not visible at all.

Some call this the new moon, but I, and many others, see the new moon as when it is born again and appears as a thin sliver in the sky.

The dark moon, and about two days before, is a time of rest and reflection.

We may feel a need to withdraw or take everything a little slower.

It is difficult to do this in our society when we are always expected to perform at the same level all the time, but we can still set the intention for what we want.

Maybe we can focus on walking slower.

To be more present.

To take a few minutes for quiet meditation, a moment in nature or to create a ceremony for ourselves.



# Magic and meditation

## The dark moon

To mark the phases of the moon, we can use ceremony. It helps us open our lives to the cyclical way of being.

An easy way to do that is to pull oracle or tarot cards. Maybe you can ask them what you want to let go of, or what you need to be able to give yourself rest or to slow down.

During the dark moon, quiet meditation, yoga nidra and deep relaxation is amazing.

If you are meditating, put a timer on maybe 5 minutes and just sit and breathe.

Does it feel too long? 2 minutes!

Be open to messages that may come, pay attention to thoughts, feelings, sensations and ideas.

Try to let the daily thoughts, concerns and plans float by like clouds and tell yourself that you will address them later.

Think of your breath as an anchor that you can focus on to stay in the meditation.

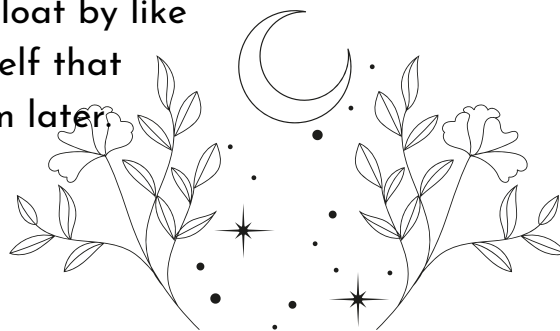
Just doing nothing for 5 minutes is very beneficial.

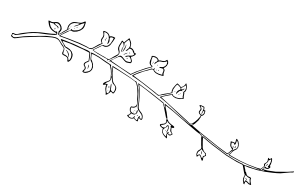
Movement is always wonderful and a great way to get back to our body. Choose a song that is powerful, magical and that moves your very soul.

I would choose one that is not too fast so that I can feel my body in every movement.

Experiment with what suits you and what makes you come back fully to your body.

When you have finished dancing, sit for a few minutes and allow yourself to experience the feeling of presence.





## *Ceremony for the dark moon*

Sit down at your altar or an other place that feels good.

Light a candle and set the intention that you are going to create magic.

Close your eyes and breathe deeply for one minute.

Feel your body. Go through every part from your head down to your toes and feel your presence in the here and now.

In a way that feels good for you, call in the Goddess, your ancestors, guides.

Talk to them, ask them to join you in your ceremony and help you to open up to what you need right now. Breathe.

Imagine you are sitting in a big, dark cave.

You may hear the sound of dripping water.

Imagine the cave is holding you. It's full of nothingness. That is how it is supposed to be.

Tune into the energy in your heart. Allow your energy to expand so that it blends with that of the cave, with the nothingness, with everything.

Say out loud or within:

I am open and ready.

I am open and ready.

I am open and ready.

Be open to whatever feelings come up. Sit with them for a while.

When you feel ready, thank the Goddess, your guides and other beings you invited.

Open your eyes and write down what you experienced.

You may want to pull a tarot or oracle card for extra guidance,

# Space for reflection

## The dark moon



*Read the question, close your eyes and listen to what your soul says.*

How does the energy of the dark moon feel to me? (And remember that there is nothing right or wrong, and that there is no need to feel anything at all!)

What am I ready to let go of right now?

Are there any fears around letting go? If so, what?

Am I giving myself time and space for recovery and rest? How?  
Where? When?

How can I give myself more time for that?

Can I see anything blocking me when it comes to allowing myself rest?  
(Myself? Family? Society?)

What do I take with me from the meditation? Any thoughts, feelings,  
desires?





## *New and waxing moon*

The new moon is when we can see the first thin sliver in the sky.

The moon is then in Her waxing phase towards the full moon.

It is as the first in-breath, a rebirth.

Time to start something new.

To dream new dreams and take the first steps towards realizing them.

Ask yourself what it is you want to create in your life right now?

Maybe something big or maybe something smaller. Even a small thing can feel difficult. But if we take one small step at a time, we will get closer. Who knows if we will arrive?

This is a time for creation. Maybe you want to learn something new!

Paint, write, sing, dance, read!



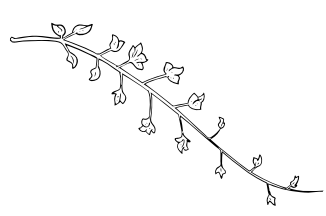
# *Magic and meditation*

The energy of the new and waxing moon is good for sending others healing. You can also bless your magic tools and cleanse your altar.

I love to burn sage and cleanse myself and my home with. I don't do this only during the new moon/waxing moon, I do it several times a week, but if you are not in the habit of doing it, it might be something to start during this phase.

If you do not like sage, you can use some other incense. You can also use sound such as a bell/gong, drum, a cleansing spray (water with essential oils, for example), or healing energies and prayers.





## *Ceremony for the new and waxing moon*

Sit down and set an intention that you are going to create magic.  
Light a candle. You may want to purify yourself with sage or incense.

Make sure you are fully present. Maybe you can start by patting your body from head to toe with your hands. Sense your energy awakening.

Close your eyes and breathe in through your nose and out of your mouth for a few breaths. Breathe normally until you feel truly grounded.

In your own way, call in the Goddess, either just as "Goddess", or maybe you wish to call upon one of Her aspects that you know well or that you are drawn to. You can ask your guides, ancestors and other beings to come and be present as well.

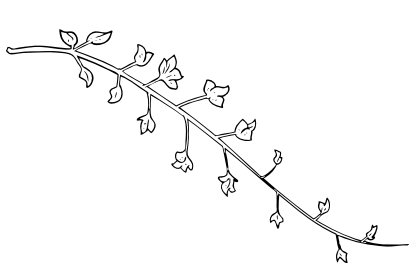
Speak to them from your heart with your own words.  
Ask them to help you open up to their energies and to what you need to know right now.

When you are ready, visualise a spark in your heart.

Breathe into it and see and feel how it ignites and turns into a flame that warms you.

Your breath gives it power.

Feel the heat spread throughout your body.



Ask yourself:

*What hidden part of me is ready to wake up and come forwards?*

*What have I been pushing away?*

*What part of me am I now ready to welcome?*

See if any pictures, feelings, thoughts or words come to you.

Maybe nothing will come, maybe something will come. All is as it is.

Just breathe with what is.

Write down what comes to you, either now or afterwards.

Stay here for as long as it feels good.

When you're ready, thank the Goddess and those you invited for the gifts you received.

The silence, the wisdom, the power.



*Space for reflection  
New and waxing moon*



*Read the question, close your eyes and see what your soul says.*

How does the energy of the waxing moon feel for me?

What would I like to focus my energy on right now? What would I like to create?

What feelings come up inside when I think about that? Does it feel too difficult or does it feel totally possible?

What is the first step I can take to move towards my goal?

When can I start?

Where can I find the power I need for this?

What thoughts and feelings came to me during the meditation?



# The full moon

The full moon needs no introduction.

She is magically beautiful and powerful.

Her energy can give us strength and inner power, but can also make people a bit ...crazy.

Some of us find peace in Her light and others are feel like they want to crawl out of their own skin!

This can also vary from month to month, sometimes because of what astrological sign She is in.

During the full moon, I usually fill up on Her power. I visualize that I breathe light into my heart and my entire body.

I see with my inner eye how all my cells are filled with strength and light.

You can cleanse crystals, tarot/oracle cards and water that you can then use in ceremonies.

You can place the water or cards and crystals in the window, in the garden or on the balcony.



## *Magic and meditation for the full moon*

During the full moon, you can do ceremonies for healing and protection, but my focus is usually on Her powerful, strong energy.

I love to just let myself be permeated by the light, soaking it up and allowing it to protect and strengthens me.

I ask Her for healing.

Just sitting and breathing for a few minutes at my altar and letting her shine on me is magic that goes for a long way.

Standing with both feet firmly on the ground or floor and feeling the roots deep down in Mother Earth, and then extending my arms up to the moon and taking in Her power, is something I really recommend.

It strengthens our souls and opens us up for a closer connection to the moon, with Mother Earth and the Goddess.





Make sure you take the time to be still and present, feel the roots that go all the way from your heart and down through your feet and deep, deep into the earth. Breathe.

Then raise your arms and feel the strength and love in your heart and allow yourself to open up to the moon's energies.

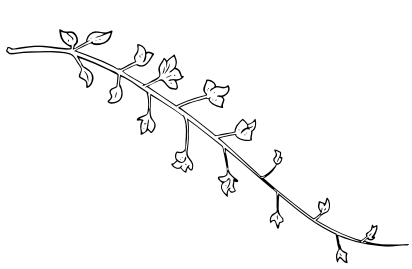
Breathe. Breathe. Breathe.

Stop and allow what comes next come.

I also usually draw oracle or tarot cards for guidance for the time until the next dark moon.

Follow your heart. What do you long for during this full moon?





## *Ceremony for the full moon*

This ceremony you can do standing up.

Ground yourself by feeling that you have both feet firmly on the ground. Spend a minute or more taking deep, calming breaths focusing on being present in your body.

Sense your energy throughout your whole body. You may need to wake yourself up by patting yourself from your head down to your toes.

Allow yourself to rest in the stillness for a while.

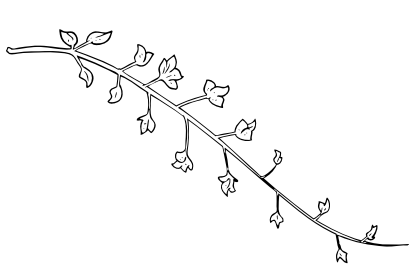
In your own way, with your own words, call in the Goddess and the energies and guides you wish to be present. Invite them to come with their power, their energies and ask them to help you to be open and receptive in this ceremony.

With your inner eye you can see them coming.

When you are ready, you feel your feet firmly on the floor. Imagine that you have roots that go far, far down into Mother Earth. Feel the connection with her.

Breathe Her pulsating power into your heart.

When you're ready, raise your arms up to the sky. Sense how your power expands and how you send out threads of energy up to the moon.



Feel the connection, and when you are ready, call Her power down.

Breathe in it.

Allow Her power to fill every part of you.

The hidden, the forgotten, the big and the small.

Let Her remind you that you are loved.

You are perfect just as you are.

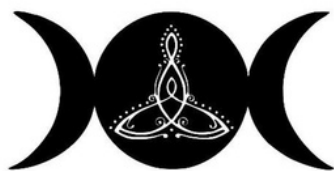
When you are open and connected to Goddess all is as it should be.

You're whole.

You are holy.

Stay here as long as you want or need.

When you are ready, thank the Goddess and other beings you invited, with your own words, from your heart.



*Space for reflection*  
*The full moon*



How am I experiencing this full moon?

Are there any parts of me that I feel need more strength? Which parts of me might need to be charged with the magic of the moon?

How do I feel that I want to continue my path as a witch (or whatever you choose to call yourself)?

In what area do I want to deepen my knowledge?

Do I normally feel grounded and centred? What could I do to feel that even more?

What brings me power? When do I feel empowered?

What thoughts or feelings came to me during or after the meditation?



# Waning moon

You recognise the waning moon from Her C shape in the sky, and this is when She goes from full towards dark.

The waning moon's energy can be used to let go of negative thoughts that make you feel sad, heavy or anxious.

It may be thoughts that have stayed with you for a long time that hold you back or maybe a habit that you don't like.

The time under the waning moon is also a time to explore the balance your life.

Maybe you are doing too much of something and too little of something else.

What about rest and activity?

How about taking care of others vs taking care of yourself?



# Magic and meditation

This is a good time to breathe oooooout everything you do not want.

Imagine yourself breathing in new energy either through your root chakra or your heart chakra and then exhale through your mouth.

Do not sit for too long if you breathe too deeply, because you might get dizzy!  
So breathe calmly.

You can also do a ceremony with a bowl of water. Whisper or speak out loud what you want to leave behind and let go of.

Then when you are finished, pour the water into nature or into a flower pot so that the energy is transformed by Mother Earth into something new.



I usually feel that the energy of transformation is not as strong as during the dark moon, and that is why it is so good to work with the balance during the waning moon.

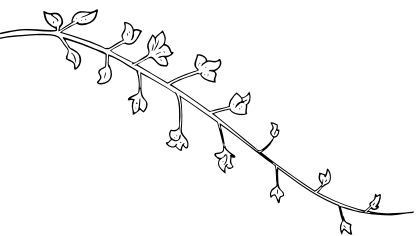
A little in ... a little out ...

Experiment and see where you can find balance. Where you want balance. Where you need balance.

I also feel that when we examine balance in our lives, we should not rush, but instead be curious, be nice to yourself and be patient.

Explore how the lunar energies support you.

Stop, and listen inwards.



## *Ceremony for the waning moon*

You will need paper and a pen. If you have a place where you can safely burn bits of paper, prepare it, otherwise, you can do it somewhere after the ceremony, or flush the paper down the toilet, or bury it.

Sit down at your altar or in a place that feels good to you and set the intention that you are going to create magic.

This is a sacred moment when the focus is on you and your connection to the Universe, the Goddess, the sacred energy.

Close your eyes and allow your body to ground in the here and now. Feel the ground beneath you and let yourself sink a little deeper.

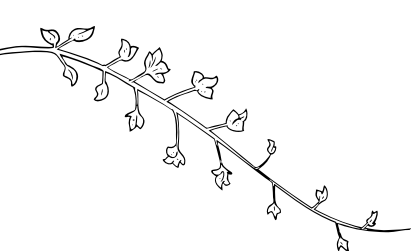
Focus on your breath and take three deep, calm breaths through your nose and release what you don't need through your open mouth.

Then breathe normally through your nose.

When you are ready, call in the Goddess in the way that suits you. Use your own words. Call in your spirit guides, ancestors and other beings you feel drawn to.

With your inner eye, see and feel them coming. Sense the presence of Goddess as a shift in the energy around and within you.

Sit in Her energy for a while and just breathe.



When you feel ready, ask yourself what you want to leave behind.  
What do you want to let go of?

Maybe it's the same things that came up in the guided meditation, maybe it's something else.

Maybe nothing will come.

Just sit and listen inwards.

Write down the thoughts that come, one on each note, or on a larger piece of paper that you can cut later.

When you feel ready you can say:

Right now, in the presence of the Goddess, I'm ready to let go of .....  
speaking out loud things you wrote down.

Ask the Goddess to transform them into something new.

If you have the opportunity, you can now burn the pieces of paper one by one. You can also flush them in the toilet right now, if you tear them up properly, or after the ceremony.

Whatever you choose, you can sit in the silence for a moment and see what feelings come up.

Finally, close the circle by thanking the Goddess for Her presence and for what you experienced in the ceremony.

Blessed be.

*Space for reflection*  
*Waning moon*



*Read the question, close your eyes and see what your soul says.*

How am I experiencing the energy of the waning moon?

Is there anything I want to let go of or change?

Where do I find balance in my life?

Is there anywhere where I am not balanced?

What can I do to create more balance in my life? What is the first step I can take towards inviting that?

What thoughts and feelings came to me during or after the meditation?



# More moon tips



You can do the guided meditations just once or as many times as you like during that particular lunar phase.

Pulling tarot cards and oracle cards can also help you if questions arise.

Something that I always recommend is meditation.

Just being still and breathing is wonderful, and it is when the mind is still that we expand.

We can also expand when we dance or move in other ways, but it is precisely that letting go of the usual monotonous thoughts that is so good for us.

Letting go. Being still. Listening.

Give yourself the time you need to land here and now. Check what phase the moon is on.

Don't worry about what the books or I say about the energies.

Trust yourself.

Breathe.

# Meditations

## Silent meditation

Sit down and make sure your back is straight and that you are sitting comfortably, either on the floor or on a chair.

Take a few deep breaths and let your body relax, if it wants to.

Feel the ground/chair beneath you and feel that your body is here and now and that you are here, present.

Imagine breathing in and out of your heart.

Sit for a minute.

When you feel ready, you ask: Where do I need to know right now?

See if you get any answer.

Maybe thoughts will come, maybe not.

Be open to what is.

Often we can start analyzing and thinking that *Is this just me figuring out the answer?*



Well, if it is, what does it matter?

Be open. Listen inward. Ask more questions.

It is difficult to listen inward on certain days.

Try meditating during all the phases of the moon and see if there is any difference. Is it more challenging on some days? What phase is the moon in?

Sometimes the difficulty can be in sitting still.

Sometimes there may be too many thoughts spinning around.

Sometimes we do not want to meditate at all.

Find out what it's like for you.

## *Crystal Meditation*

Meditating with crystals is wonderful and magical.

You can do whatever you want, use whatever crystals you want.

Make sure you spend some time grounding and centering before you start. Allow yourself to take some deep breaths. Check in with your body. Pay attention to any sensations in your body. Just allow them to be as they are. Maybe follow your breathing as it flows in and out for a minute or two.

Then you can, for example, take a rose quartz in each hand and just breathe and feel how it feels. Imagine yourself breathing in love.

Experiment with different crystals and see if there is any difference.

I love to meditate with my amethyst at the full moon, and my dark moonstone at the dark moon.

In my experience they enhance the energies, so they can be extra helpful on days when I find it challenging to connect to the universe and Goddess. And to myself.



## *Your own cycle*

Exploring our relationship to the moon and Her phases is something that will never be completed, we will never know it all.

We are constantly changing and because of that we experience the different lunar energies in different ways throughout our lives

If you are a woman who is bleeding, you can also note how your own cycle affects how you experience the moon's energies in the different phases.

It can make everything feel upside down!

But it is exciting!

Which phase are you in? Our phases reflect the moon phases. Which hormones are you affected by right now?

Start by taking note of your mood every day. Maybe only with symbols. Happy, sad, angry, irritated, excited, creative etc.

Note if you have a lot of energy or if you are tired.

Do you want to be around friends or do you want to be by yourself?

How much patience do you have? Is it different on different days of your cycle?

After a few months you might see a pattern.

Becoming more aware of our own cycle can help us make another step on our path to understanding ourselves, which allows us to open ourselves more to the energies in and around us.





# THANK YOU!

Thank you so much for taking part in this course!

My intention has been to create an introduction to how you can work with the moon and Her phases so that you can take the next step towards living a life more in harmony with the cycles of nature.

If you liked this and want to dive deeper into your journey as a witch or just towards a more cyclical life where you open yourself even more to the forces of nature and to the Goddess then you may be interested in my five week course *Awakening to the elements* that take you on a journey of getting to know the elements (air, fire, water and earth) and explore their influence in your life.

It is an online course that you can do whenever and wherever you want.

If you want a deeper connection to the elements around you and a return to a more natural and cyclical way of life.

If you want closer connection to your inner female energy.

If you feel the Goddess calling you.

Then this is for you!

You will find all the information about all my courses on my website.

[www.stockholmsgudinnetempel.se](http://www.stockholmsgudinnetempel.se)

[www.elinhejll.com](http://www.elinhejll.com)

or contact me [hello@elinhejll.com](mailto:hello@elinhejll.com)

# About me

My name is Elin Hejll and I am a Priestess of Avalon, trained in Glastonbury by Kathy Jones between 2001-2004.

I am a witch, Reiki Master and mindfulness instructor, and my passion lies in guiding you to step away from the demands of our linear society to a closer contact with Mother Earth, the Goddess and yourself and a life more in harmony with the cycles of nature. I do this through my courses, meditations, guidance and workshops.

I have over 15 years experience in creating and holding ceremonies at Goddess conferences in both Glastonbury, England as well as in Germany and Sweden.

I have also held seasonal ceremonies, handfasting and naming ceremonies.

A Priestess' path is never ending.

To be a Priestess is to make the choice and commitment to constantly work to get to know myself, peel off more layers, dare to face my fears and try to find my true self, my essence.

In my practice I always aim to go one step deeper with each cycle in order to open myself up to the connection to Goddess.

Only when I do that can I help others who want to walk the same path.



# Some recommendations



Book: Moonology - Yasmine Boland  
[www.moonology.com](http://www.moonology.com)

Tanishka: [www.themoonwoman.com](http://www.themoonwoman.com)  
Daily e-mails about the moon and its energies.

Appar  
InsightTimer (free) Meditations  
Moon app: iLuna (\$3)

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