



Lunar-phase meditation and nutrition

The moon's influence is wide-ranging; its gravitational force affects the movement of the oceans, the behaviour of plants and animals, and the emotions we feel as humans. In numerous wellness traditions around the world, health is a state of balance within nature, when the body is in tune with the pulse of the planet and the rhythms of the moon.

Each lunar phase corresponds with a particular concept or action that can help bring an intention to life. At the physical level, we can tune into those phases when we wish to try a new diet, workout routine, meditation practice, or general lifestyle change, tuning into the lunar cycle to complement and empower those changes.

In chaotic and uncertain times such as these, looking to something that is both larger than, and simultaneously a part of, ourselves, can be a source of comfort, and provide powerful support to our physical, spiritual and emotional health.

The moon and meditation

Meditation in tune with the moon's phases is a powerful practice that can bring awareness and help us understand the patterns of our minds. At the individual level, we can embrace the 29-day lunar cycle as a map for meditation and manifestation rituals, offering us a grounding perspective and helping us face days in isolation with resilience.

By understanding our mental activity patterns, we can bring balance to the nervous system and our hormonal responses, reducing stress levels and finding harmony in our solitude.

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The new moon is a great time to build focus, achieve clarity, and create the roots of our wishes and intentions, forgiving and letting go to renew our inner power. Meditate on who you are and would like to become and establish strategies to reach your higher potential.

The waxing moon is the time to refocus energy, to nourish the self, and to reach goals and attain higher potential. Embrace and embody visions, becoming aware of the struggle necessary to bring forth a new reality.

Full moon is the state of glorious fullness, a time of enlightenment with a heightened psychic awareness, allowing us to overcome emotional blockages and attune to our divinity. Whatever is going through the body, mind and spirit will be amplified.

The waning moon invites introspection to regain focus and inner calm, release the ego and let go of obstacles. In sync with these lunar rhythms, the body encourages detoxification and purification. Cleansing cures undertaken during this phase are more effective and will act on deeper levels.

The moon and nutrition

Paying attention to the lunar phases and adapting our nutritional behaviour accordingly supports the body's natural rhythm, strengthens the immune system and enhances the capacity to burn fat and release toxins – essential during days of isolation and limited physical activity.

As the moon waxes our bodies accumulate and store energy and vital nutrients. As the moon wanes, our bodies go into elimination mode, getting rid of toxins. Amid all this, the full moon and the new moon mark the high tides, when the composition of our cells is at its most fluid and our bodies at their most malleable.

When the moon is waxing

Our body tends to absorb everything we eat, storing energy and using nutrients to grow and gain strength. We need to be more vigilant during this phase, closely watching what we eat as it is easier to gain weight. This is a good time to establish good habits, giving our body the strength it needs to remain in good health.

When the moon is full

The full moon is the culmination of the waxing, cumulative part of the cycle. This might be accompanied by a feeling of fullness and satiety and we might also experience bloating, odd cravings and sensitivity to certain foods. The full moon is a day to eat lightly and prepare the body for the elimination process that is to follow.

When the moon is waning

This is when the body begins to naturally detox, breaking down fat cells and eliminating the toxins stored therein. The body's detoxification process is encouraged, allowing for a deeper level of purification.

When the moon is new

Like the full moon, the new moon is a time when the body is at its most fluid as it prepares to shift gears from elimination to assimilation mode. Try to eat lightly during the New Moon phase, giving the body a chance to adjust to the changing tides.

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