

Midwifing the Crone

Waxing and Waning

While the Moon isn't the only symbol of waxing and waning out there, it is the strongest. Thus, the Moon takes most of center stage in this packet.

The Moon waxes and wanes, and we can see this cycle in our lives too - over years, over the course of a month, and even in the course of a day. This month, spend time contemplating the moon and the waxing and waning cycle in your life.

One way to deepen this kind of work is to create an altar or focus space. You can use a little end table, a shelf in the corner, the back of your toilet, or even a tiny box that you pull out and put away. The possibilities are really endless. Here are some symbols and colors you might like to include (but keep in mind that ANYTHING that feels like it symbolizes waxing and waning in your life is exactly right).

- Color: silver, black (the dark moon)
- Animal: rabbit
- Flowers: night-blooming flowers like jasmine and datura
- Gemstones/minerals: moonstone, rainbow moonstone, quartz, selenite
- Other symbols: goblets, chalices, and bowls of water, seashells, pictures of the moon in any phase

Story

Here are two stories about the Waxing and Waning of the Moon. The first is an Eskimo tale. You can find it [HERE](#). The second is [HERE](#). It's a tale from Nigeria.

Do you know any stories (myths, folktales) about the waxing and waning moon? Do you remember any childhood tales? Or perhaps you could write your own story - why does the moon grow and shrink again each month?

Art



Moon Light by Edvard Munch 1895

The Moon, in all of its phases has inspired artists, musicians, and poets...Creatives of all types for millennia. Take time this month to create with the Moon in mind. Paint, collage, draw, make jewelry, or write a story, a song, or a poem inspired by or dedicated to the Moon.

Create a lunar playlist!

Life Cycles - Waxing and Waning

The Moon and Women go way back. She has Her cycle, and we have one too. Menstruation, menses, Moon. That's only one part of the connection though. Take some time this month to consider your life right now. Ask yourself some questions:

- Are you waxing?
- Are you in full bloom?
- Are you waning?
- Have you gone dark?
- What areas of your life feel like they are “gaining”....which are sliding away?

Look back now... Make the connections. Waxing...waning. See your life in the phases of the Moon. Pull out your journal, and free write, or if art journaling is more your style, go ponder.

Align with the Moon this Month

- Start a new project today. See it peak at the full moon, and start winding down.
- Make a wish on the full moon, take a moon bath, if you use stones and crystals, set them out in the moonshine.
- Shed negative energy when the moon goes dark. Smudge your house with rosemary from your garden, or spritz your windows with lemon water. Sweep out your dusty corners.
- How else might you connect to the idea of Waxing and Waning this month? Share your ideas in our Circle.