



Moon Magic *Workbook*



A GUIDED WORKBOOK FOR
EXPLORING THE MOON,
ITS PHASES &
LUNAR TRADITIONS

Created by
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✦ The Witch Club Creations ✦



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Lesson 3



Understanding the Eight Moon Phases

Lesson Introduction

One of the easiest ways to begin working with the Moon is by understanding its natural cycle.

As the Moon orbits the Earth, the amount of sunlight we see reflected from its surface changes. These changes create the eight lunar phases that repeat approximately every 29.5 days.

For centuries, people have observed these changing phases to measure time, guide seasonal activities, and inspire spiritual traditions. Whether viewed through a scientific or symbolic lens, the lunar cycle reminds us that change is a natural part of life.

As you explore each phase, remember that the Moon itself is not changing—only the portion illuminated by the Sun that is visible from Earth.

Understanding the lunar cycle provides the foundation for many traditions, observations, and practices connected with the Moon.

Reflection

Take a few moments to think about your own understanding of witchcraft before beginning this workbook.

1. Before reading this lesson, how many Moon phases did you know?
2. Which Moon phase interests you the most, and why?
3. Have you ever intentionally observed the Moon over several nights?
4. Why do you think people have used the Moon to measure time for thousands of years?
5. What would you like to learn about the lunar cycle next?

Reflection Notes

Raven Sky Wisdom

"The Moon reminds us that change is constant. Every phase has its purpose, and every cycle offers a new beginning."



Action Step

Begin observing the Moon over the next week.

If possible, step outside each evening and notice its shape, position, or brightness. If the Moon isn't visible, look up the current lunar phase and record what you learn.

Pause & Notice

What phase is the Moon in today?

What did you notice?

How did today's observation make you feel?



Ready to Continue Your Journey?

If you enjoyed this sample lesson, the complete **Moon Magic** workbook is available in my Etsy shop.

Moon Magic contains **33 pages** of guided reflections, journal prompts, and practical exercises designed to help you reconnect with yourself—one step at a time.

 **TWCCByRaven on Etsy**

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