



Sacred Moon Phases: An Herbal and Crystal Companion



🌙 How to Use This Guide 🌿

This guide is designed to support your connection to the moon's energy, herbal wisdom, and crystal magic throughout each phase of the lunar cycle. Each section offers curated herbal allies and crystal companions to help you align your energy, set intentions, and deepen your spiritual practice.

You can use this guide in the following ways:

- 🌑 Follow the Moon Phases – Turn to the corresponding section as each moon phase arrives.
- 🌿 Incorporate Herbs – Use the listed herbs in teas, baths, incense, or ritual work to match the energy of the phase.
- 🪄 Work with Crystals – Carry, meditate with, or place crystals on your altar to support your intentions.
- 📖 Reflect – Use the included themes to guide journaling, meditation, or ritual work.

Use this guide as a reference, a ritual tool, or an intuitive springboard. There's no wrong way to walk this path—let it meet you where you are.

With heart and moonlight,
Pamela

The Crystal Herbalist

🌿 Earth Star Minerals & Botanicals 🌙

Dark Moon

Moon Visibility:

Completely invisible. The moon is at the end of its cycle and has disappeared from view.

Energetic Theme: Stillness, surrender, release, deep introspection.

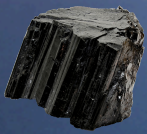
Why it matters:

The Dark Moon is a sacred space of quiet before rebirth. It's a time to go inward, connect to your subconscious, and prepare for renewal. This is when we rest and make room for what's to come.

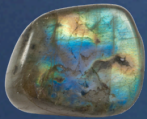
Crystals:



- Obsidian: Reflects inner truths and brings buried shadows to the surface for healing.



- Black Tourmaline: Provides deep energetic protection while doing inner work and emotional cleansing.



- Labradorite: Enhances intuition and creates a protective shield during spiritual exploration.

Herbs:



- Mugwort: Known for its ability to enhance dreams and spiritual vision –ideal for shadow work.



- Valerian Root: Supports deep rest and surrender, ideal for ending energetic cycles.



- Wormwood: Traditionally used for banishing and spiritual cleansing, opening the way for new energy.

New Moon

Moon Visibility:

Not visible because it's between the Earth and the Sun, and the illuminated side is facing away from us.

Energetic Theme:

New beginnings, visioning, intention-setting.

Why it matters:

The New Moon is a blank slate. It's a powerful time to get clear on your goals and intentions. Plant seeds of desire—both physically and energetically.

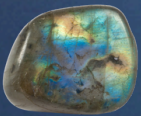
Crystals:



- **Moonstone:** Enhances intuition and supports the start of new cycles.



- **Clear Quartz:** Amplifies intention and clarifies vision—perfect for programming your goals.



- **Labradorite:** Supports spiritual rebirth and protects your auric field as you initiate new patterns.

Herbs:



- **Holy Basil (Tulsi):** Uplifts and purifies the mind to support inspired, heart-led intentions.



- **Lemon Balm:** Lightens the emotional body and brings clarity to desires.



- **Mugwort:** Connects you to higher wisdom, guiding your vision for the coming cycle.

Waxing Crescent

Moon Visibility:

A thin sliver of the moon becomes visible, growing larger each night.

Energetic Theme:

Hope, initiation, nurturing new ideas.

Why it matters:

This is the phase where intentions begin to sprout. You begin taking small steps, guided by excitement and belief in your potential.

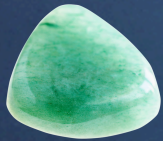
Crystals:



- Citrine: Invites joy and energizes your intentions with warmth and positivity.



- Carnelian: Fuels confidence and physical motivation to begin moving toward your goals.



- Green Aventurine: Supports growth and opportunity, encouraging perseverance.

Herbs:



- Peppermint: Sharpens mental focus and ignites your energy for the journey ahead.



- Rosemary: Strengthens memory and motivation, helping you hold your intentions firmly.



- Lemon Balm: Calms the nervous system while encouraging an optimistic mindset.

First Quarter

Moon Visibility:

Half of the moon is illuminated, appearing as a half-circle.

Energetic Theme:

Action, challenges, decisions, courage.

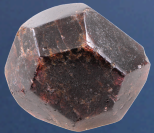
Why it matters:

The First Quarter often presents obstacles that test your commitment to your goals. It's a time to make decisions and take action.

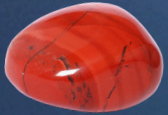
Crystals:



- Tiger's Eye: Builds courage and grounds you in confidence to move through doubt.

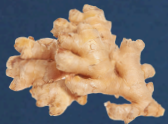


- Garnet: Energizes and strengthens your willpower.



- Red Jasper: Provides endurance and focus to follow through.

Herbs:



- Ginger: Stimulates energy and forward movement.



- Nettle: Strengthens physical and energetic stamina.



- Horsetail: Provides minerals and support for growth, structure, and resilience

Waxing Gibbous

Moon Visibility:

More than half of the moon is illuminated, growing toward full.

Energetic Theme:

Refinement, patience, preparation.

Why it matters:

As the Full Moon nears, you're asked to refine your plans and stay aligned with your goals. It's about adjusting with wisdom and patience.

Crystals:



- Fluorite: Brings mental clarity and focus, helping you polish your intentions.



- Amethyst: Deepens inner knowing and spiritual clarity.



- Clear Quartz: Keeps your energy steady and amplifies evolving intentions.

Herbs:



- Chamomile: Soothes emotional restlessness and aids patience.



- Thyme: Increases resilience and resolve.



- Elderflower: Enhances intuition and energetic adaptability.

Full Moon

Moon Visibility:

The entire face of the moon is illuminated.

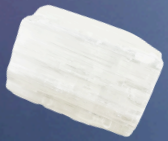
Energetic Theme:

Manifestation, culmination, celebration, illumination.

Why it matters:

This is the most potent phase of the lunar cycle. Emotions rise, truths are illuminated, and your manifestations come into full bloom. It's a time of high energy and spiritual insight.

Crystals:



- Selenite: Clears energetic blockages and connects to divine light—ideal for the moon's peak energy.



- Moonstone: Magnifies lunar energy, emotional insight, and spiritual alignment.



- Lepidolite: Eases emotional overwhelm, creating peace and balance during this intense time.

Herbs:



- Rose: Opens the heart and supports gratitude and sensual celebration.



- Hibiscus: Enhances joy, attraction, and physical vitality.



- Jasmine: Uplifts spiritual energy and enhances mystical awareness.

Waning Gibbous

Moon Visibility:

The illuminated portion of the moon decreases from more than half, but not yet to half.

Energetic Theme:

Gratitude, integration, sharing wisdom.

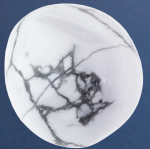
Why it matters:

This is a phase of harvest and wisdom-sharing. Reflect on your progress and share your experiences to deepen integration.

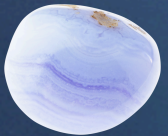
Crystals:



- Rose Quartz: Encourages heartfelt gratitude and emotional harmony.



- Howlite: Calms mental activity and supports reflective insight.



- Blue Lace Agate: Helps communicate wisdom and express yourself with compassion.

Herbs:



- Linden: Eases emotional tension and fosters peaceful introspection.



- Sage: Purifies and clears space for integration and clarity.



- Motherwort: Strengthens the heart, supporting emotional depth and self-compassion.

Last Quarter (Third Quarter)

Moon Visibility:

Half of the moon is illuminated, appearing as a half-circle, but the opposite side from the First Quarter.

Energetic Theme:

Release, forgiveness, realignment.

Why it matters:

This is a clearing phase, helping you let go of what no longer serves your intentions. It's a spiritual and emotional detox before closure.

Crystals:



- Smoky Quartz: Grounds energy and helps release negative attachments.



- Black Obsidian: Cuts through illusions and supports deep soul clearing.



- Tourmalinated Quartz: Harmonizes light and shadow, aiding emotional integration.

Herbs:



- Yarrow: Creates energetic boundaries and supports transition.



- Chamomile: Gently soothes emotional release.



- Burdock Root: Physically detoxifying and energetically grounding.

Waning Crescent

Moon Visibility:

A thin sliver of the moon is visible, shrinking each night until the next New Moon.

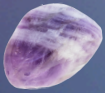
Energetic Theme:

Rest, renewal, retreat, surrender.

Why it matters:

This is the final descent of the moon cycle, inviting rest and spiritual quiet. Reflect on what's come full circle and prepare to start anew.

Crystals:



- Amethyst: Encourages spiritual release and mental clarity.



- Lepidolite: Supports letting go and invites restful stillness.



- Celestite: Opens the crown chakra and promotes divine surrender.

Herbs:



- Valerian Root: Encourages deep sleep and spiritual restoration.



- Passionflower: Calms anxiety and supports emotional decompression.



- Chamomile: Nurtures softness and emotional healing before the next cycle begins.

🌿 About Earth Star Minerals & Botanicals 🌿

Earth Star Minerals & Botanicals is a small, woman-owned business rooted in the mountains of Colorado. Every creation is crafted with intention, care, and a deep reverence for the Earth. From herbal teas to crystal-infused remedies, our offerings are made in harmony with nature—eco-conscious, cruelty-free, and packaged with sustainability in mind.

By supporting this small shop, you're not only nurturing your own well-being, but also helping keep folk herbalism, plant magic, and sacred earth traditions alive. Thank you for walking this path with us.

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🌕 Stay tuned for in-person events, workshops, and markets throughout Colorado!

With gratitude,

Pamela

The Crystal Herbalist

🌿 Earth Star Minerals & Botanicals 🌙

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