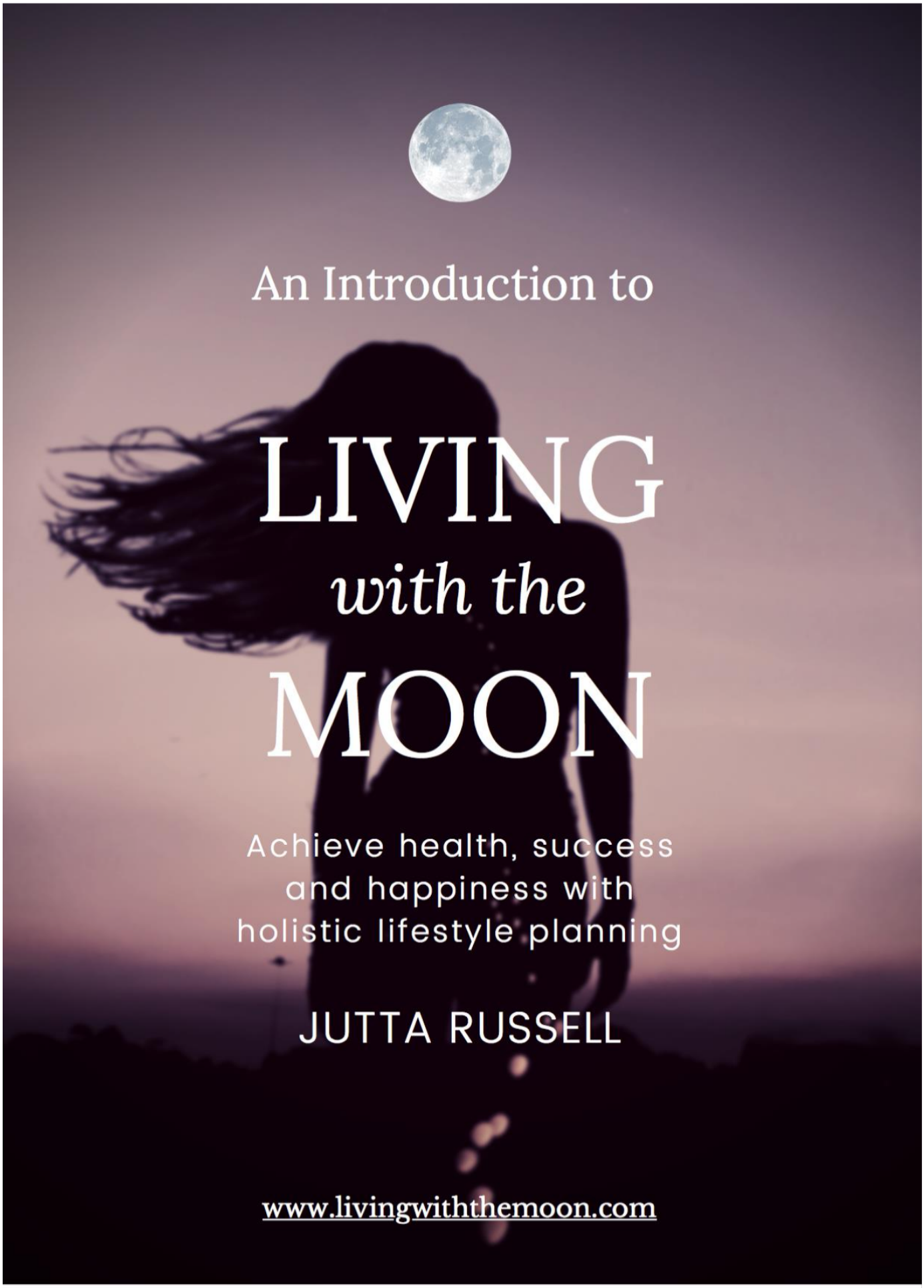

An Introduction to
LIVING
with the
MOON
Achieve health, success
and happiness with
holistic lifestyle planning
JUTTA RUSSELL
www.livingwiththemoon.com

An Introduction to ‘Living With The Moon’ (LWTM)

I am glad you have taken the decision to immerse yourself into the world of ‘Living With The Moon’ (in short LWTM). Having come here you may naturally be curious about these two things:

- **What is ‘Living With The Moon’?**
- **How can it benefit my life?**

What is ‘Living With The Moon’?

The LWTM Lifestyle System is the culmination of my grandmother’s biodynamic lifestyle tips mixed with my own research. There is a lot of information, and this e-book aims to offer you a brief introduction into the world of LWTM, so you can get started straight away.

The moon moves the tides and exerts enormous power on life on earth. The Ancient Greeks and Babylonians already used its path to map out calendars and achieve guidance for getting tasks done. What I find most appealing is the fact that these calendars follow a predictable and consistent pattern.

Life is uncertain, so it is reassuring that you can always rely on the steady paths of the sun and the moon. Having a blueprint just makes it so much easier to plan ahead, it allows you to have a simpler time assessing how your life goals are coming along and most importantly it gives you a realistic time frame as to achieving them all.

Some of us are very intuitive and would naturally feel that certain days are better than others. But most people typically need to look up the calendar and its symbols as their guide.

How do I use the LWTM Lifestyle Calendar?

This lunisolar calendar shows both the sun and moon cycles. The sun provides the time frame and the moon the daily quality. In our world, days don't just have dates, but they also have day qualities.

Combining all this information I am confident I have come up with a system that is thought-provoking, practical, and holistic. There are many programs out there that are very specific, but this is not the approach of LWTM. I firmly believe that only YOU can plan your own, unique holistic lifestyle.

But it is smart on your part to look for shortcuts and advice. This is where the rest of the LWTM project comes in. My aim is to serve you a ready-made buffet of advice, tips, books for further reading and useful lifestyle recipes. All carefully researched and curated. You may not need all of them, but I am certain that you will learn something that will improve your life.

This e-book is only the beginning. As I have a whole array of other resources planned for the future and would like to expand this library together with you – my wonderful LWTM community – by letting me know what you find useful!

As Aristotle said – *"The whole is greater than the sums of its parts."*

In short, a community with a similar outlook is always better than individuals working alone. The real magic happens in the mix when like-minded people come together and share their ideas and tips.

What does LWTM give me?

Once you sign up to the free newsletter 'The Month Ahead', you automatically become a LWTM member and have access to the two free downloads - This e-book and its companion 'The LWTM Holistic Lifegoal Planner'. This 'life planning tool', rooted in the Lunisolar Calendar, introduces you to the concept of 'finding your core values' and we will later touch on how to use it.

The third component is the LWTM Lifestyle Calendar. You can find a brief version on the website www.livingwiththemoon.com. Look out for it in the calendar tab on the homepage and bookmark 'The Month Ahead' for repeat use. It shows you the date, moon phase, elements, and symbols with information of what is beneficial for each date. We will investigate these elements in more detail later in this e-book.

Our monthly newsletter 'The Month Ahead 'is always published at the beginning of each calendar month and it contains relevant articles and info such as the code for

the member section ‘What shall I do today”. This is our lifestyle calendar with a specific search option, exclusive for members use only!

Additionally, we send out Tips for the Waxing & Full Moon and Tips for the Waning & New Moon. These additional emails are sent only to highly engaged members on a fortnightly basis.

How and where do I start?

- Finish reading this e-book as it will explain the basics of the system and take the action mentioned in the 5 follow up emails, which you will receive over the coming days. This will give you a good understanding of how this system works.

- Read through the LWTM Holistic Goal Planner and seek a quiet day/weekend around the time of the next New Moon. Fill in the printable worksheets at the end of the Goal Planner. At first this may require a bit of time and effort. Once completed, file the sheets away in a folder. Over time you will fill in more sheets and as your folder fills up, you can look back on previous goals, how far you have come and recognise patterns in your own life. What works well and what does not? Now you know where to put more effort in. Which areas of your life work well and which ones need more work or engagement? This fabulous planning tool will help you to stay on track

- Use the LWTM Lifestyle Calendar on the website on a regular basis. As you have member access to ‘What shall I do today’ – the member code changes on a regular basis and can be found in the monthly newsletter and as part of the Waxing/Full Moon or Waning/New Moon send outs. You will receive this if you stay subscribed to the monthly newsletter ‘The Month Ahead’.

- Check out previously published articles on our blog. There is a search bar if you want to search up a specific topic or want to refer back to a previously covered topic at your convenience.

We hope you enjoy this system and gain great insights on how to live in tune with these principles and use the resources mentioned above to your advantage.

If you have more questions, please send us a message at:
info@livingwiththemoon.com

A world without time

Imagine you live in a world without time. No clocks, no calendar, no diaries, and dates. You might say, “This would be heaven”. I guarantee that only after a short period you would change your mind. Soon enough days would blend into weeks and weeks into months. With no way of tracking time, days would just drift by. There would be no reliable way to plan nor a way to arrange meetings with others.

This is how our ancestors lived at the dawn of civilisation. Until someone someday watched the moon a bit more closely and realised that these ever-changing phases were part of a pattern that repeated roughly every 28 days. Then someone else scratched notches into animal bones to record this repeating pattern and created the first moon calendar.

Centuries later astronomers and priests discovered that there were other patterns including star constellations, eclipses and paths of planets that followed equal patterns. Over time these patterns could be followed and measured and taken down in a form of register, called ‘calendae’. Calendars have since become constant companions to mankind.

If you are interested in how the lunar, lunisolar and eventual solar calendar came into existence, please refer to these articles on the LWTM blog.

[The history of the calendar]

[The Sumerian calendar]

Patterns in the sky

It took many generations of ‘star gazers’ to recognize and record the various patterns in the sky and translate them into ‘day qualities. Over time these observations were tested and improved and eventually morphed into the elements – Fire, Earth, Air and Water.

I learnt about the dates in Kindergarten. The week is divided into Monday, Tuesday and so on and that the hour has 60 minutes, and there are 365 days in a year except for leap years.

But the kindergarten teacher never mentioned ‘day qualities’. But luckily, I had a grandmother who knew all about it. She introduced me to the moon cycle, the influence it can have on people, the holistic life-style principles and folkloric recipes and observations. I can still remember watching my grandmother sorting many herbs into big glass jars.

Dried sage – good for gargling when you lost your voice.

Dandelion - to prepare a detox tea for the time of the Waning Moon

Nettle - for rinsing your hair and reinvigorating your scalp

Rosemary - to strengthen hair

Chamomile and Fennel - to soothe the digestion

and many more.

Later I stumbled across planting methods, recipes and stories in which people timed their actions according to the moon cycle to get the best results. This is when the penny really dropped. Why didn't everybody get the best results by doing this?

The answer is that of course many civilisations did just that. Initially, this knowledge was only reserved for priests and kings. The repeating patterns of the moon cycle and other cosmic movements made it possible to calculate dates ahead. It was even possible to predict repeating cosmic events such as eclipses, weather patterns, growth patterns of crops, or even how we absorb food.

This formed the basis of many agricultural and lifestyle practices. Over time daily routines and decisions of 'what and when to do certain activities' trickled down to the ordinary folk and became 'folkloric knowledge', passing from one generation to the next.

When asked how I would describe the LWTM way of life, I often make the comparison of rowing a boat out at sea. You can of course row at any time. But if you were to row with the tide, you will glide along and reach your destination relaxed and in good time. However, if you row against the tide, you will arrive later and be exhausted. Both ways you will get there, but how easy the journey is remains essentially your choice.

For more information about star patterns and the concept of the elements was formed, please refer to the following articles:

The law of cosmic forces

Fire, Earth, Air and Water

How does the moon cycle work?

The blueprint for the LWTM calendar is rooted in the Ancient Sumerian calendar. The Sumerians are a civilisation that lived-in modern-day Iraq and we believe they created one of the first recognizable luni-solar calendars. As the name says, it is a complex system that takes into consideration the path of the sun (the year) and the lunar cycle (28-day cycle/month).

Our current solar calendar (Gregorian Calendar) does not combine the cycle of the sun and moon convincingly. The word ‘month’ comes from the Greek ‘mene’ meaning ‘moon’, so every month being made up of 30/31 days doesn’t entirely fit.

However, if you look at the bigger picture, it all works. The Sumerians had already successfully identified that 19 solar years equals exactly 235 synodic lunar months.

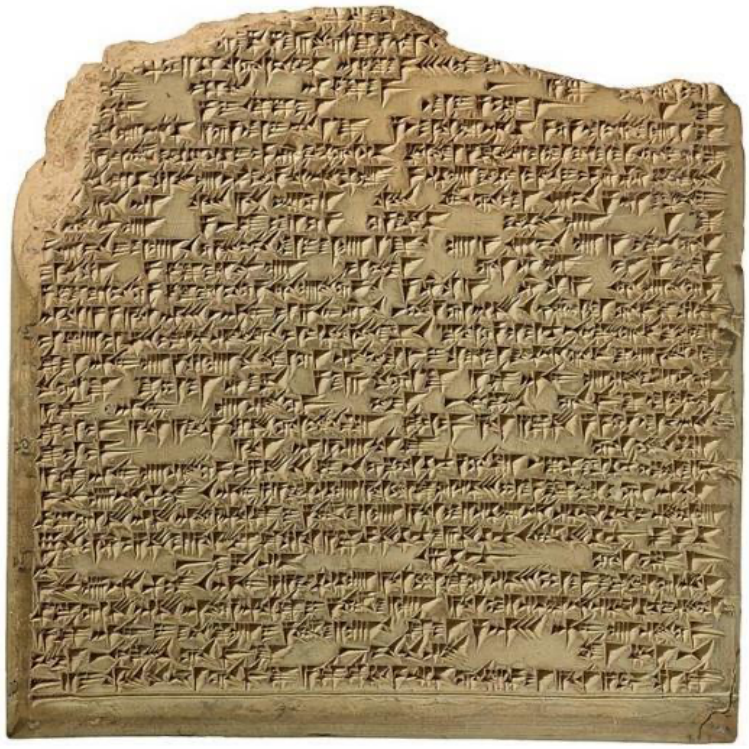
This means every 19 years the sun and the moon return back to exactly the same celestial position and another cycle is ready to start. A few hundred years after this revelation, the Ancient Greek mathematician and astronomer Meton of Athens formally redefined this cycle as the Metonic cycle and introduced it to the world in 432 B.C.

He calculated those 19 solar years equal 235 synodic lunar months. But there was a small error in this calculation (1 hour and 27 minutes per 19-year cycle). To keep it totally accurate every 219 years one day has to be deducted.

The Sumerians were also the first civilisation to recognize the numbers 6 and 60 in relation to structuring time.

The Babylonian luni-solar calendar structure

The Babylonians refined the Sumerian calendar further by dividing the day (the time the earth rotated around itself) into 24 hours, which is again a multiple of 6. Then every hour was further subdivided into 60 minutes, and then further into 60 seconds. You might be familiar with this method of tracking time. Which is impressive as it is now thousands of years old.



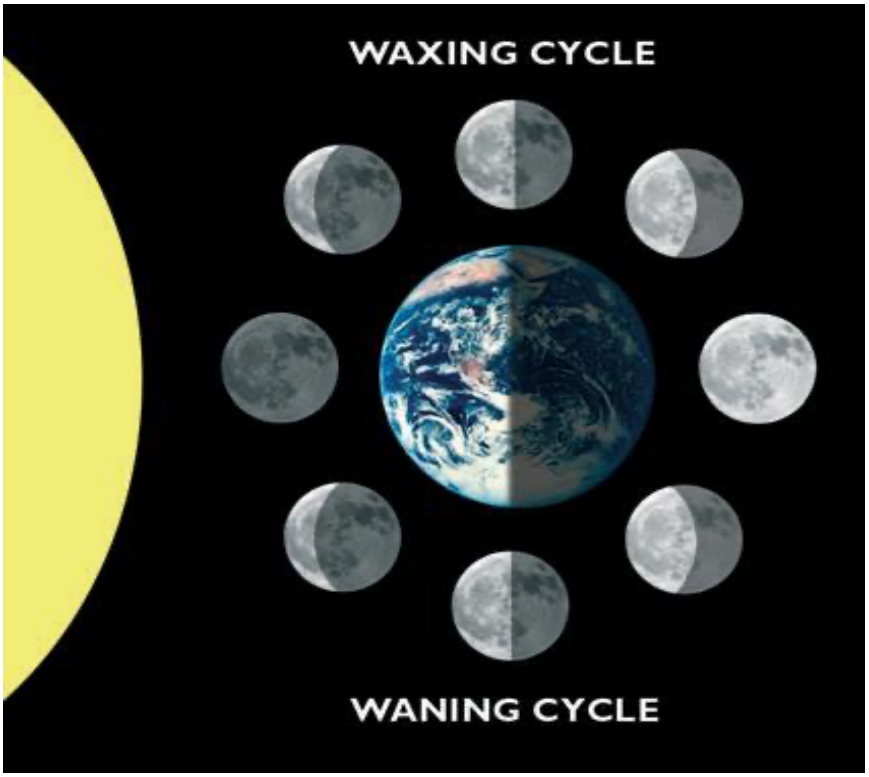
What happens during a lunar cycle?

A complete moon cycle is called a ‘lunation’ and takes exactly 29 days, 12 hours, 44 minutes, and 2.9 seconds. During this cycle (also referred to the synodic cycle) only the near side of the moon is ever visible to us.

As the moon’s position changes in relation to the earth, the area of the moon illuminated by the sun varies in size. It is this process that determines which one of the four moon phases we see:

- New Moon
- Waxing Moon
- Full Moon
- Waning Moon

The average period between these two cycles is 28 days and the lunar month was divided into four quarters, each lasting 7 days. This is the blueprint of the ‘week’.



Let us start with the New Moon. As the sun and the moon align on one side of the earth, the moon is positioned between the earth and the sun, and no sunlight can be reflected to earth. Therefore, we see no moon and it is a NEW MOON.

As the moon progresses on its journey around the earth, a small crescent called THE WAXING CRESCENT MOON appear in the night sky. This is the sign that a new cycle is about to start and seen as a sign of rebirth. Approximately seven days later the moon has completed the First Quarter and comes to lie at a 90-degree angle. We call this WAXING HALF MOON. It takes roughly another seven days, THE WAXING GIBBOUS MOON until the moon arrives at the FULL MOON. This time is often referred to as the Second Quarter. At the end the moon lies directly opposite to the sun and is now fully illuminated. All the sunlight can be reflected to earth, and we see a FULL MOON. Continuing its journey, the moon is decreasing again and is now called THE WANING GIBBOUS MOON. Like the waxing process, it takes seven days to complete the Third Quarter.

The moon once again forms a 90-degree angle to the Sun. It is now called THE WANING HALF MOON. The last leg, Fourth Quarter, the moon is called THE WANING CRESCENT MOON. At the end of the Waning Moon, the light disappears, and we have reached another NEW MOON.

And so another cycle begins.

New Moon ⇒ Waxing Crescent Moon ⇒ Waxing Half Moon ⇒

Waxing Gibbous Moon ⇒ Full Moon ⇒ Waning Gibbous Moon ⇒

Waning Half Moon ⇒ Waning Crescent Moon ⇒ New Moon

How to use this cycle for your benefit?

This ever-repeating circle is a wonderful tool for structuring your time and activities. It is easy to plan ahead, set achievable goals and most importantly give you a time frame to evaluate your progress. It is not just about looking forward, but also to look back and learn from your past behaviour.

The New Moon marks the start and end point of each cycle, and this is the best time to evaluate what has happened during the last month.

Motto: Take a break, look after yourself, cleanse and reboot your body, mind and soul

Goal Setting: For this exercise, please use the 'LWTM Holistic Goal Planner'. Once the system is set up, it only takes a short time each month to complete, plan and evaluate. Despite being so simple, this is a very powerful tool. Keep your records in a folder and from time to time go over them. Show gratitude and congratulate yourself on how far you have come. Learn from past mistakes and analyse how you handled situations before. If the outcome was successful, make a note and see how you can improve the process so ever slightly. Over time this will make such a huge difference! Because this process is so small and incremental, you won't necessarily notice much change during the process. It is only when you look back you will notice what a massive step forward you have taken. This process is slow and steady as lasting change just takes time and patience.

During the New Moon we naturally want to withdraw from the world, creating some 'me time'. This is not selfish or indulgent.

Recall the safety announcement on every plane – you need to put your own oxygen mask on first before helping others! This process is vital to keep your body clean (inside and out) and your mind focused on the progress of creating a great life! Even though life is sometimes tough, this process will keep your mind focused. Setting and achieving little goals will give your life a sense of purpose and happiness.

New Moon tasks:

Detox, cleanse (body scrub), Epsom Salt bath, Gratitude meditation, extra rest/more sleep, and digital detox. Sauna, spa day with the emphasis on rest and detox.

The Waxing Moon

This is the time to be creative, start new adventures and brainstorm how to create the best outcomes. This is a time for reorganisation, new beginnings, a time for innovative ideas and inspiration. It is the ideal time to start a new project.

Folkloric tradition says that this is the best time for all procedures that rely on extra absorption. Like nourishing skin care, spa treatments, extra vitamins. Especially if you suffer from a vitamin deficiency, now is the time to stock up. But also, be aware that you tend to absorb more alcohol and toxins, so be careful what exactly you 'absorb'. Especially the later stages of the Waxing Gibbous Moon and Full Moon are notorious for people getting very drunk and consequently more aggressive behaviour, road rage and domestic violence can follow. This is a time to back off and to avoid arguments. Instead spend your concentration to further your creative plans and further your started projects.

Of course, many tasks we do all year round regardless of what the moon is doing. This is to make you aware and urge you to pay extra attention. You may want to slouch around at home, but now is the time to network, go to an exhibition, theatre show, a concert, a local arts club. Whatever it is, try to amplify these activities.

Waxing Moon tasks: creating mood boards, researching new projects, implementing change, networking, applying for new jobs or to reach out to others, baking, decorating, planting flowers and vegetables, repotting plants, creating new hobbies, travel or attend cultural events, anything creative from drawing, painting, crafts, music.

The Full Moon:

This is the most notorious time during the lunar cycle. Like the New Moon, its spell is short but powerful. It is a turning point in the moon cycle and without a doubt the best time for celebrations, marketing, and socialising. If you want to hold a PR event, do a presentation, or talk, make sure you schedule it around this time. There is normally a better turn out and people are readier to socialise.

Full Moon tasks: arrange something special for a lover/friend/family member, romantic weekend away, celebrations and get-togethers, enrol in a course. In short; have fun, give, and receive love.

The Waning Moon

is the time to work and put finishing touches to what you have created during the Waxing Moon. This time we exhale, get things done and work hard. First you create a project, then you market it and now is the time to put your head down and get it done. The body now eliminates and therefore you should use the Waning moon for all procedures that cleanse, exfoliate and decrease tensions. The New Moon is good for a short detox. If you have a lot of weight to lose, start straight after the Full Moon. For gaining weight, the Waxing Moon is a preferential time. In fact you will be so busy that cooking and eating less is often not hard. Try to increase your fluid intake of herbal teas and water.

Waning Moon tasks: declutter, deep clean, financial clear out, check off to-do lists, step up your sports program, weeding, pruning, clearing conversations with a family member, conflict resolution, ending programs, jobs, consciously letting go of what does not serve you.

The elements and day qualities

Now you know all about the lunar phases. But as we now know, days do not just have dates, they also have qualities. Again, this is not a new concept but over 4,000 years old!

Rotating around the earth, the moon passes every 27.3 days in the same position. This cycle is called 'Sidereal cycle' and is divided into 27 or 28 days. This means the moon rests 2-3 days in the same element before moving on to the next. Some months these days are in equal measure, but usually one element is dominant and will colour the rest of the month.
You will find this described in The Month Ahead on the website.

The Element Fire: promises an action-packed time with lots of activities and fun. These are the most social days, where you connect, laugh and dance the night away. Good days for cutting your hair.

The Element Earth: great days for bringing order into your life, doing finances, looking after the wider community, gardening, building, restoring, dealing with anything earth related like digging, turning the soil, trying to check off tasks on your to-do list.

The Element Air: These are days for communicating, networking, sharing ideas. Good for writing tasks, PR, decluttering, colouring hair, dusting, baking, decorating,

The Element Water: These are sensual, creative days. Ideal for spending time alone or with close family, potter in the garden and plant, water and fertilise plants, deep-clean your home, mediate and follow a creative pursuit.

These are just a few highlights. It is of course not always possible to completely follow this cycle. If you have an important work meeting, but it is a Water Day on a New Moon, you will still have to attend. But if you can plan ahead and choose, try to follow these guides.

Although the Babylonians already used the zodiac and many astronomical and astrological features, the concept of 'the elements' came from the Ancient Greek stargazer Empedocles.

He lived in Sicily around 500 B.C and is still referred to as 'father of the cosmogenic theory' as he was the first scientist to show that light travels at a finite speed.

The LWTM lifestyle calendar

This calendar touches on practically all areas of life. The symbols are colour-coded into 5 categories, so you always know what topics they belong to.

Here is a quick overview of the categories:

1. Looking Good - organic skin care, hair removal, makeup tips, slimming

2. Happy House - biodynamic gardening, cooking, and holistic homemaking

3. Feeling Loved - love, fertility, relationships, friendships, the wider community

4. Career & Vocation - how to plan your vocational and financial life, work-life balance

5. Feeling Great - exercise regime, health tips, mediation, and happiness

LWTM Holistic Life Goal Planner: successfully setting and achieving life goals. This symbol prompts you to look at updating your goals and achievements.

Moon facts: interesting facts, historical personalities, and quirky stories. You will find this symbol in certain blog posts. Type a search topic inside the box or just browse the content by scrolling down.

The easiest way to combine all these symbols above is to look it up on the LWTM Lifestyle Calendar. I have put this resource together free of charge, so you can see the daily advice all at one glance.

Every day you will find out:

- What is the moon phase of the day?
- What is the element of the day?
- Which body region is highlighted of the day?
- Which activities are especially beneficial today?

If you click on the symbol description, additional text and information will come up. After using it for a while, you will remember what each symbol means.

I suggest you bookmark the LWTM Lifestyle Calendar Tab and check in on a regular basis. You can **choose the general view** or the Member's section **What Shall I do Today?** which is accessible with a code (changes on a regular basis and you can find the code in the Newsletter of the Waxing/Waning Moon Tips by receiving the emails). There you can search for specific activities and use it as a tool for planning ahead.

You can search by category, moon phase, element or symbol. Click on the symbol text for more information.

If you are looking for a topic that has not yet been developed or explored, please feel free to tell us about it. We are always on the look-out for new ideas, products, and welcome suggestions if they are topic-related and align with our ethos.

I hope that gives you a bit of an overview and inspiration to get started. There is a lot of information, so it is important to introduce this concept slowly step by step. There is no rush.

Here is again a step by step that you can implement right now:

1) Download the LWTM Goal Planner
2) Bookmark the calendar tab and check regularly.
3) Make sure you receive the Newsletter and Tips. We send a maximum of 3 emails per month with member codes, tips and blog articles.
4) Create a folder and print out the work sheets at the end of the LWTM Goal Planner. I suggest you print out a few to-do lists and monthly planners and keep them in the file, so it is easy to fill in.
5) Take out an afternoon to fill in your initial goal planner (what are my core values, my annual goals, etc). Once this system is set up, take an hour every New Moon to fill in a new sheet. It is up to you how deep you want to go on your goals, but spending just 20 minutes of bringing everything up to date is not a big time commitment, but over time will help you to forge out a success path.

Over time this way of life becomes second nature, and you will just need to glance at the symbols and moon phases and know exactly what and when to do. This system is not static. Your goals and life habits will change and evolve over time and so will LWTM. Let’s aim to grow together and inspire each other and the rest of the LWTM community. Together we are stronger!

Remember: You can’t run 1000 miles all at once, but you can run one mile a thousand times.

With this in mind – I hope you reach your own ‘mountain top’ and achieve health, wealth, and happiness on the way. I wish you luck, inspiration, and persistence on your life journey.

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