



✦ NATURE'S RHYTHM YOGA ✦



# ABOUT ✨ ANDREA TEJA

My name is Andrea and I believe yoga is a process of self-discovery, a remembering of who and what we really are.



Yoga is self-awareness. All personal healing happens through the awareness of our feelings, body movement, breath and our voice.

The yoga that I lead consists of asanas (posture) and pranayama (breath control) and is comprised of four themed classes, that attune you to the moon's cycle.

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# AIMS & LEARNING OUTCOMES

Engaging in this program will deepen your understanding of the moon's phases and Nature's Elements, helping you develop a healthy, consistent routine.

By aligning with the lunar phases and incorporating daily yoga or exercises, you'll be able to harness your energy, increase your life force, and enhance your overall well-being.

Tapping into the wisdom that the Ancients understood helps keep you anchored in your truth.

Energy is always in flux, and through this practice, you'll learn how to flow with it.

By engaging in this programme, you will:

- 🌙 Develop your Insight
- 🌙 Reflect upon and know how you respond at different times in the cycle
- 🌙 Learn to go with the flow
- 🌙 Surrender your will to a higher power; empowering inner guidance
- 🌙 Get into Alignment
- 🌙 Anchor to your truth, so that you can be authentic



# INTRODUCTION

Welcome to the world of aligning energies through Nature's Rhythm Yoga. Maybe you have practised yoga for some time and feel attracted to working with the lunar phases too.

Or perhaps you are a beginner, who wants to experience a contemporary form of this ancient tradition, with an encompassing approach taught in most yoga courses.

Yoga, in its entirety, is an eight-limbed path. The first two limbs, Yama and Niyama, cover the basics for the right living. Yamas are the rules to live peacefully, and Niyamas are the rules for inner development.

The fourth Niyama, Svadhyaya, a Sanskrit word translated as self-study, observes the mind and its workings.

Svadhyaya comes just before Ishwara Pranidhana, which is to surrender to the divine or higher source.

In my fourth year of teaching yoga, I deepened my practice by observing Svadhyaya, which included studying astrology and learning more about my own psychology and the outer layers formed through our conditioning society.

This includes belief systems, preferences, fears and opinions which go on to be formed from our gender, family and the groups we belong to, including our town, country and culture.

It was during this process, that I became aware of my true inner identity more clearly, a higher power or light in each of us; we are divine at our core level.



During this time, I became deeply interested in the cycles of nature, particularly the moon's phases and their effects on our planet and my daily life.

I started to observe my own reactions, tracing them back to the beliefs that shaped them. This self-reflection fascinated me, especially as I realised how our ancestors turned to the moon's power for guidance—whether it was knowing the right time to plant and harvest, when to move forward, or when to be still.

This ancient wisdom can be harnessed to enhance both our yoga practice and our healing. Through my own dedicated yoga journey, I created Nature's Rhythm Yoga, which has become my anchor during incredibly stressful times.

It has given me endurance, flexibility, and a deeper understanding of how to surrender to a higher power—something I've had to consistently practice and which has become my steadfast companion.

Over time, I developed an intuitive understanding of how aligning consciously with the moon's cycle could make my practice more meaningful and help steer my mind toward balance, accelerating my personal growth.

This program is born from my dream of sharing my passion for yoga, and from more than two decades of teaching practitioners of all ages, from around the world.



# MODULE ONE

## The principles of Nature's Rhythm Yoga



Nature's Rhythm Yoga is an intuitive form of yoga, based on an awareness of our interconnectedness with planetary movements. By incorporating sacred sound, invocations, breathing and space-clearing techniques, Nature's Rhythm Yoga allows those on a spiritual quest to embody the fullness of their being.

Every traumatic experience creates physical tension and becomes a contraction in our musculature.

These contractions prevent our ability to engage with our environment and be conscious of ourselves fully. The pathway to our healing lies in developing a better awareness of body movement, breath, voice, thoughts, beliefs and dreams.

Nature's Rhythm Yoga derives its main structure through Ayurvedic wisdom, Yoga postures and the seven principles of movement taken from Donna Farhi's book called, 'Yoga, Mind, Body and Spirit: the chakra (energy) system, the elements of nature and the Ancient teachings of the Tao'.

I've incorporated the moon phases and created this concept because it helps keep our attention on the constant cycles, movement and flow that is part of life.

### **The human body comprises approximately 70% water.**

- ✦ This means it's vital for our health to keep the water and fire elements functioning optimally within.
- ✦ This is considered in Nature's Rhythm Yoga, as we work at a deeper core level and when we learn how to maintain the balance between these opposing forces, we **keep the fire in our belly and stay cool in our head.**

## **Nature's Rhythm yoga works with the primary phases only**

Although there are eight moon phases over a month, Nature's Rhythm Yoga only works with the primary phases. This is for the practical purpose of delivering the themed class weekly. The four primary phases give us enough information to demonstrate the cyclic nature and the highs and lows of energy.

### **The four primary phases of the moon are**

*New Moon*

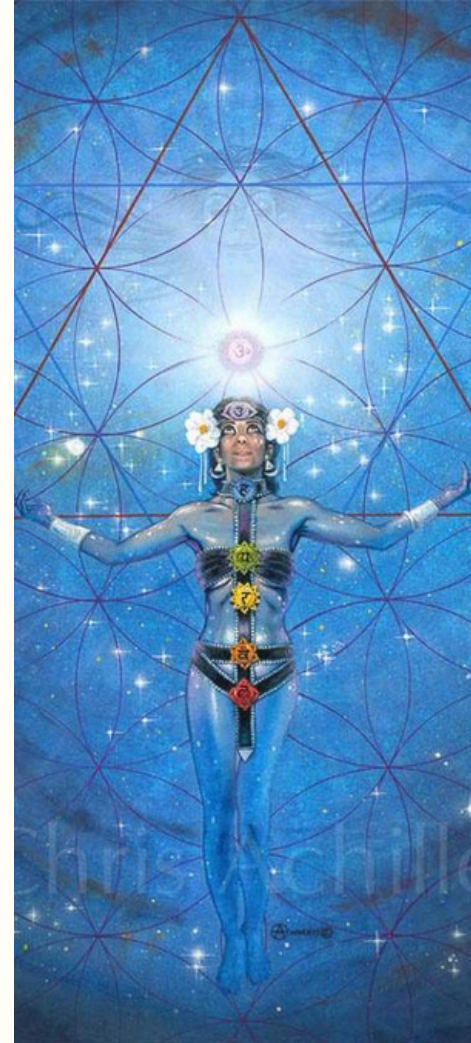
*Waxing Moon*

*Full Moon*

*Waning Moon*

Each phase gives a different energy to combine with the relevant energy centre (chakra), the element and the principle of movement, to make it an integral practice.

This is what Nature's Rhythm Yoga is.



*Just like the Moon.*

*We go through phases...*







We are all natural living creatures who live in a world governed by repetitive patterns.

The days, the tides, the seasons, our heartbeat and our breath. Everything has an in and out, waxing and waning, inhale and exhale, start and finish.

We should honour the ebb and flow in our living, rather than a constant stream of aiming to accomplish everything every single day. We give ourselves the task of continuous achievement, like a treadmill we're on that we cannot get off, until we are too burnt out or tired or ill to carry on.

Days off might come from sheer exhaustion, the nagging feeling that, "*I'm slacking*" and a sense of guilt that, "*should be 'achieving' more*". There is always something that needs doing.

**By following the moon's natural cycle, we can harness our most productive times and schedule our quiet, more reflective moments.**

## The benefits of practicing Nature's Rhythm Yoga

By following the practice over the course of the month and longer, eventually, you will ultimately become aware of this method's very grounding effects. At the same time, you can go into deeper levels within yourself for the clearing and excavation (the removal of the obstructions or blocks) required for your joyful living.



When tuning in with Nature's Rhythm Yoga, you will feel your connection to the whole of existence, so even when you are alone, you know you are not alone. You are part of the whole.

Strengthening your relationship with the source is the same as strengthening the connection to your self-love. Therefore, the ripple effect of loving acceptance continues outwards into your relationships with others.

There is a deep acceptance and embracing of life that follows from this practice. Establishing a consistent daily routine gives a feeling of safety and the peace of mind that leads to ultimate trust in life. The power of self-discipline is a way to understand the seriousness of what one is doing, maintain focus in habit and maintain motivation. Regularity keeps practitioners steadfast and unwavering on their path to their goals.

When we learn how to attune our yoga practice with the moon's cycle through Nature's Rhythm Yoga, we learn to respond and co-operate with nature rather than react and go against the core. By advancing to practising yoga incorporating the moon's phases, a door opens, leading to how we can steer our mind, preparing us for a new degree of self-mastery that comes through the art of surrender.



It's common to feel like there's a greater force guiding us, which can help us let go of the need for control. This realization allows us to embrace vulnerability and realize that it's okay to be gentle with ourselves. Our yoga practice equips us with the tools to navigate uncertainty and find inner peace. To achieve this, it's essential to stay present and face challenges head-on.

By staying connected to our spirituality and practising yoga, we can gain a deeper understanding of the natural cycles around us. This allows us to fully engage with the world, reconnect with our bodies and feel more alive.

By immersing ourselves in nature and tuning in to its natural rhythms, we can tap into our inner vitality and feel more connected to the world around us. These rhythms guide us in knowing when to exert ourselves and when to rest, helping us to maintain our overall wellbeing.

When we observe the cycles of nature, we come to appreciate the interplay of opposites - light and dark, high and low, hot and cold - which exist on a continuous spectrum. It is only our limited perspective that creates the illusion of them being diametrically opposed. To achieve harmony and balance, we must embrace the ebb and flow of life's pendulum and experience the full spectrum without clinging to or rejecting any particular aspect.

## There is more to it than meets the eye

Even though Nature's Rhythm Yoga is a guide to working with the cycle of the moon, there is, in fact, more to it than meets the eye. We see the same cycles in the seasons, with winter, spring, summer and autumn marking the cycle, or during the day, midnight, sunrise, midday and sunset.

Even in our breath, we have a still point at the end of the out-breath followed by a new inhalation, then a pause as it peaks in its fullness and the exhale that returns to the still point at the end of the breath, to repeat another cycle.

The heartbeat with each pumping action, is the same and we find in our life and the universal cycle that we experience it again; there could be prolonged periods where energies are high. There is an urgency to get things done, as though time is running out, as reflected by the total moon energy, or you could have times of exhaustion and tiredness, where all you want is to rest, to be still and celebrate your being.

Extroverted or introverted, everything is in constant movement. Change is a fundamental aspect of our nature and yet we can easily fall into the pattern of resisting change and wanting to stay fixed in what we falsely assume is safe...

No movement (inertia), results in decay and death; even then, there is transformation, for whether we resist or go with the flow, change will continue to happen regardless.



Engaging in regular movement is essential for promoting the free flow of energy and taking decisive actions. It's crucial to maintain a balance between rest and exertion, which can be achieved through yoga's attention training. By remaining connected to our true nature, we can constantly adapt and move towards balance.

The following modules will detail how the yoga classes are set up to harmonise the body and mind. The focus is on the elements, the chakras (or energy centres) and the moon cycle.

When we fully engage with all aspects of life, we gain a deeper understanding of our true nature. We realize that being present and going with the flow allows us to witness our life experiences without fear. We learn that resistance to life's cycles only causes pain and discomfort.

Being present not only boosts our creativity but also nurtures a feeling of comfort within us. This feeling leads us to the realization that everything is interconnected.

## The purpose and the vision of Nature's Rhythm Yoga as a teaching system

I created Nature's Rhythm Yoga to cultivate harmony and flow within our individual lives, and by extension, the world. I believe that human progress begins with individual effort. When each person undergoes inner transformation, it contributes to the collective good.

Nature's Rhythm Yoga offers the tools and techniques to reach our ultimate potential when practised daily, step by step. Working from the inside, we rise above the destructive distractions of society to reclaim our self-sovereignty and prepare our movement toward world peace.

Nature's Rhythm Yoga has been the foundation of my teaching since 2006, across a variety of settings including clubs, gyms, schools, community events, private classes, and personal sessions. Through this approach, I've had the privilege of guiding many on their path to self-fulfillment.

Incorporating Nature's Rhythm Yoga into your life ensures that you nurture yourself both physically and spiritually, allowing you to experience true unity—the essence of yoga.

By practicing in tune with the moon phases, Nature's Rhythm Yoga offers a deeper connection. It enhances a sense of community, creating a shared foundation that strengthens our collective bond.

This connection will enhance our relationships as a group, helping us tap into our inner wisdom for deeper guidance, intuition, creativity, and power. Through this shared practice, we build an open, trusting, and supportive community.

This program is primarily for women who have been disempowered, as we are witnessing the rise of the divine feminine—a force necessary to restore balance in a patriarchal society that seeks to separate and divide.

To my understanding, empowering women of all ages, especially young women, to embrace self-love will have the most profound impact on restoring balance and reversing the current tipping point.

## Ways can you benefit from incorporating Nature's Rhythm Yoga into your life

The moon's unique power has brought cultures, festivals, religions and countries together. As yoga represents unity, I feel compelled to share my findings through teaching and learning, leading people towards peace as way-showers.

To find a path out of the chaos of a seemingly hostile world, we must turn inward. Only by tuning in and uniting can we bring balance and strength to our global community.

Incorporating Nature's Rhythm Yoga into your routine can help your physical and spiritual well-being, ultimately leading to a sense of harmony - the essence of yoga.

Practicing in alignment with the moon phases through Nature's Rhythm Yoga offers us a deeper connection. It helps us build a strong and supportive community, grounded in shared understanding.

This connection strengthens our group dynamic as we learn to tap into our inner wisdom for deeper guidance, intuition, creativity, and power. It creates an open and trusting relationship among us, built on a common foundation.



# MODULE TWO

## The four phases of the Moon and their attributes during the Nature's Rhythm Yoga classes

In Nature's Rhythm Yoga, we have four dynamically structured flowing sequences that are applied to reflect the energy of the four phases of the 28-day moon cycle (new, waxing, full and waning) coupled with the five elements of nature Earth, Water, Fire, Air, Ether.

Each lunar cycle begins with a new moon and averages 29.53 days, one lunar month.

Next page lists the eight lunar phases that last approximately 3.7 days throughout each lunar cycle.

For ease of application, we only use the main four phases listed above but can also consider the fullness during the transiting moon.



The waxing moon phase comes after the new moon, beginning from the right side of the circular moon. If you turn your left-hand palm up and fingers together, then pull your thumb open, you will see a backwards 'C', which is how the waxing moon looks. It grows lighter from right to left.

The waning phase comes after a full moon and you can see it weakening as it takes on the shape of the letter 'C'. The word waning is found in the word **WeAkeNING**, to help you remember.





Although we only work with the four primary phases in a Nature's Rhythm Yoga session, it is important to note the eight lunar phases. Learning about the traits of each phase can offer significant guidance on how to proceed in our day-to-day world most efficiently. For example, it can be beneficial to know which days are the best for creating external events that require action, for magnetic attraction, relaxation and insight, for the surfacing of inner needs that stimulate change or to surrender, play and let go.

Each new moon cycle begins a different theme, depending on the sign occupied by the sun and the moon simultaneously. For example, the sun and new moon in Pisces have the water element factored in. Any growth we gain from one cycle becomes the seed expressing the new theme in the following cycle and so it continues; we spiral and grow.

*Learning the traits of each phase can offer significant guidance on how to proceed in our day-to-day world most efficiently.*

New moon - Sprouting, Intention

Crescent - Growing

First Quarter / Waxing Moon - Flowering, Power

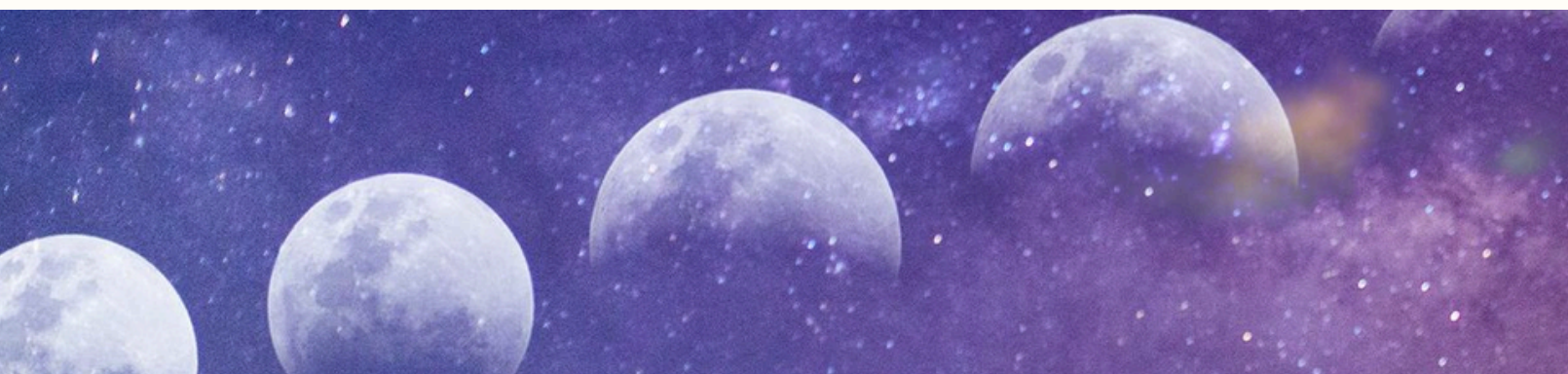
Gibbous - Pollinating

Full Moon - Fruit Bearing, Gratitude

Disseminating - Harvesting

Last Quarter / Waning Moon - Cultivating, Renewal

Balsamic - Seeding



## NEW MOON – SPROUTING

### **A New Theme Emerges**

During this phase, a new idea or concept emerges. It is a message from within, a sudden urge coming from the vast realm of possibilities in the unconscious mind.

I have created a space for you to explore this idea further. This process involves discovering and uncovering a straightforward concept. This is an ideal moment to engage in prayer or meditation, to delve deep within and connect with yourself. All you need to do now is listen, respect and have faith in your inner world.

### **Free up Confining Patterns**

During the second part of the new moon phase, it is important to release any limiting thoughts or patterns. As we move forward, old ways of thinking may resurface but it is important to consciously let them go so that they do not hinder the development of new ideas.

Our thoughts should become more open and expansive and we must consciously acknowledge and release old patterns, with love. This will allow us to move into a phase of growth and expansion without being held back by our past limitations.



# WAXING MOON – FLOWERING

## Initiate Action

Don't hesitate; go after what inspires you. Trust your instincts and intuition. Like a flower about to bloom, you may not see the results yet but have faith that it will come.

You can take action towards your goals and dreams and you will find support. The challenges you face can be turned into opportunities for growth and creativity. It's important to put your talents to use and take practical steps towards your vision. Procrastination only creates stress and anxiety.

Remember, this is the foundation for the manifestation of your idea. Embrace this phase as a time for hard work and positive change.

## Assert yourself

For a bud to bloom, perseverance is crucial. By consistently using your energy, you demonstrate a deep commitment to yourself and the ability to overcome personal limitations. You are on the path to developing greater self-confidence and unlocking your full potential, through determination and personal will. Like a flower bursting open, it's time to bring your ideas to life and visualize their potential.



## FULL MOON – FRUIT BEARING

### **Achievement of the Theme**

Welcome to this cycle stage, where everything comes to fruition, following on from the intentions set at the new moon. It's important to relax and allow things to unfold naturally, without trying to force them.

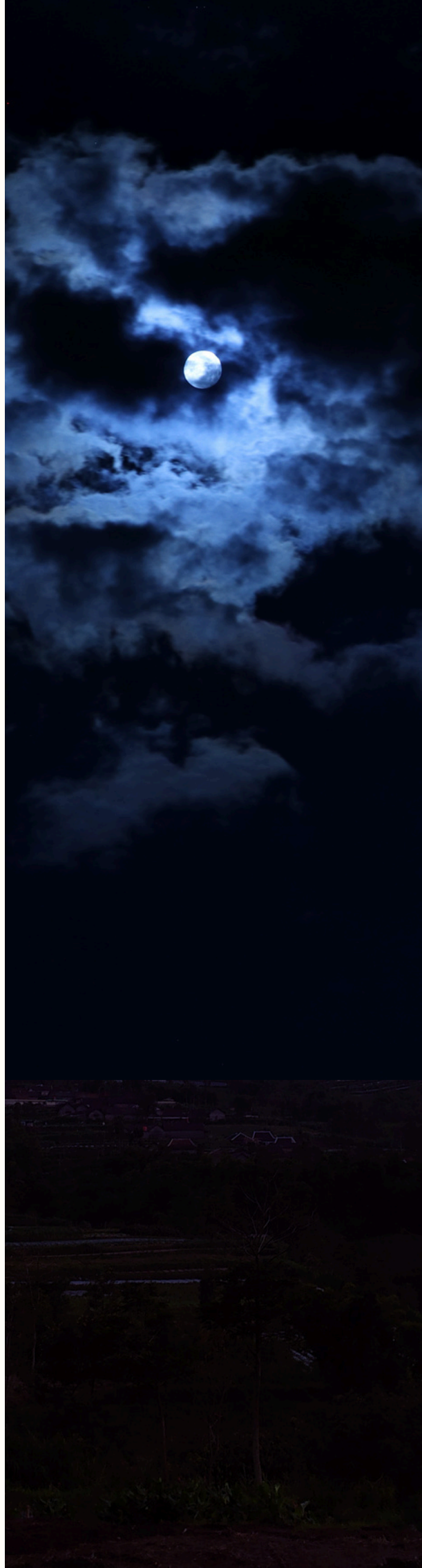
You'll start to understand the purpose behind your initial guidance and how it fits into the bigger picture. This can sometimes be a sobering realization, like waking up from a deep sleep.

Remember to release negative energy, to clear your mind and stay focused.

### **Movement & Participation**

There is a natural increase in energy flow that is quickly changing phases. This sense of urgency may make you feel like you need to see the results of your efforts. It may seem too much to do and need more time, with last-minute details causing chaos.

It's important to keep calm and move forward while making necessary preparations. There will be a sense that something new is on the horizon.



# WANING MOON – CULTIVATING

## **Begin the Change**

It's important to release any attachment to the Lunar Cycle experience and the external elements that aided in your growth. This is a period of transformation and personal development. It's time to let go of old ways of engaging with life.

It's a time to distance yourself from things that no longer bring you nourishment. It's a conscious decision to live your truth and inspire others to do the same. If we don't make these changes, we'll stay stuck in old patterns. However, with conscious change, we can move to a new level of experience.

This is the right time to prepare for the future, by ploughing the crops for fertilization.

## **Union into Essence**

During the second part of this phase, there is a process of unification where all experiences are merged into a singular essence.

This essence then becomes the foundation for the next cycle of growth. This phase is reflective, as it involves extracting and utilizing the knowledge gained from the previous cycle and recognizing its true value and wisdom.

Ultimately, this seed essence holds great importance to the Greater Self and will flourish in the upcoming cycle.



## THE STRUCTURE OF NATURE'S RHYTHM YOGA CLASS



The phase of the moon inspires the class's purpose, the time of day, and the season.

Each class is built on a structure of six parts, incorporating the current moon phase and aligning with its particular purpose.

Throughout the month, the four phases guide us through setting intentions, powering up our purpose, expansion and gratitude, and finally, harnessing our energy.

The class embodies the natural cycle, as we tune in with intention and connect to the unified field. We begin with static and dynamic asanas to create.

- ✦ ATTUNEMENT ✦
- ✦ WARM-UP ✦
- ✦ DYNAMIC FLOW ✦
- ✦ STATIC POSTURES ✦
- ✦ PRANAYAMA ✦
- ✦ MEDITATION ✦

## ATTUNEMENT

This part is where you tune in and connect with the unified field, through OM chanting

## WARM-UP

During the warm-up, we are making sure the whole body gets warmed up, adding additional movements to focus on the designated theme.

## DYNAMIC FLOW

There are four dynamic flows for each moon phase and these make the class uniquely aligned to be Nature's Rhythm Yoga.

The dynamic sequences that complement the energies in effect during the four main phases are **Chandra Sequence, Sun Salutes, Shiva-Shakti and Infin8Flow** (inspired by The Egyptian Salutes) and have been added to each corresponding phase.

Although keeping these dynamic flows in synchronisation with the themed classes is necessary, modifications and advancements to the postures within the sequence are adapted to suit the individual.

## STATIC POSTURES

This part consists of poses to compliment the element, chakra and moon phase.

## PRANAYAMA

You will learn about suitable pranayamas for each moon phase during class.

Stay focused during dynamic sequences, by keeping your mind engaged with your breath and mantra. Unblock energy channels and regulate energy flow through pranayama, to connect your nervous system, mind and body.

## MEDITATION

The final part of the class is where the magic happens. We get to feel our connection to all that is and be at one. Harness your energy and reflect on the evolution your body, mind and soul underwent during the session.

## The structure of Nature's Rhythm Yoga Class

Add additional elements to the practice, to enhance the benefits of the current moon's energy, in Nature's Rhythm Yoga everything is very intuitive so respond to yourself, the group and current energies.



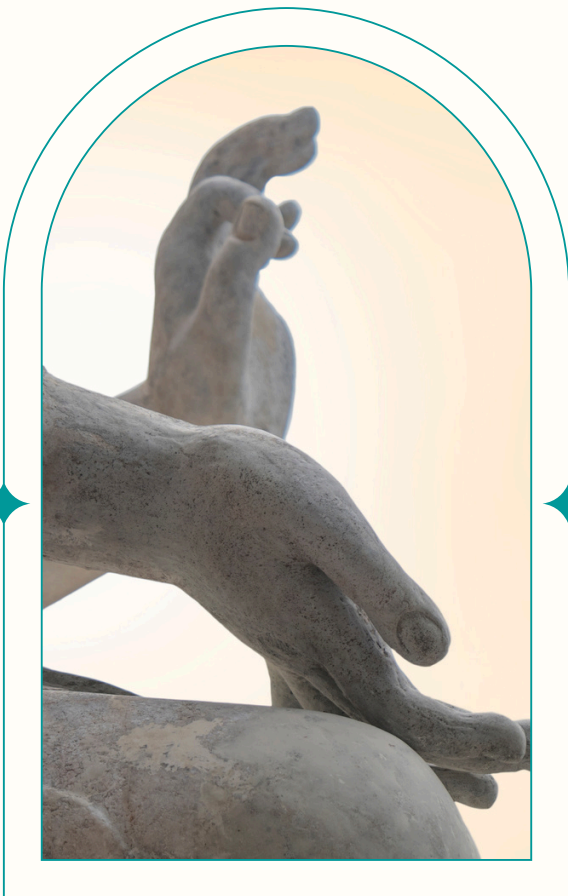
### INVOCATION

It can be a chant, a mantra, an affirmation, or even setting an intention for the session or the class. Ancient cultures used invocations to align with creation whenever they needed the strength or power to achieve a particular purpose. They would call upon the forces of nature from the four directions and the corners of the earth.

In performing this action, we are acknowledging that we are not alone in life; we are interconnected, and we are

inviting and allowing help to come to us. Whatever we are feeling can be transmuted to our advantage.

A heart set on the unified field and energy source is an open heart, ready to believe, receive and is full of faith. This helps to draw in the wonderful beneficial energies that surround us.





## ELEMENTS OF ZODIAC SIGNS

Each sign of the Zodiac has an element that can be drawn upon to influence the class structure.

Practicing in this conscious way embraces our innate powers and capacities adding to the quality of our yoga practice.

## MUSIC

Music has an effect on our emotions and certain music played during a session can evoke feelings. Choosing music according to the element will further establish the connection to self knowledge beyond our thinking capacity.

## MUDRA AND BANDHA

Some yoga schools call them Bandha locks, I prefer the word 'valve'. The Bandhas function to direct our energy in the same way a dam works to guide a boat through the canal.

A mudra is an energy seal. It is a gesture or posture that allows us to control the flow of our energy or life force (prana). There are 25 Mudra in Hatha Yoga.

Mudra are not restricted to hand gestures but can be done with the eyes, body postures or take the form of cleansing rituals. The gestures themselves are symbolic of various states of consciousness and can lead you to an altered frame of mind.

Nature's Rhythm Yoga includes the relevant hand mudras corresponding to the element represented by each moon phase.

Each finger represents an element, a chakra, a planet, a body organ and an emotion and also the ending of a meridian. Mudra can be enhanced with breathing exercises, meditation, mantras, thinking of a colour, affirmations and music.





## SOUND HEALING, FREQUENCIES

Sound can heal and calm or disturb and bring nervousness, depending on its frequency. Through sound energy, we can change the environment around us.

The universe and all within it is in a constant state of vibration. Even our body is in constant vibration. When we seek soothing sounds to surround us, we are doing more than creating comfort from the noise of the world. We are in fact healing at a deep cellular level, that reconnects us with the most basic vibrations of the universe.



Going beyond our thoughts allows intuition to come through, our spirit guides our thoughts, then we can attract what we need and clear away what has been obstructing our wellbeing and progress.

## MANTRA

Chanting is a repetitive exercise that strengthens the human psyche, in order to channel the mind's energy. The build-up of repeating a mantra provides a powerful energetic drive for manifesting your desires into reality. You can either chant loudly or in your mind silently.

These are referred to as Japa or Ajapa, respectively. When we chant a mantra repeatedly, we can expect to magnetically attract what we need to manifest into our lives easily. It is like a super booster dose that hits a target effectively and surely.

Chanting mantras can be done any time but certain times are believed to be more beneficial than others. The early morning hours between 3 a.m. to 6 a.m. are considered peaceful and conducive to this practice. Additionally, just before dinner, between 4 p.m. and 6 p.m., is an excellent time to chant. You don't need fancy seating arrangements; sit comfortably on the floor with a mat, cushion or folded bed sheet, in a well-ventilated place facing east towards the sun.

Following these simple rules, you can align your frequencies with the Earth's beneficial forces. Repeat each mantra five times, then gradually increase to 11, 25, 51, or 108. In Hinduism, 108 is a significant number and is considered the ideal number of repetitions for a mantra. A 'Mala', or rosary, can keep track of the count while chanting with eyes closed or open.

Mantra meditation has been practised since ancient times and Hindu scriptures are a rich source of information on this subject.

As humans, we all have different needs and desires. Some may be fortunate in certain aspects of life, whilst lacking in others. Our lives are comprised of various blessings and challenges that can bring joy or sorrow. It is crucial to focus on what we want, rather than dwelling on what we lack.

The universe is abundant and always attentive to our deepest thoughts and aspirations. It's important to always keep in mind what we truly desire and visualize it clearly. What do you want? What does it look like? Wealth may mean owning a car to some, while to others it may mean having a steady job. Take some time to reflect on your wants.

As you continue to practice chanting and meditation, you'll notice positive changes within yourself. You'll feel happier, more confident, and supported in your endeavours. You'll have the courage to pursue your goals and opportunities for growth will present themselves at the right time and place.

With a clear mind and heightened energy, you'll be fuelled by passion and determination to achieve your dreams.



# MODULE THREE

## About the New Moon and its energy

The seed in the soil is about to take root. Every New moon, we can manifest a new beginning in our lives and awaken and walk towards a further step of our destiny. When we come together to grow, we invite the universe to give us direction, enhancing our efforts. Tune in at this time and focus on anything that will promote a better future and plant the seed of your intention during these nourishing and fortifying energetic moments.

Nurture your dreams and yourself. Choose to slow your pace down and notice gravity as you do so. We are connected to the earth and its grounding energies give us form, structure and support.

Move slowly to notice and feel all aspects of your body and bring consciousness to each part inhabiting your senses. The first and second chakras represent how we function and conduct ourselves. Without proper roots and grounding, we lack stability in our everyday lives.

Grounding means nourishing your physical body. Connect with the earth and nature by taking care of your diet, adding regularity and good habits and keeping your body energised through exercise, cleanliness and restful sleep. Harboring these healthy habits and learning to see challenges in your life as something to grow from and flow around, enables you to look at the obstacles with acceptance and reclaim your innate power. We can't control our outside world, only our perception of it.

It is necessary to be grounded before you do any energy work. Grounding is fundamental in raising our vibration.

The seed  
in the soil  
is about to  
take root.



## About the Waxing Moon and its energy

A tiny shoot has appeared out of the soil. At this time, you can help your dreams to manifest. Your passion for your power is the surge of energy you are tapping into.

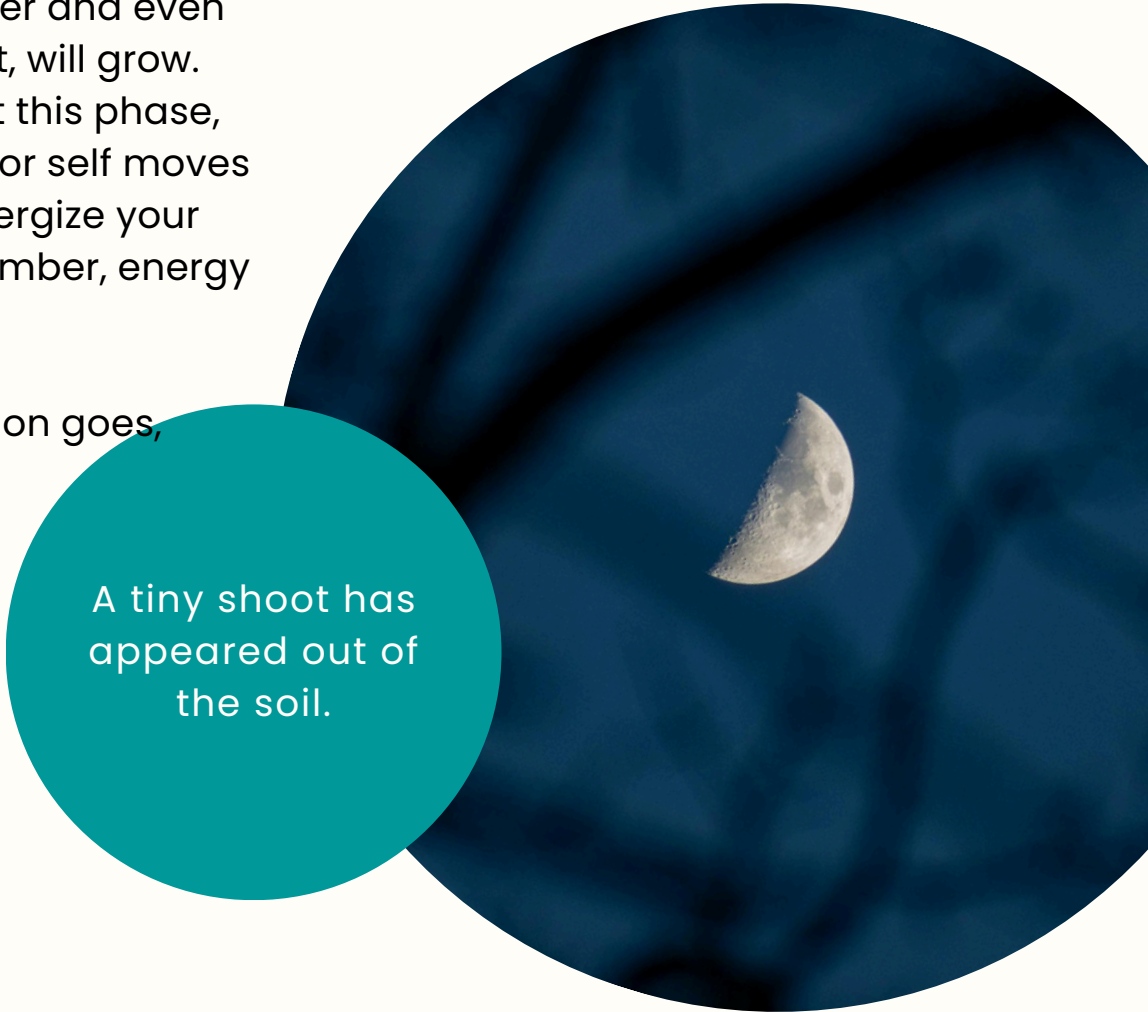
During this activation phase, we add fuel to power up our intentions. We are removing obstructions and keeping our firm focus to achieve our goals. It's a time for building and amplifying what you have.

Focusing on anything you want to enlarge with this positive momentum, whether it's your relationships, career and even your bank account, will grow. While practising at this phase, your resilient warrior self moves purposefully to energize your whole body. Remember, energy follows intention.

Where your attention goes, energy flows.

Reinforcing the power of your third chakra and the wisdom of the fourth chakra, will reveal the difference between toxic anger and healthy anger, aggression vs assertiveness and self-love, about co-dependence and genuine compassion.

Other parts uncovered through these doorways are our self-esteem, boundaries, focused desire and empathy. From here, we discover what it means to have a genuinely open heart, from a strong foundation of empowerment!



A tiny shoot has appeared out of the soil.

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## About the Full Moon and its energy

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The Flowering. A time of expansiveness, gratitude and appreciation, which attracts abundance. By consistently expressing and vocalising our intentions, we build on gratitude and speak it into existence.

Where our attention goes, our energy flows, so we must remember that worrying will only attract further problems for us to process.



### The Flowering

The practice for this phase keeps our energy finely tuned, by teaching us how to hold our own. Tune in to express from your heart, smile and tap into your inner teacher (your intuition).

When we learn to develop compassion and affection for ourselves and all living beings, we raise our vibration to attract more of the same. This is our expansive self. The fifth and sixth chakras include our perceptive abilities, which enhance our functioning and capacity to be imaginative and creative.

Once our mind is calm, we can see clearly, without personal issues. When we speak and live from our truth, it gives meaning to life and enables us to manifest our vision in the world. Through this entire moon session, we are learning how to express ourselves with clear intent and to open our intuitive wisdom.

As the saying goes, this exploration of self gives us the time we need, "To know thyself".



Build trust in yourself and envisage your dreams. We can transmit our creative uniqueness, which we find in the quiet moments between our thoughts.

The inner journey, from Throat to Crown, is required so that we can communicate and express ourselves freely.

On this inward journey, where we create space for clarity, we can purify any dissonance so that all expression becomes of the highest value. We can link into our intuition, use our imagination, visualize and concentrate on that, which defines precisely the nature and meaning of what is fantasy, from what is reality.

This is the doorway to the unseen, which some of us understand beyond the obvious. We are all channels for truth. This session cultivates faith in our existence, the contact with our inner voice leading to trust in ourselves.

As we practice surrendering and trusting in our higher self, our spirit guides and the source of all that is, there is no need for ego. Our nervous system is soothed, we feel safe and we can maintain grace in ungraceful moments.

This is the true power.

— “ —————

“I CAN MANIFEST  
MY VISION AND OFFER  
MY GIFTS TO THE WORLD.”

————— ” —




## About the Waning Moon and its energy

The light of the full moon is decreasing and from the time of gathering comes the space needed to review this waning moon phase.

Relinquish any former limitations and lovingly steer your mind towards what you want for your life.

Harness your energies, regroup and refocus on what is working for you and what is working against you. Keep your energies flowing, moving over any obstacles with a loving acceptance of what is – of all that is.



Look back  
and review

Knowing we are spiritual beings having a human experience, our story unfolds, we contemplate and we release our attachment to the past. Owning our lived experiences and story without discarding any parts of ourselves to fit in, makes us whole. We learn to love our hurt parts and rise beyond them, to claim our rightful power. You are giving a voice to your subconscious, for all detrimental beliefs and restricting habits to surface and to be weeded out for release.

Once we befriend ourselves and have compassion for ourselves, we are fully supported to break free and define ourselves. Life is assisting us and when we dig deep within ourselves, we find our resources, our truth and our values.

This transforms and changes our outlook so we can see the truth for what it is, without adding our views tinted through previous experiences.

This session is when we assess last week and practise our yoga with more insight.

Pay close attention, notice how your body feels and use journaling to study the self.

Connect with your beliefs and if you don't have a spiritual practice, connect with power beyond yourself, by spending time in nature. You link to whatever you believe to be spirit, through the seventh Sahasrara crown chakra.

This centre deals with pure cosmic energy and is blocked by earthly attachments. We can call it the Source or the divine spark of creation and even if you think you are not a spiritual person, you still have this energy and can reach this level within you.

Do not be confused by words.

The subtlety of the crown chakra is beyond them. You can find spirit in many places - from the most glorious cathedrals, to a raindrop gleaming on a blade of grass in the morning sun. It is whatever speaks to you of connection and love, beyond everyday existence.



At the crown, we experience our connection with the Source - if we have prepared the way and cleared away emotional blocks, we experience spirit while still in the body. This is what the ancients called "enlightenment".

At the third eye chakra, our intuition opens.

At the throat chakra, feelings and thoughts find expression.

At heart, expansion into love.

At the solar plexus chakra, we find the powerful will.

At the sacral chakra, with creativity and reproductive energy.

At the root chakra, we are concerned with survival.

# WHAT'S NEXT? ✨



The name I go by, 'Teja,' initially started as the name of a business venture. 'Tejas' means 'to illuminate' or translates to radiance. It symbolises the subtle glow of a flame and is often viewed as the light of the divine.

As a woman with life experience, I've learned resilience and the understanding that every challenge I face will eventually pass.

Yoga has become my anchor, helping me navigate and weather the storms of life.

I've spent much time integrating and rebuilding myself after falling apart, in an authentic way—one that no longer involved trying to be everything for everyone else.

There have been moments of doubt, where I believed others knew what was best for my life. In those moments, I felt disconnected, like I didn't belong. That single thought would pull me away from my purpose, as I tried hard to be someone I wasn't, simply to be accepted or to fit in.

As humans, we naturally seek safety and security as we journey through life, and it's easy to make choices that seem to lead us off our true path.

Since 1996, through my studies and personal growth, I've learned to release old patterns that no longer serve me and to reframe past experiences. This has allowed me to cultivate a healthier outlook for the future.

Now, as a mentor, I create a safe and supportive environment where individuals can reconnect with their source energy, align their thoughts, and gain the clarity they need to move.

Are you willing to look closely at what within you needs attention?

Are you ready to create time for yourself to remember and reconnect with your soul's calling?

Do you experience aches and pains in your body that you've been ignoring? These are often signals to reconnect with those parts of yourself.

Do you find it challenging to sit still and be with yourself?

Meditating within a group and having others present can accelerate your healing process.

Do you notice how the different phases of the moon affect you?

I would love to connect with anyone who is ready to realign with their true self and would like to learn to become self-sufficient while establishing healthy boundaries.

**This is the true meaning of love.**

We start with self-love, and from there, we can extend that love to others and this ripples out to heal our world.

Andrea Teja

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