

MAIDEN * MOTHER * CRONE

Three Faces of the Moon • Three Sacred Archetypes

MAIDEN — BECOMING

→ Waxing Moon ←



QUALITIES:

- ✦ Curiosity
- ✦ Courage
- ✦ Hope
- ✦ Independence
- ✦ Exploration
- ✦ Creativity
- ✦ Learning
- ✦ Possibility

CALL UPON THE MAIDEN WHEN YOU ARE:

Beginning • Exploring • Learning
Taking a chance • Seeking hope

SHE ASKS:

What wants to begin in me?

MOTHER — NURTURING

→ Full Moon ←



QUALITIES:

- ✦ Creation
- ✦ Nurturing
- ✦ Abundance
- ✦ Protection
- ✦ Strength
- ✦ Compassion
- ✦ Generosity
- ✦ Fulfillment

CALL UPON THE MOTHER WHEN YOU ARE:

Creating • Caring • Protecting
Building • Nurturing yourself
or others

SHE ASKS:

What needs my care?

CRONE — KNOWING

→ Waning Moon ←



QUALITIES:

- ✦ Wisdom
- ✦ Discernment
- ✦ Truth
- ✦ Experience
- ✦ Boundaries
- ✦ Release
- ✦ Transformation
- ✦ Inner knowing

CALL UPON THE CRONE WHEN YOU ARE:

Deciding • Releasing • Setting
boundaries • Seeking truth
Facing change

SHE ASKS:

What do I already know?

THESE ARE NOT AGES OR ROLES YOU MUST BECOME.
THEY ARE SACRED QUALITIES YOU CAN CALL UPON
THROUGHOUT YOUR LIFE.

Which Face of the Moon Is Calling Me?



THE MAIDEN

Waxing Moon



Do I need more...

- ☐ Courage
- ☐ Curiosity
- ☐ Hope
- ☐ Independence
- ☐ Creativity
- ☐ Willingness to begin

Something new calling to me is:



THE MOTHER

Full Moon



Do I need more...

- ☐ Nurturing
- ☐ Strength
- ☐ Compassion
- ☐ Protection
- ☐ Abundance
- ☐ Care for myself

Something that needs my care is:



THE CRONE

Waning Moon



Do I need more...

- ☐ Wisdom
- ☐ Discernment
- ☐ Truth
- ☐ Boundaries
- ☐ Acceptance
- ☐ Courage to release

Something I already know deep down is:

THE ARCHETYPE I WANT TO MEET

Today I feel called toward: _____

I would like to ask her: _____



Meeting the Moon

Guided Journey

PAGE 1 — THE MOONLIT PATH

★ SETTLE

Find a quiet place where you will not be disturbed.
Sit or lie down comfortably.
Close your eyes if you feel comfortable doing so.
Take several slow, deep breaths.
With each breath, let your body soften.
Let the noise of the day begin to fade.

★ THE MOONLIT PATH

Imagine that you are standing outside beneath a deep night sky.
The air is cool and calm.
The world around you is quiet.
Ahead of you is a path illuminated by soft moonlight.
Begin walking.
There is no need to hurry.
With each step, you feel more relaxed, more at peace.
The path leads you through trees and gentle shadows
until you arrive at a small clearing.

★ THE POOL

At the center of the clearing is a still pool of water.
Walk toward the water and sit beside it.
Look into the pool.
The Moon is reflected on its surface,
bright and steady.
Spend a few moments simply watching.

★ WELCOME

The surface of the water begins to shimmer.
Across the pool, a presence approaches.
Allow an image to form naturally.
You may see a person, a light, a silhouette,
an animal, or simply feel a presence.
Know that you are meeting a lunar archetype.
You have invited her.

*"I am here to listen."
I welcome the wisdom
I am ready to receive."*



You may choose to meet the archetype
you feel most drawn to today,
or the one whose qualities you most need.

When you are ready, invite her forward
and ask your questions.



MAIDEN — BECOMING

Waxing Moon Energy 

Ask:

- What wants to begin in me?
- What would happen if I trusted my curiosity?



MOTHER — NURTURING

Full Moon Energy 

Ask:

- What needs my care right now?
- How can I nurture without emptying myself?



CRONE — KNOWING

Waning Moon Energy 

Ask:

- What do I already know?
- What am I ready to see clearly?

Listen quietly.

Notice whatever arises—images, words, feelings,
sensations, or knowing.

There is no right or wrong.

Your archetype will meet you exactly as you are today.

Meeting the Moon

Guided Journey

PAGE 2 — RECEIVING THE GIFT

★ RECEIVE THE GIFT

Your archetype holds something out toward you.

A gift.

It may be an object, a plant, a stone, a key,
a feather, a flame, a word, a color,
a symbol you've never seen before,
or something completely unexpected.

Accept it with gratitude.

★ ASK WHAT YOU SHOULD REMEMBER

Now ask:

"What would you like me to remember?"

Listen with an open heart and mind.

Notice whatever words, feelings, or images arise.

★ THANK AND RETURN

Thank your archetype for her presence and wisdom.

Watch as she fades back into the moonlight.

Look once more at the Moon reflected in the pool.

★ RETURN TO THE PATH

Stand and follow the moonlit path back the way you came.

With each step, you return to the world around you.

Take a deep breath.

★ GROUND AND OPEN YOUR EYES

Feel the surface beneath you.

Notice the room around you.

Wiggle your fingers and toes.

Open your eyes when you are ready.

Give yourself a few quiet moments.

Then record what you remember.



RECORD YOUR EXPERIENCE



THE ARCHETYPE I MET: _____



WHAT SHE LOOKED OR FELT LIKE: _____



THE GIFT OR SYMBOL I RECEIVED: _____



WORDS, FEELINGS, OR IMPRESSIONS I REMEMBER: _____



WHAT I THINK THE EXPERIENCE MAY BE SHOWING ME: _____

*You can return to this guided journey anytime.
Each meeting may reveal something new.*



My Lunar Devotion

*Devotion is not transaction.
It is attention.*

How Would I Like to Walk with the Moon?

- ☐ Greet the Moon when I see her
- ☐ Spend quiet time beneath the night sky
- ☐ Keep a lunar journal
- ☐ Light a candle at the Full Moon
- ☐ Make a simple offering
- ☐ Say a lunar prayer
- ☐ Keep a Moon altar
- ☐ Meditate with the Moon
- ☐ Create lunar art
- ☐ Practice gratitude at the end of each cycle
- ☐ Other: _____



LOOK • GREET • LISTEN • THANK



LOOK

Notice the Moon
and the night
around you.



GREET

Acknowledge her
in whatever way
feels natural.



LISTEN

Become quiet
and notice
what arises.



THANK

Close your time
with
gratitude.

My Simple Lunar Practice



When I see the Moon, I will: _____



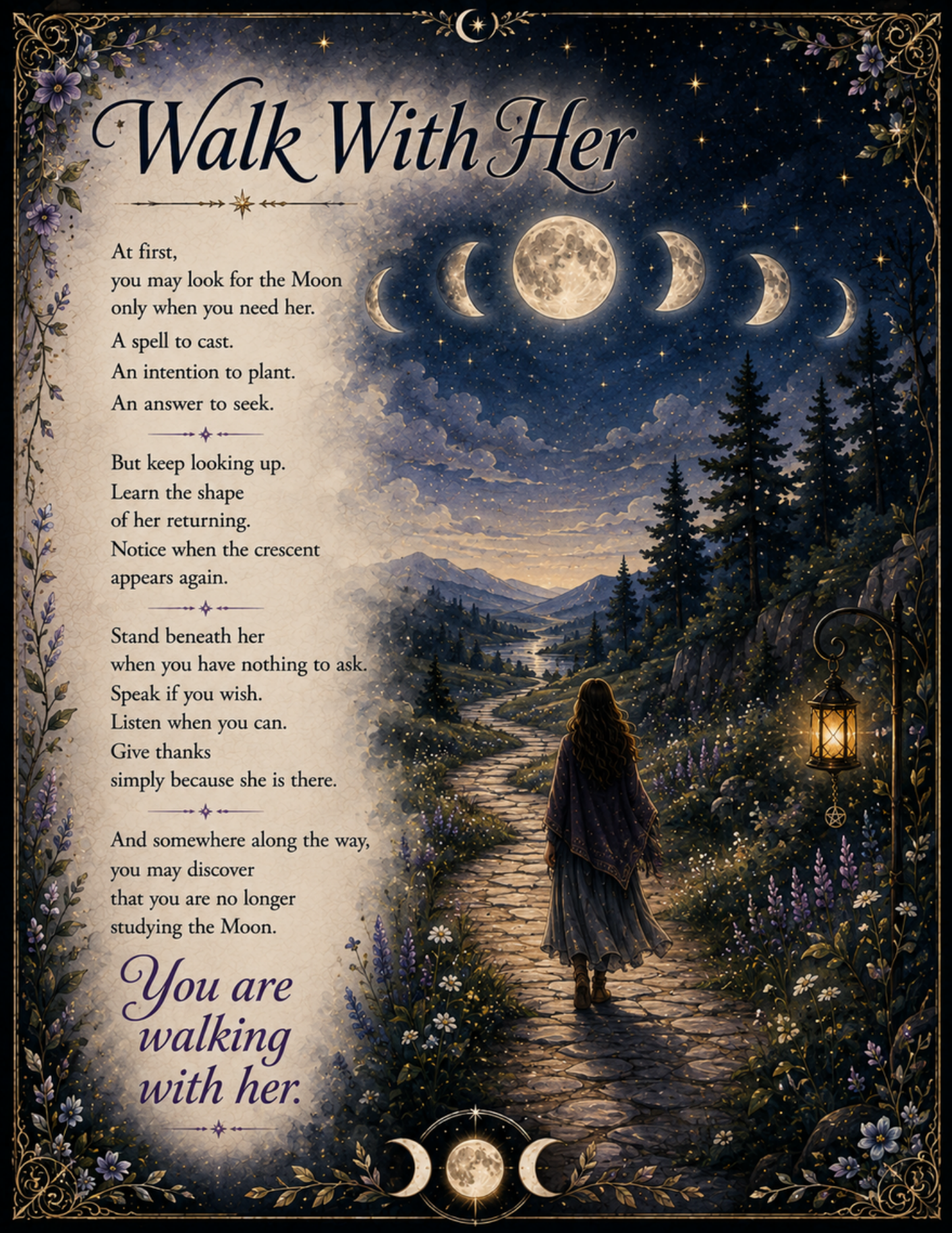
Something I would like to offer or do in gratitude: _____



A few words I might use to greet her: _____

*My lunar practice does not need
to be elaborate to be meaningful.*





Walk With Her

At first,
you may look for the Moon
only when you need her.

A spell to cast.

An intention to plant.

An answer to seek.

But keep looking up.
Learn the shape
of her returning.
Notice when the crescent
appears again.

Stand beneath her
when you have nothing to ask.
Speak if you wish.
Listen when you can.
Give thanks
simply because she is there.

And somewhere along the way,
you may discover
that you are no longer
studying the Moon.

*You are
walking
with her.*