

LOVE BY THE MOON

Navigating Relationships Through the Lunar Cycle
A Kabbalistic Astrology Guide for Singles & Couples

Courtesy of  **Josh Robbins**
ASTROLOGY

Tides of the Heart



In Kabbalistic Astrology, the Moon is a mirror, reflecting emotional truths, spiritual opportunities, and the potential for transformation. Its rhythm marks the cadence of the development of our desires from their seed level to their full blossoming. When we are in tune and consciously aligned with this cycle, we can harness the support of cosmic energy to assist us in fertilizing our quest to find a partner or nourishing our existing relationship.











Each phase of the lunar cycle carries a different energy, guiding how we initiate, deepen, heal, or release connection.



Whether you're single, dating, or deep in a relationship, aligning your love life with the Moon's rhythm can bring clarity, soften emotional blocks, and open you to deeper connection, with yourself and others.

The 8 Moon Phases and How to Work with Them in Love

Moon Phase	Relationship Wisdom	Key Action
 New Moon	Set intentions for love, healing, or deeper understanding. Begin with internal clarity. Great for first dates, new initiatives in relationships, and bringing new ideas for connection to the table.	Set Intentions.
 Waxing Crescent	Take gentle action. Send a message. Say yes. Let hope guide your heart forward.	Take a step.
 First Quarter	Growth comes through tension. Address what's unresolved. Be brave enough to speak the truth.	Face discomfort.
 Waxing Gibbous	Refine what you want. Reassess your needs. Don't settle—fine-tune your expectations.	Refine Desires.
 Full Moon	Emotions peak. Say what needs to be said. Powerful for confession, connection, or closure.	Speak your truth.
 Waning Gibbous	Integrate the truth. Show gratitude. Reconnect through shared meaning and care.	Share appreciation.
 Last Quarter	Let go. Forgive. Release control or timelines. Choose your peace over pushing.	Release and forgive.
 Balsamic Moon	Rest. Reflect. Give space. Prepare for a new cycle by nourishing your emotional roots. Perfect for self-care days.	Rest and restore.

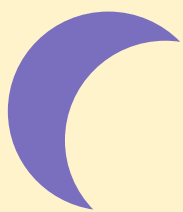


Your Natal Moon Sign Matters Too...

Each person has a Moon sign that describes their approach to emotional needs and expression. For example, if your Moon is in a grounded Earth sign, you may need more time or stability before opening up. If it's in a Water sign, you may feel more deeply and crave emotional safety.

Look up your moon sign using this calculator: [What's my moon sign?](#)

Use the wisdom of your Moon sign to gently explore what supports your emotional flow — especially during Full Moons and Last Quarters.



How to Use this Guide:



Weekly Practice

- Track the Moon phase using an astrology calendar or app (like TimePassages, AstroSeek, or Co-Star).
- Reflect on how that phase shows up in your emotional life and relationships.
- Match your actions to the phase: initiate, nurture, speak, or release.



Continue Your Journey...

✨ This is just the beginning, and there is so much more to explore and learn. Book a Love and Relationships Reading with me and discover how your chart speaks to your love life. Learn what you can do differently in order to attract a partner or to deepen an already existing connection.

[Click here to book today!](#)



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