

The Fifth Lunar Cycle of 2025: The Full Bloom of Spring

As spring unfolds around us, nature offers a powerful reminder: growth is always possible, even after long periods of stillness. This lunar cycle, crowned by the Flower Moon, invites us to align with the energy of blooming, vibrancy, and creative expression. It's a time to nurture what's beginning within you – ideas, dreams, healing, or change – and allow it to come fully into bloom.

By moving intentionally through each moon phase, you can use this cycle as a roadmap for your own inner blossoming. From planting fresh intentions to celebrating your growth and releasing what no longer serves you, this moon offers the perfect opportunity to reconnect with your natural rhythm and step more fully into who you are becoming.

Whether you're starting something new, rekindling a forgotten passion, or simply seeking more joy, the Flower Moon cycle reminds you we're made to bloom.

Date(s)	Moon Phase	Theme	Energy	Suggested Ritual
April 27	New Moon	Planting the Seeds of Bloom	The darkness of the New Moon invites you to begin again – with intention. This is the perfect time to plant the seeds of what you want to see bloom into your life.	Write down what it is you want to manifest on a small piece of paper, light a candle to symbolize the spark of new life, and bury the piece of paper in the ground visualizing your desire as a seed ready to bloom. You can also place citrine on or near the spot you buried your desire to amplify your intention and attract abundance.
April 28- May 3	Waxing Crescent	Nourishing the Seeds	Like a sprout breaking through the soil, this phase is about nurturing your intentions with gentle focus. The theme of blooming reminds us that growth needs time and care.	Write your goal down on a sticky note and put it on the bathroom mirror. You cannot manifest something new into your life without changing what you're currently doing, so, write down the steps you'll take to reach your goal. Be flexible and open to change but having an action plan is key. An amazing crystal to keep close while you develop your plan is carnelian, due to its bold, fiery energy that awakens your inner spark.
May 4	First Quarter	Breaking Through the Soil	This phase represents action and challenge. As your intentions take root, resistance may arise. But remember – nothing blooms without first pushing through the dirt.	Go outside under this moon and say (either out loud or in your head), "Everything is happening FOR me, not to me. Any challenges that come into my path are meant to help me grow and manifest my desire in the best possible way for me." To amplify and ground your intention, hold a piece of amethyst to invite divine wisdom while you say this, then place the crystal under your pillow and ask for dream insights when challenges arise.

May 5- May 11	Waxing Gibbous	Shaping the Bloom	As the Flower Moon approaches, this phase is about refining and aligning. You've done the groundwork – now shape your vision into something vibrant and true.	Journal about your desire, your action plan, and all the challenges that have come up so far and how you handled them. Also write about any insights you had with their meanings, or anything else that may have felt like divine guidance. Now add in the scent of frankincense, which is shown to calm and slow down your breathing, and is perfect for reflection. Take some deep breaths and reflect on how far you've come. Now pull either a tarot or oracle card and ask what needs to be adjusted, and write down your next steps in your journal.
May 12	Full Moon (Flower Moon)	Full Bloom	This is the culmination – the flower in full bloom. A time to celebrate progress, express yourself, and release what's holding you back from fully showing your inner beauty.	Write down anything no longer serving you that needs to be released. While you do this, burn sage or to clear all negative energy, when outside, in a safe area, burn the paper. Say "I release what is no longer serving me, making room for my true desires to manifest." Then breathe deep until you feel it is done. Reflect on all your success so far and ask for guidance on the next steps moving forward. You can write in a journal or hold Lapis Lazuli while holding the intention of opening up for wisdom, truth, and spiritual insight.
May 13- May 19	Waning Gibbous	Harvesting the Nectar	Now that the bloom is open, it's time to reflect on the beauty of what you've created and share its wisdom.	Have a bath with frankincense, lavender or rose. These scents will help process emotions and support intuitive clarity. In a journal, write your story. Write about how it began, all the ups and downs, and all the lessons you learned. If you need more clarity while writing, try pulling a tarot card or an oracle card to give you more insight. Share your story or a lesson you learned with someone you trust.
May 20	Last Quarter	Composting What's Spent	Like petals falling from a flower, this is the phase to let go of what's finished. It's not a loss – it's making room for the next season of growth.	Look into a mirror and say "I forgive myself for what I didn't know, for how I coped, for how I tried. I am learning, I am growing." Imagine yourself as flower with wilted petals still holding on. Now pluck those petals off to reveal the beautiful flower you are. Those petals served their purpose, but they are no longer needed. You are making room for new growth.
May 21- May 25	Waning Crescent	Returning to the Earth	Before the next New Moon, rest and replenish. The Flower Moon has offered beauty and insight – now it's time to return inward.	Take a long bath, nap or quiet walk in nature. Whisper to yourself "I will rest now, so I may bloom again." Congratulate yourself on all your hard work and give yourself permission to practice self-care in whatever way resonates with you, with no expectations.