

EADE

BY VITALE



MOON PHASE GUIDE

LIVING IN
ALIGNMENT WITH
THE MOON'S PHASES

EADE

25
RESIDENCES
206 SQM
- 622 SQM

A 6000 SQM
BEACHFRONT
SANCTUARY
PRIVATE POOLS
ROOFTOP TERRACES
OCEAN VIEWS

RESORT POOL
GARDENS
GYM
SAUNA
COLD-PLUNGE
WORKSPACES
CONCIERGE

8-STAR
GREEN STAR
SUSTAINABLE
DESIGN

DEVELOPED BY
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GROUP
ARCHITECTURE
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BYRON BAY

UNSEEN

BYRON BAY

UNSEEN

THE MOON, WITH HER GENTLE, OMNIPRESENT GLOW, HAS INFLUENCED HUMAN LIFE AND CULTURE SINCE THE DAWN OF HISTORY. FROM GOVERNING TIDES TO GUIDING MIGRATIONS AND EVEN IMPACTING AGRICULTURAL CYCLES, THE MOON'S PHASES HAVE PLAYED A SIGNIFICANT ROLE IN SHAPING OUR WORLD. IN PARTICULAR, FOOD HARVESTS AND CYCLES ARE DEEPLY CONNECTED TO LUNAR RHYTHMS, IMBUING OUR SUSTENANCE WITH SPIRITUAL SIGNIFICANCE AND CONNECTING US TO THE EARTH AND OUR ANCESTORS.

THE INFLUENCE OF THE MOON

Each month, the moon undergoes a cycle of growth and reduction, symbolising renewal and the natural ebb and flow of life. This cycle, from the dark New Moon to the fully illuminated Full Moon and back, reflects the rhythms of nature and offers a template for personal and spiritual growth.

Influencing our emotional and spiritual states, she guides us to reflect, grow, and release as we move through life

CYCLES & PHASES

The moon's phases are a powerful symbol of life's cycles and the passage of time. They remind us of the constant change inherent in existence and the natural ebb and flow of energy and events.

FEMININITY & MOTHERHOOD

The moon is often associated with female deities and is seen as a symbol of femininity, motherhood, and nurturing energy. Its soft glow contrasts with the sun's harsher light, embodying gentleness and care.

EMOTIONS & INTUITION

Linked to the emotional and subconscious realms, the moon symbolizes intuition, dreams, and the unconscious mind. It encourages us to explore our inner worlds and trust our instincts.

GROWTH & MANIFESTATION

Each lunar phase represents a stage of growth or manifestation, particularly in spiritual practices. The moon's cycle offers a framework for setting intentions, taking action, and achieving goals.

ILLUMINATION & GUIDANCE

As a source of light in the darkness, the moon represents illumination, insight, and guidance. It provides clarity and direction during challenging times.

MYSTERY & MAGIC

The moon's connection to the night and its influence on nature have fostered associations with mystery, magic, and otherworldly power.

DUALITY & BALANCE

The interplay between the moon and the sun symbolizes duality, such as light/dark, male/female, conscious/unconscious. The moon helps balance these opposing forces.

TRANSFORMATION & RENEWAL

The moon's phases from new to full and back again symbolize transformation, renewal, and rebirth. Each cycle offers an opportunity for growth and change.

HOW TO

START YOUR NEW MOON RITUAL BY REFLECTING ON WHAT YOU WANT TO MANIFEST OVER THE COMING LUNATION: TO SET AN INTENTION: FOCUS ON WHAT YOU WANT, NOT WHAT YOU DON'T WANT. BE SURE TO WRITE YOUR STATEMENTS IN POSITIVE AND AFFIRMING LANGUAGE, "I AM" – AND NOT "I NEED" OR "I WANT."

NEW MOON RITUALS

RECOGNISING WHAT THE UNIVERSE OFFERS IS HOW WE HARMONISE WITH THE FLOW OF LIFE.

This sounds basic and in the beginning it can be a little challenging, especially if you are accustomed to spending lots of energy thinking about what you don't want. Sit in stillness, concentrate on your intention, and evoke the feeling you'll experience when it materialises. Let this feeling flow into your heart, permeate your entire being with each breath, reaching every cell. Express gratitude to yourself, the Moon, Mother Earth, your guides, and your Higher Power, if you have one, and most significantly, relinquish attachment to the outcome.

GRATITUDE TO YOURSELF, THE MOON, MOTHER EARTH, YOUR GUIDES, AND HIGHER POWER, IF YOU HAVE ONE.

FULL MOON RITUALS

START YOUR FULL MOON RITUAL BY FINDING GRATITUDE FOR WHAT HAS MANIFESTED RECENTLY, EVEN THE UNFORESEEN BLESSINGS. REFLECT ON WHAT NO LONGER SERVES YOU AND WHAT YOU WISH TO EMBRACE OR RELEASE.

EXPRESS GRATITUDE TO YOURSELF, THE MOON, MOTHER EARTH, YOUR GUIDES, AND HIGHER POWER, IF YOU HAVE ONE.

Journal your thoughts and inscribe what you want to embrace or let go of on paper as "I now release." Focus on the gratitude and how it resonates within you. Let this gratitude fill your heart, infusing your entire being with each breath, suffusing every cell. Reiterate this process with the feeling you'll experience when your intention comes to fruition.

Safely burn the paper with your release statements, silently requesting the Moon's assistance in releasing these hindrances, allowing realignment with your vision.

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The Moons presence is unwavering, dependable, AND abundant — she never cancels plans, gets sick, or takes holidays. Now, picture a life where upon the New Moon, you create rituals, set intentions or schedule relationship, family or business check-ins on a New Moon and then, roughly two weeks later, on the Full Moon, you stop and pause... you reflect to course correct and make adjustments to your life in accordance with your intentions.

LIVING INTENTIONALLY

The New Moon and Full Moon occurs 26 times a year. Imagine what life, love, health, home would look like if this became your practice. At the same time, attuning yourself to natures flow, her energy. One thing for sure is you'll find yourself more at ease and accepting of the ebbs and flows of life and more connected to the planet you inhabit.

IN ESSENCE, BY ALIGNING WITH NATURE'S NATURAL ENERGY SHIFTS, WE CAN LEAD A HIGHLY INTENTIONAL AND DEEPLY NOURISHING LIFE!

MOON

BYRON BAY HAS ITS OWN SPECIAL RITUALS

EVERY FULL MOON, THE COMMUNITY GATHERS ON THE ROCKS OR AT THE BEACH TO CELEBRATE THE FULL MOON RISING. THESE GATHERINGS ARE POPULAR IN BYRON BAY, KNOWN FOR ITS STRONG SENSE OF COMMUNITY, SPIRITUAL AWARENESS, AND LOVE OF NATURAL BEAUTY.

Events may range from simply popping champagne under the moonlight to attending scheduled activities such as drumming circles, dance and movement, meditation, yoga, fire performances, spiritual healing practices, and music.

The Moon is a powerful connector, linking people to their intuition, feminine energy, one another, nature's rhythms, and the cosmic flow. Just by tuning in, we can experience the gifts and intelligence of her magnificent, graceful presence in our lives.

PHASES



MOON PHASES

BYRON BAY NEW MOON

The moon is entirely in shadow, rendering it nearly invisible to the naked eye.

2026	TIME
19 JANUARY	6:52 AM
17 FEBRUARY	11:01 PM
19 MARCH	12:23 PM
17 APRIL	9:51 PM
17 MAY	6:01 AM
15 JUNE	12:54 PM
14 JULY	7:43 PM
13 AUGUST	3:36 AM
11 SEPTEMBER	1:27 PM
11 OCTOBER	2:50 AM
9 NOVEMBER	6:02 PM
9 DECEMBER	11:51 AM

WAXING CRESCENT

A slim, silver crescent starts to appear on the right side, marking the first visible phase as the moon begins to grow.

FIRST QUARTER

Half of the moon is lit, forming a clear right-hand semicircle. This phase is the midpoint between the new moon and the full moon.

WAXING GIBBOUS

More than half of the moon is illuminated, but it is not yet full. The bright part continues to expand on the right side.

BYRON BAY FULL MOON

The moon's entire face is illuminated, forming a bright, full circle and appearing as a complete disc in the sky.

WANING GIBBOUS

The illumination starts to decrease on the right side as the moon begins to shrink. More than half remains visible, but it's smaller than during the full moon.

LAST QUARTER

Again, half of the moon is lit, this time forming a clear left-hand semicircle, opposite to the first quarter.

WANING CRESCENT

The moon continues to shrink, leaving a thin silver crescent on the left side, the last visible phase before the new moon cycle starts anew.

2026	TIME
3 JANUARY	9:02 PM
2 FEBRUARY	9:09 AM
3 MARCH	10:37 PM
2 APRIL	1:11 PM
2 MAY	3:23 AM
31 MAY	6:45 PM
30 JUNE	9:56 AM
30 JULY	12:35 AM
28 AUGUST	1:18 PM
27 SEPTEMBER	2:49 AM
26 OCTOBER	3:11 PM
25 NOVEMBER	1:53 AM
24 DECEMBER	12:28 PM

LIVING IN ALIGNMENT WITH THE MOON CYCLE REMINDS US THAT TIME IS NOT LINEAR AND HELPS US ALIGN WITH THE EBBS AND FLOWS OF OUR ENERGY, AS THEY ARE CONNECTED TO THE LUNAR PHASES. CONSCIOUSLY ATTUNING TO MOON PHASES CAN IMPROVE OUR ENERGETIC MANAGEMENT, HELP US NAVIGATE TRANSITIONS AND LIFE CHANGES WITH MORE EASE AND UNDERSTANDING, AND PROMOTES A FEELING OF CONNECTION WITH THE UNIVERSE AND ITS TIMING.

From the slender curve of the waxing crescent to the illuminated prominence of the full moon, and the intriguing bulge of the waning gibbous, each phase presents a unique visual spectacle in our sky.

The way the moon appears at each stage of its cycle offers a guide to recognising its different phases. The entire moon cycle unfolds over approximately 29.5 days, a period commonly referred to as a lunar month.