



# HOW TO CALCULATE YOUR FERTILE MOON PHASE

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## I'M SO GLAD YOU'RE HERE

**A woman's blood mysteries are inseparable from the Moon.** Our ancient ancestors and female-centered cultures all understood the importance and implications of the lunar cycle and its many parallels to the ebbs and flows of the seasons, the tides, and of course, menstruation (derived from Latin and Greek words for "moon change.") So it's no surprise that our very fertility would be impacted by the placement of the Moon amongst the stars.

My hope in bringing this information to your awareness is to inspire a deeper connection with nature and astrological weather, as well as a bolstered body literacy toolkit for your holistic wellness and conscious conceptions. May it be so!

*All my love,*  
Athena



## DISCLAIMER

**This document and its contents are for educational purposes only.** Athena is not licensed with any organization or governing body and is not able to provide medical advice. Please utilize your own wisdom and intuition when making personal medical decisions.

## WHAT IS A FERTILE MOON PHASE?

**Your Fertile Moon Phase occurs when the angle between the Sun and the Moon is the same as it was during the moment you were born.**

This is sometimes referred to as the Fertile Arc Date or Lunar Cycle.

This moment triggers a fertile window that influences conception regardless of where a woman is in her hormonal cycle.

Fertile Moon Phases can be used to increase a woman's chance of conception as well as inform her contraceptive practices.



## WHAT IS THE LINEAGE OF THIS KNOWLEDGE?

**Although medical astrology has been in development for thousands of years—as well as the acknowledgment that the Moon influences fertility, agriculture, et cetera—fertility astrology was developed more recently, in the 1950s by psychiatrist Dr. Eugen Jonas.**

Through many years of study he discovered that women experienced fertility during the phase of Moon under which they were born, that the sign the Moon is in during conception influences the sex of the baby, and that the placement of celestial bodies can impact the outcomes of a pregnancy and birth.

World renown astrologer Judith Hill has been able to utilize his method, combined with her own expertise in medical astrology, with great success and is the teacher from whom I was taught this powerful science.

# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## Step 1

Get a copy of your natal chart.

CLICK THIS LINK TO HEAD TO ASTRO.COM

Having an accurate birth time is essential, since the Moon travels  $1^\circ$  every 2 hours. Hospital records should include your birth time even if it's not on your certificate.

### Extended Chart Selection



#### Birth data

Horoscope for:

#### Sections

Round  Special  Ephemeris  Pullen/Astrolog

Chart type:

Chart drawing style:

Start date (charts marked with \*)

#### Zodiac and houses

House System:   Tropical  Sidereal  Draconic  Geocentric  Heliocentric  topocentric positions  without light-time correction"/>

I use Tropical Geocentric charts and the whole signs house system.

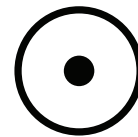
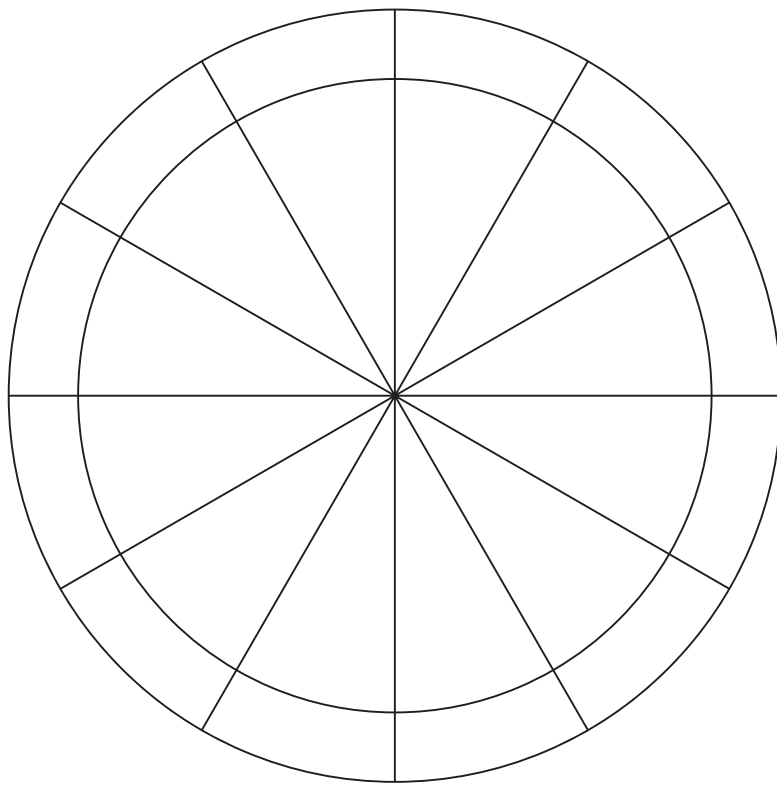
# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## *Step 2*

### **Calculate your Fertile Arc.**

Stepping into a chart can be overwhelming, but for Fertile Moon purposes you just want to focus on the placement of the Sun and the Moon.

Here's an introduction to what you'll be looking at:



SUN



MOON

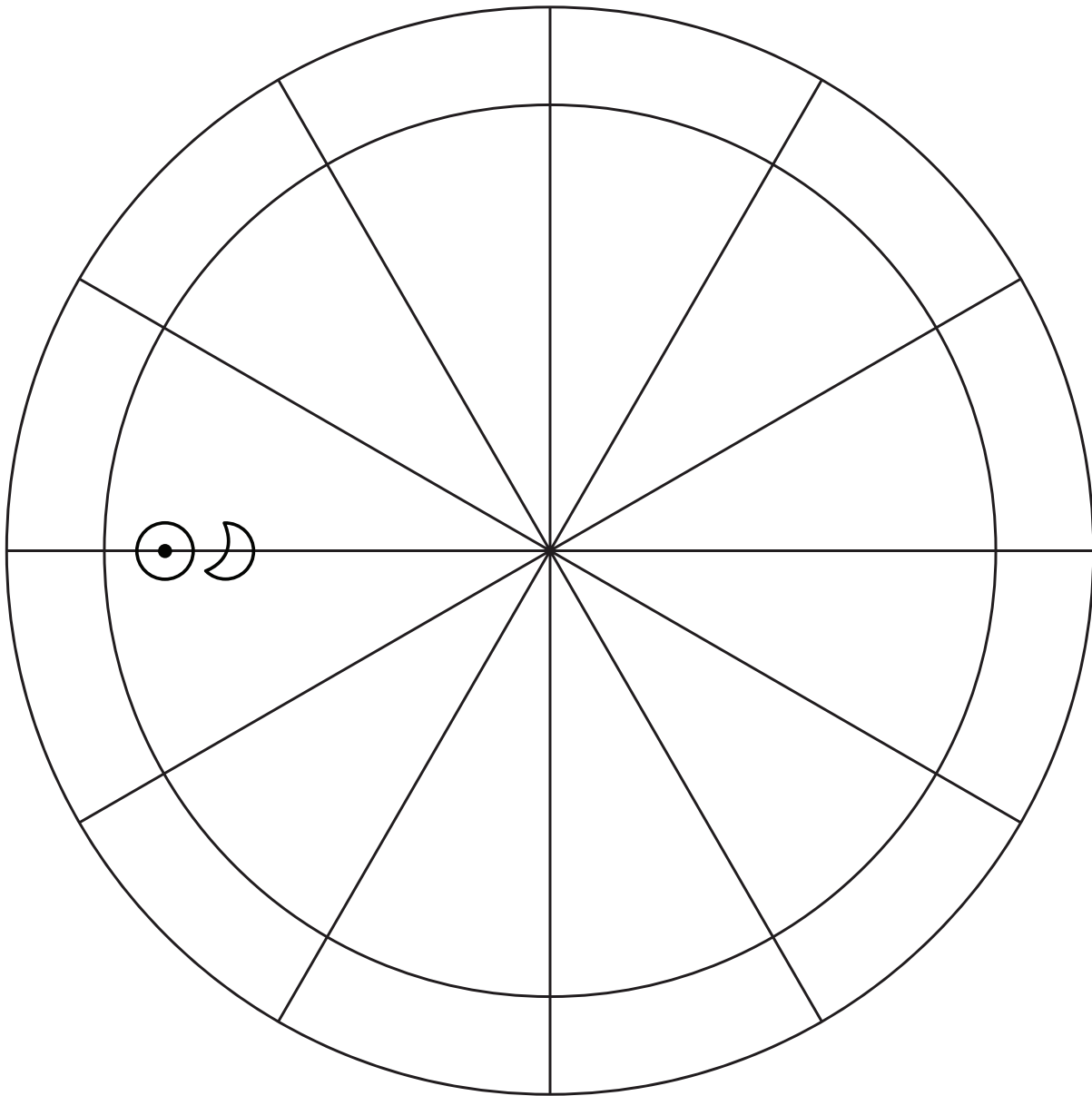
NATAL CHART/HOROSCOPE

The placement of the symbols within the chart, show you the placement of those planets at the time of your birth.

# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## NEW MOON

During a New Moon, the Sun and the Moon will be “conjunct” or directly overlapping one another. This conjunction can occur anywhere in the chart, but I’ve place them here for our example:

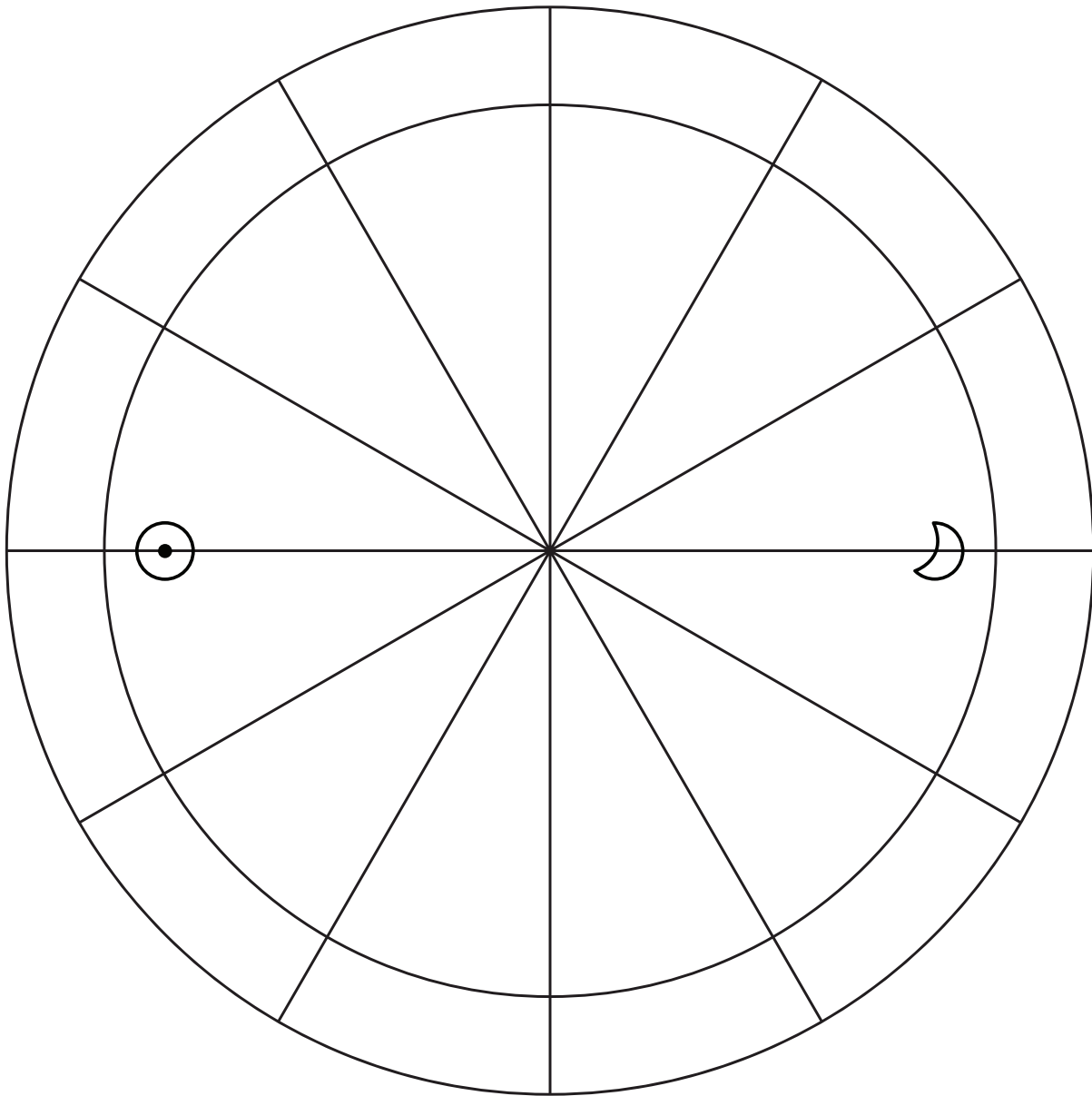




# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## FULL MOON

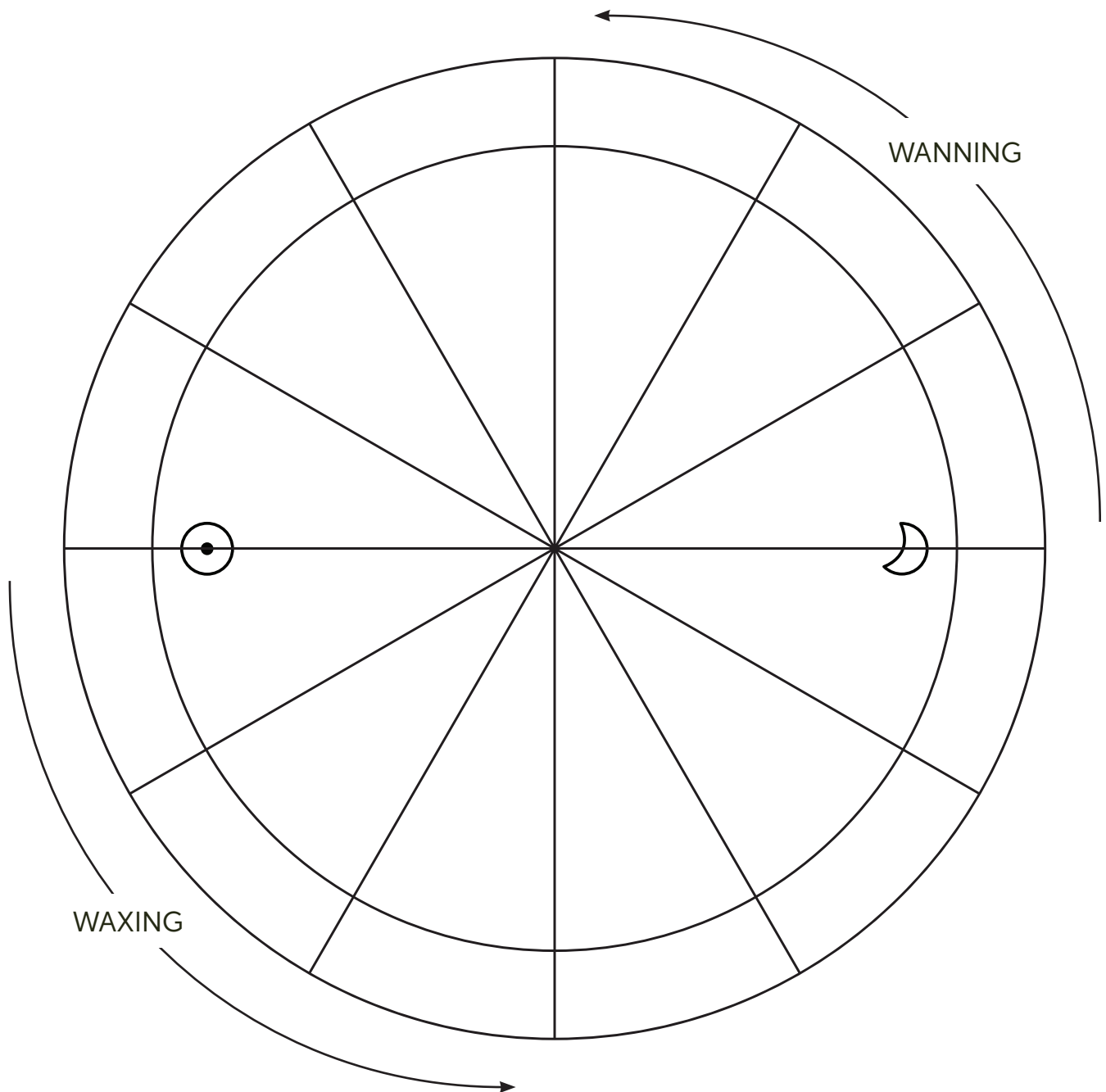
During a Full Moon, the Sun and the Moon will be opposing one another. This opposition can occur anywhere in the chart, but I've placed them here for our example:



# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## WAXING & WANNING MOONS

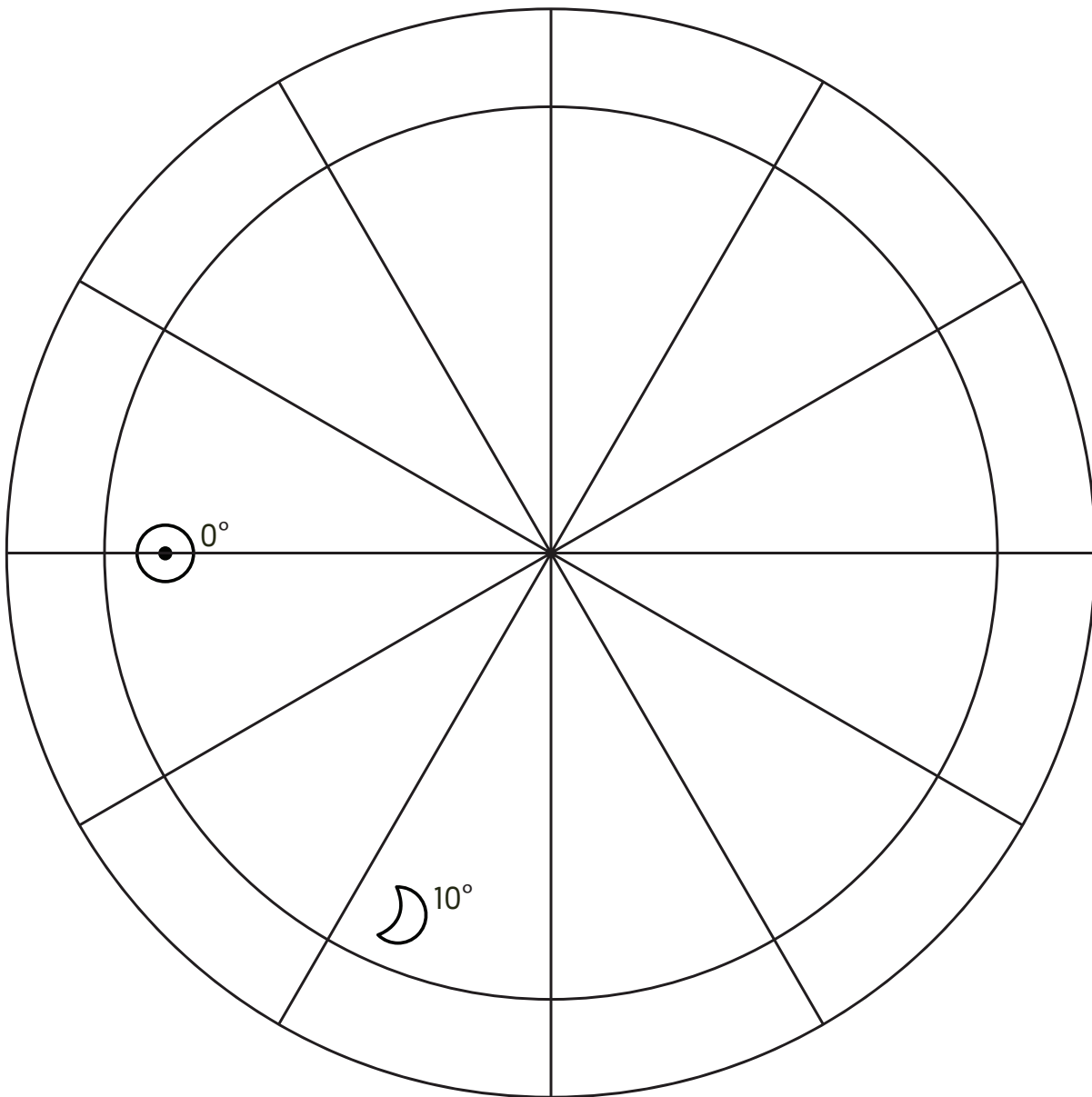
The Moon rotates around the chart counter-clockwise. As the Moon approaches its opposition to the Sun, it will be in a Waxing phase, as it approaches its conjunction to the Sun, it will be in a Wanning Moon phase.



# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## THE FERTILE ARC

The exact number of degrees the Moon is away from the Sun —also known as the Fertile Arc—in your natal chart will dictate your Fertile Moon Phase. Each house (or pie slice) in the chart equals  $30^\circ$ . In the example below, the Fertile Arc is  $70^\circ$  while the Moon is waxing.



# HOW DO I CALCULATE MY FERTILE MOON PHASE?

## *Step 3*

### **Discover your Fertile Moon Phase.**

Now that you have your Fertile Arc degree you can translate that into a Moon phase.

FERTILE ARC DEGREE	MOON PHASE
0°	New Moon
45° ( <i>moving away</i> )	Waxing Crescent
90° ( <i>moving away</i> )	1st Quarter
135° ( <i>moving away</i> )	Waxing Gibbous
180°	Full Moon
135° ( <i>moving towards</i> )	Waning Gibbous <i>or Disseminating Moon</i>
90° ( <i>moving towards</i> )	3rd Quarter
45° ( <i>moving towards</i> )	Waning Crescent <i>or Balsamic Moon</i>

You precise Fertile Moon Phase will probably land in between these major aspects. You can use an ephemeris to pinpoint your exact fertile dates or work with an astrologer (such as myself) who can locate them for you.

## NOW WHAT?

**Your Fertile Moon Phase can inform your conscious conceptions *and* your contraceptive practices.**

Depending on your goals, you'll decide how you want to attempt or avoid conception, how your body responds to your Fertile Moon Phase, how you'll design your cyclical living practice around this new aspect, whether or not you'll shift your cycles into a new lunar alignment, and more!

### *Deepen your practice:*

TUNE IN TO THE PODCAST

JOIN US ON SUBSTACK

RECEIVE 1:1 COUNSELING



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