

## **Sacred Rhythms: The Moon is Waning— Be Gentle With What Was Revealed**

**Waning Moon: 5/2/26 to 5/15/26**

*What is one mask, story, or pattern that surfaced at the Full Moon that you are ready to loosen your grip on—gently, and without judgment?*



Greetings Magick Maker,

At the Full Moon in Scorpio, we were invited into some of the most courageous and most sacred work any of us will ever do.

We were asked to look—honestly, unflinchingly, and with great tenderness—at the places where we have been wearing masks. Where we have been telling ourselves stories instead of our truth. Where we have been giving our power away so quietly and for so long that it began to feel entirely normal.

And now, as the Moon's light softly begins to fade, we move into the Waning phase. This is where the real work lives.

Not in the illumination—as powerful as that moment is—but in what we choose to do with what we've observed. The real work, is in the quiet, unglamorous, deeply devotional practice of releasing what was revealed. Layer by layer. Breath by breath. Cycle by cycle.

I want to say something important here, , because I know how easy it is to look at what Scorpio illuminated and feel the weight of it—to see how deeply the conditioning runs, how long the masks have been in place, and to feel overwhelmed by the distance between where you are and where you sense you are meant to be.

Please be gentle with yourself.

What was revealed at this Full Moon did not take shape overnight. The masks we wear, the stories we carry, the ways we have learned to shrink and accommodate and perform—have been ingrained in us over years, sometimes over decades. They will not be released in a single waning phase.

And they do not need to be.

The Waning Moon does not ask for a complete unraveling. She asks for a willingness—a single, honest acknowledgment that we are ready to loosen our grip on something we no longer need to carry. A quiet commitment to yourself that you will keep showing up—with curiosity, with compassion, and with the courage to keep looking, even when what you find is tender or uncomfortable or not yet fully understood.

That is enough. That is more than enough.

So, as you move through this Waning phase, I invite you to release gently. Perhaps it is an old story you catch yourself telling—about your worth, your enoughness, your right to take up space—and the small, sacred act of choosing not to believe it quite as fully as you did before. Perhaps it is a pattern you notice playing out, and the simple willingness to pause and ask: *is this really mine or is this something I learned?*

**These moments of awareness are release. They are the unmasking, happening slowly and with great grace.**

Trust the process. Trust the rhythm. Trust that every cycle in which you show up for yourself—however perfectly or imperfectly—is moving you closer to the woman you were always meant to be.

There is no finish line—only a sacred spiral, holding you as you release a little more with every sacred turn.

Sending you lots of love and magick,  
Kim 💜

**PS:** Remember, there's no pressure here—only rhythm and flow. My hope is that Sacred Rhythms continues to be a gentle guide, helping you move through each phase with more trust, more ease, and more alignment.

I'd love to hear what this Scorpio Full Moon illuminated for you, and what feels ready to be released during this waning cycle. Hit reply and let me know—your journey is important to me and I do read every message. 💜