

# THE MOON BOOK



prompts  
planning  
moonmapping

## Your intention: prompts

Take as long as you need to answer these questions. Most likely, you'll need a journal or more space than what is below. Try to be as honest and clear as you can.

What is your intention?

How would this feel?

What would this look like?

How would your life change?

Who would you become as a result?  
Or, what about you would be able to shine?

## Your intention: prompts

Take as long as you need to answer these questions. Most likely, you'll need a journal or more space what is below. Try to be as honest and clear as you can.

What is your biggest block?  
What help do you need around this?

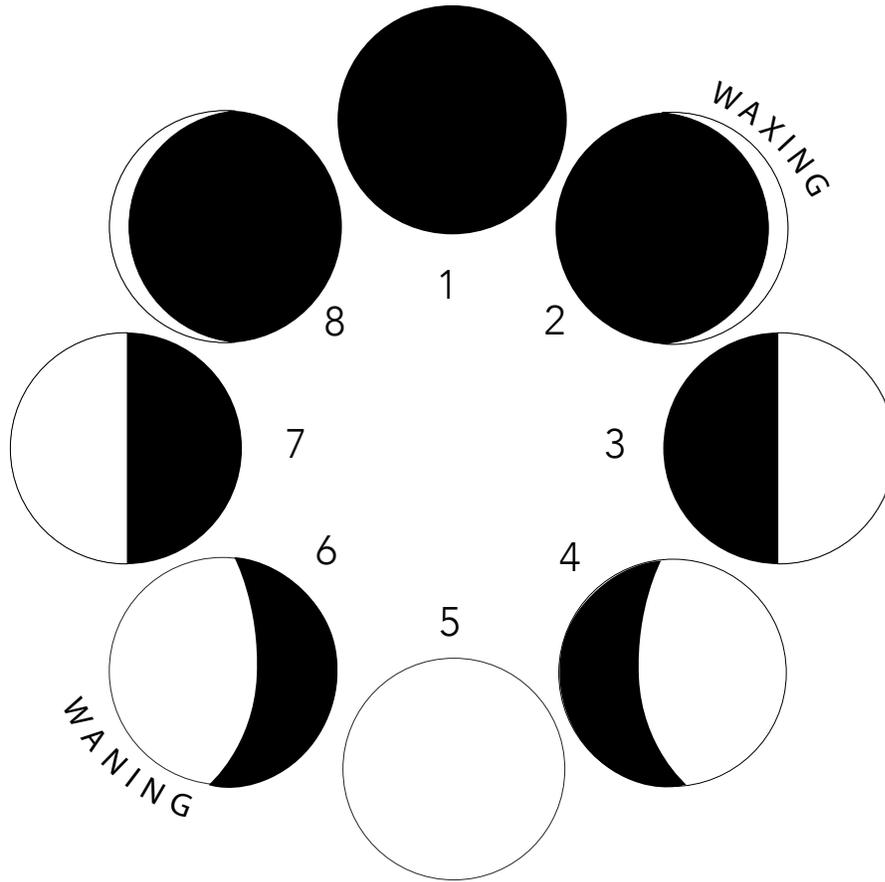
What are the stories you've made up around why you can't have your intention? What is the subconscious programming or belief about yourself that is creating resistance?

How can you let those go, integrate them with love, or change your relationship with them?

This process can be intense. What self-care toolkit, or additional support, such as therapy, a good friend, or support groups will you be utilizing?

How will you stay motivated? How will you give yourself little rewards throughout this process?

# Moon cycle diagram



- 1. New Moon keywords & activities:** The void, reset, beginnings, planting seeds, cultivating, mindset work, beginner's mind, sacred pause, growing hope and faith, regeneration, intention setting. \* If you observe the new moon as dark moon, this is more oriented towards rest, inner reflection, quiet, and psychic/ intuitive activities.
- 2. Waxing Crescent:** Some witches' "new moon", the continuation of any and all new moon themes, bringing new moon wishes into form.
- 3. First Quarter:** Balance, refocusing & rededication, commitment/ recommitment, crossroads, external expression of internal, new behaviors, action, building, external, "pedal to the medal", announcements, networking, growth, growing energy/emotions, boundaries, and protection.
- 4. Waxing Gibbous:** Abundance, growth, prosperity spells, expansion spells, action, focus on tangible-based spells, creating containers, more movement towards goal, self-care, self-love.
- 5. Full Moon:** harvest, culmination, celebration, fulfillment, consciousness + subconsciousness together, ancestors, reprogramming, wired, unveilings & uncoverings, big magic, wholeness, psychic visions, crest of a wave, magic, embodiment, humanifestation of just about anything, abundance, everything at all once, emotions, downloads, exhaustion.
- 6. Waning Gibbous | Disseminating Moon:** second harvest, reflection, recalibration, realizations, rest.
- 7. Last Quarter keywords:** reorientation, balance, clearing, letting go, low energy, weeding, decluttering, forgiveness work, shadow magic, release, subconscious work & reprogramming, inner parenting work, ancestry / personal history work and release, concentrated interior work, cord cutting, boundary and protection work.
- 8. Waning | Balsamic | Dark:** Radical rest, quiet, turning within, slowing down, self-care practices, rage/anger work, banishing, mystery, a time of potential deep transformation, going down into the underworld, deep subconscious work such as hypnotism, guided meditations, psychic work, cord cutting.

## Moonmapping

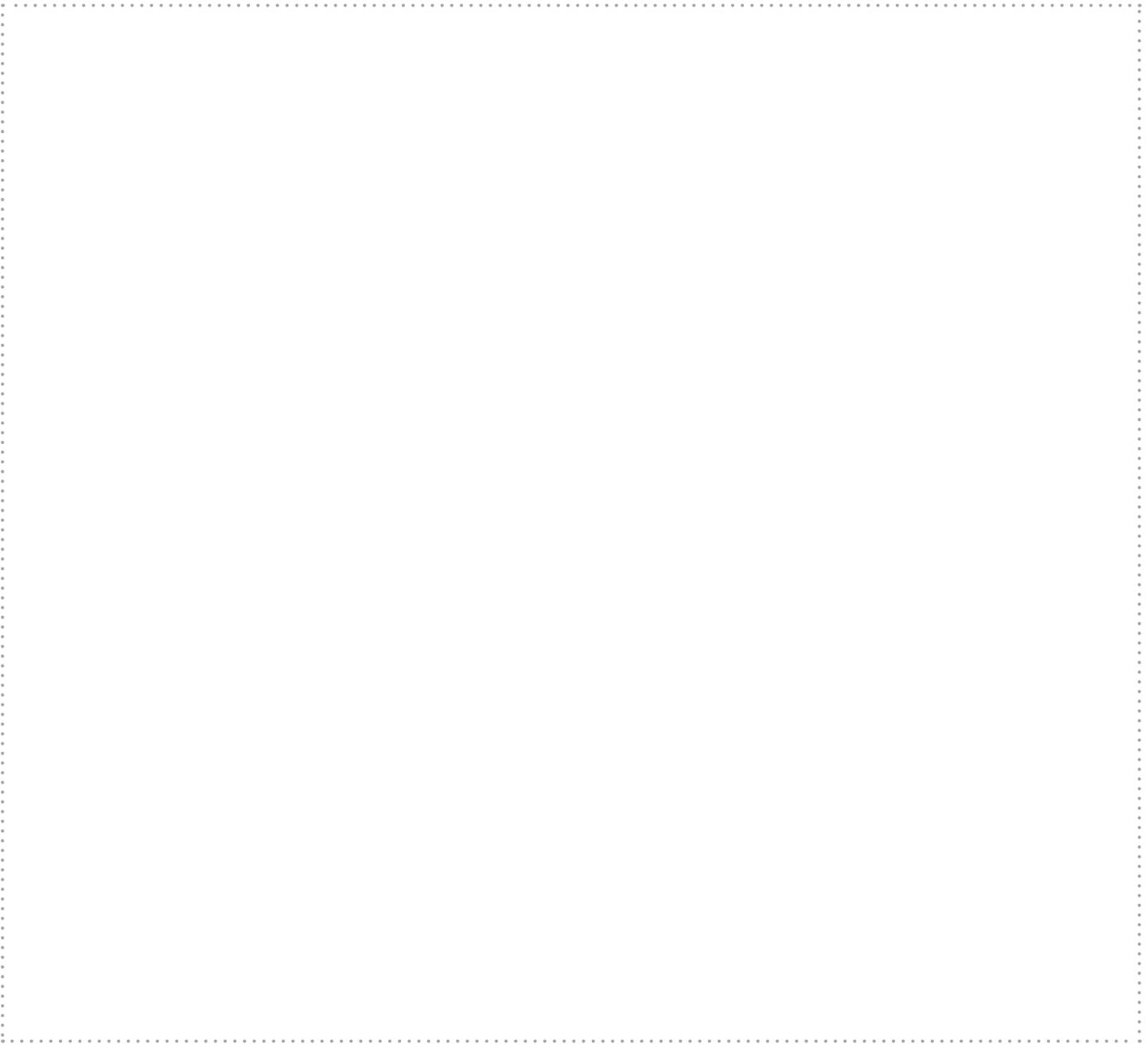
Now you will start mapping out your mooncycle in service of your chosen desire.

Obviously, this can—and will—change as the weeks progress. This is to get you started in visioning the steps you'll have to take, internally and externally, to move your energy, embody your desire consistently, connect to your intuition consistently, unpack your mindset(s), touch base with your subconscious & work on reprogramming it, connect to new ways of thinking and behaving, and bring your desire tangibly into the world.

If this seems overwhelming, simply pick one activity/action item for each phase. It can be practical, as well. For example, “declutter all my closets and drawers” during the waning moon time totally works!

Each moon phase can also be a period of you getting in touch with your intuition, or trying out a magical spell or a tarot spread.

Start by free-writing what you are most excited to try, and/or what moon cycle feels best to you to dive into:



## Moonmapping

Below, or in your journal, write out activities, feelings, descriptor words, spells, meditations, and to-dos that correlate with each lunar phase. Keep in mind how your energy levels are during each phase. Try to be reasonable—don't overload your schedule. Consider creating a mix of fun and challenging activities, so that it doesn't feel overwhelming.

New Moon:

First Quarter - Waxing:

Full Moon:

Waning- Last quarter:

Last quarter/ balsamic:

Dark moon:

## Moonmapping

It is useful to revisit your lunar cycle one last time, after taking a few days away. Below, freewrite or draw some plans, hopes, dreams, energy, for each of the cycles, around the lunar wheel. Be intuitive, don't refer back to notes, or anything you've written before. Try to flow with it, move swiftly and loosely. When you are finished, reflect on what came out. Any repeating words? Is anything confirmed?

