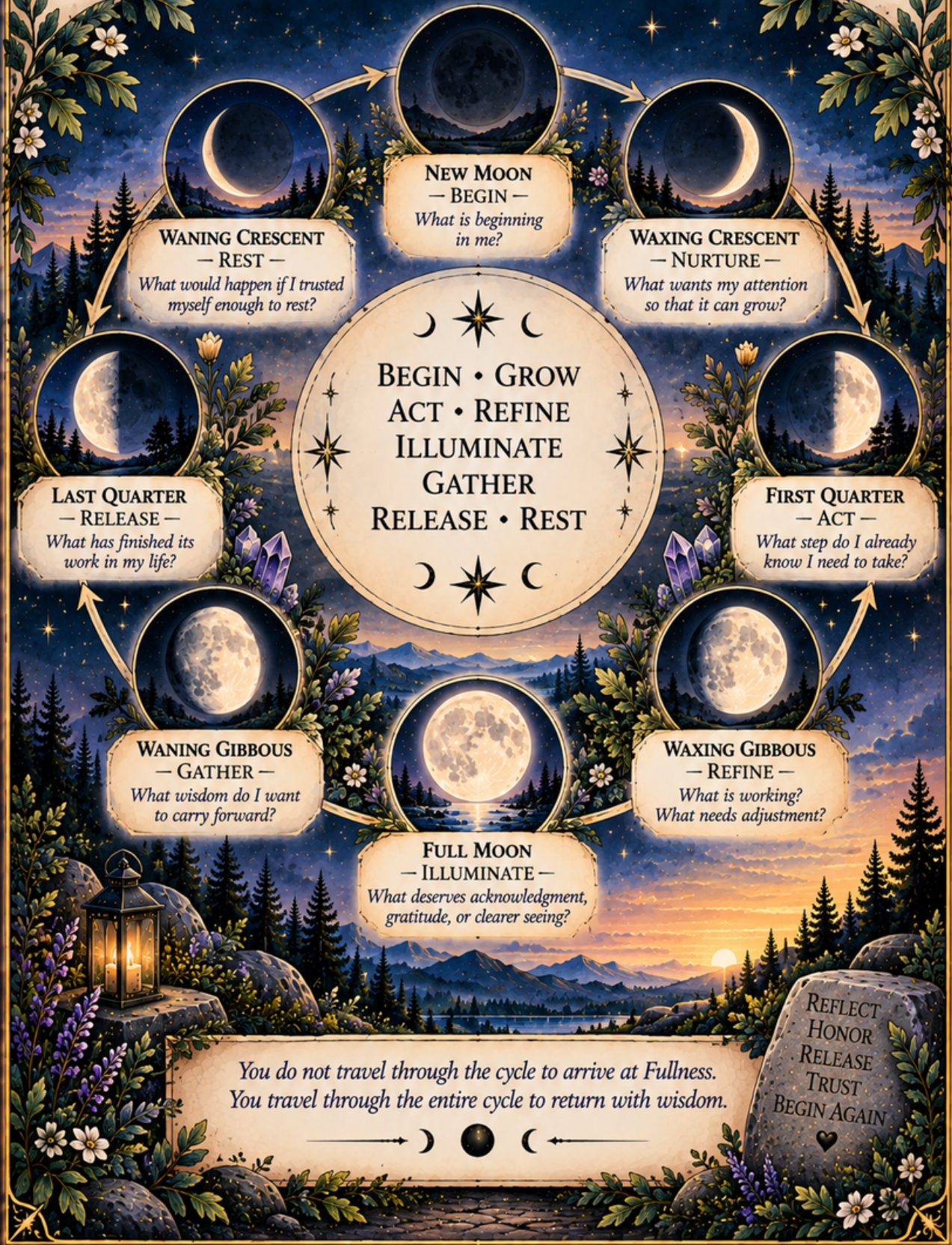


SAME
CYCLES.
DEEPER
WISDOM.

Journey Through the Lunar Cycle

THE
MOON
ALWAYS
RETURNS.

A MEDITATION FOR EVERY PHASE



REFLECT
INTEGRATE
CARRY FORWARD



What I Carried Back

Record what remains. You do not need to explain it yet.



SAME
MOON.
A WISER
YOU.



-  The Part of the Journey That Stayed With Me: _____
-  An Image I Remember: _____
-  A Word or Phrase I Remember: _____
-  A Feeling I Remember: _____
-  Where I Felt Resistance: _____
-  Where I Wanted to Stay Longer: _____



My Basket of Wisdom

- Something I gathered: _____
- Something I left beside the path: _____
- Something I brought home with me: _____



What Do I Know Now?

Something I know now that I did not know when I began Month 6:

*Some experiences reveal their meaning slowly.
You are allowed to leave questions unanswered.*



TRUST
THE
JOURNEY



A QUIETER MIND
A DEEPER CONNECTION
A MORE AUTHENTIC ME





Begin Again



You began in darkness.
You learned to notice.
You learned to grow.
You learned to act.
You stood in the light.
You gathered wisdom.
You learned to release.
You learned to rest.

And now,
you have returned
to darkness again.

But you did not return
as the person
who began.

You carry experience.
You carry wisdom.
You carry yourself.

So when the darkness
feels like an ending,
remember:
somewhere beyond
what you can see,
the light is already
beginning its return.



*Rest here.
Then begin again.*