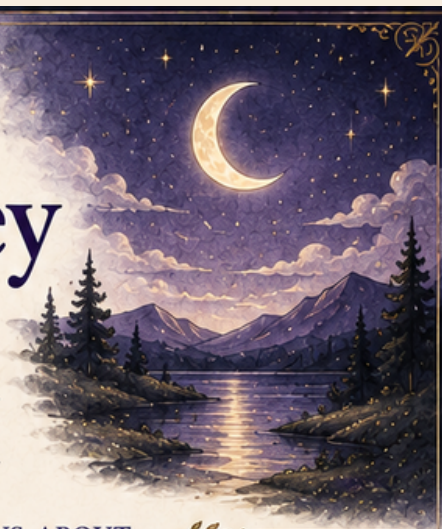




My 28-Day Lunar Journey



I begin this lunar journal on: _____

The Moon phase today is: _____

DURING THIS CYCLE, I AM CURIOUS ABOUT...

- | | |
|--|---|
| ☐ My energy | ☐ My need for solitude or connection |
| ☐ My moods | ☐ My spiritual practice |
| ☐ My creativity | ☐ My inner Moon |
| ☐ My dreams | ☐ My body/personal cycle |
| ☐ Other: _____ | |

BEFORE I BEGIN

Something I already believe about myself and the Moon is:

A pattern I wonder whether I might notice is:

Something I want to understand better about my own rhythm is:

*I am not trying to prove anything.
I am learning to notice.*





My Daily Lunar Check-In



LOOK

Moon Phase: _____

Did I see the Moon?

☐ Yes ☐ No

NOTICE

Energy:

1 2 3 4 5
○ ○ ○ ○ ○
Low ← → High

Mood:

A few words are enough.

CREATE

Today I felt:

- ☐ Inspired
- ☐ Exploring
- ☐ Creating
- ☐ Refining
- ☐ Completing
- ☐ Resting



DREAM

Anything memorable?

A word, image, feeling, person, place, or symbol is enough.



MY INNER MOON

- ☐ Beginning
- ☐ Growing
- ☐ Acting
- ☐ Refining
- ☐ Full / Complete
- ☐ Reflecting
- ☐ Releasing
- ☐ Resting



OPTIONAL BODY/CYCLE NOTES



ONE THING I NOTICED

Observe first. Interpret later.



28 DAYS BENEATH THE MOON

★ DAYS 1-7 ★

★ A 7-DAY RECORD OF OBSERVATION & AWARENESS ★



DATE	MOON PHASE	ENERGY					MOOD <i>A few words</i>	INNER MOON <i>What I feel today</i>	DREAM / CREATIVITY / SOMETHING I NOTICED <i>Capture a word, image, feeling, or thought</i>
		Low 1 ○	2 ○	3 ○	4 ○	High 5 ○			
DAY 1 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 2 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 3 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 4 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 5 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 6 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 7 ★ Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____

*Missed a day? Leave it blank and continue.
Awareness matters more than a perfect record.*





28 DAYS BENEATH THE MOON

★ DAYS 8-14 ★

★ A 7-DAY RECORD OF OBSERVATION & AWARENESS ★



DATE	MOON PHASE	ENERGY					MOOD <i>A few words</i>	INNER MOON <i>What I feel today</i>	DREAM / CREATIVITY / SOMETHING I NOTICED <i>Capture a word, image, feeling, or thought</i>
		Low 1 ○	2 ○	★ 3 ○	4 ○	High 5 ○			
DAY 8 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 9 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 10 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 11 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 12 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 13 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 14 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____

*Missed a day? Leave it blank and continue.
Awareness matters more than a perfect record.*





28 DAYS BENEATH THE MOON

★ DAYS 15-21 ★

A 7-DAY RECORD OF OBSERVATION & AWARENESS



DATE	MOON PHASE	ENERGY					MOOD <i>A few words</i>	INNER MOON <i>What I feel today</i>	DREAM / CREATIVITY / SOMETHING I NOTICED <i>Capture a word, image, feeling, or thought</i>
		Low 1 ○	2 ○	★ 3 ○	4 ○	High 5 ○			
DAY 15 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 16 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 17 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 18 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 19 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 20 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 21 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____

*Missed a day? Leave it blank and continue.
Awareness matters more than a perfect record.*





28 DAYS BENEATH THE MOON

★ DAYS 22-28 ★

A 7-DAY RECORD OF OBSERVATION & AWARENESS



DATE	MOON PHASE	ENERGY					MOOD <i>A few words</i>	INNER MOON <i>What I feel today</i>	DREAM / CREATIVITY / SOMETHING I NOTICED <i>Capture a word, image, feeling, or thought</i>
		Low 1 ○	2 ○	3 ○	4 ○	High 5 ○			
DAY 22 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 23 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 24 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 25 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 26 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 27 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____
DAY 28 Date _____		1 ○	2 ○	3 ○	4 ○	5 ○	_____	_____	_____ _____ _____

*Missed a day? Leave it blank and continue.
Awareness matters more than a perfect record.*





My Inner Moon & the Moon Above

My inner season does not have to match the Moon in the sky.



Observation

1

Moon Above: _____

My Inner Moon: _____

What was happening in my life?

Observation

2

Moon Above: _____

My Inner Moon: _____

What was happening in my life?

Observation

3

Moon Above: _____

My Inner Moon: _____

What was happening in my life?

Observation

4

Moon Above: _____

My Inner Moon: _____

What was happening in my life?

WHAT AM I BEGINNING TO NOTICE?

My inner Moon often seems to change when:

I seem to need rest when:

I naturally want to act when:

Something I learned by comparing the two cycles:



There is no mismatch to correct.

You are simply learning the language of your own tides.



Dream Seeds

Record first. Interpret later.



1

Date / Moon Phase: _____



What I remember: _____

The strongest image or symbol: _____

The feeling that remained: _____

2

Date / Moon Phase: _____



What I remember: _____

The strongest image or symbol: _____

The feeling that remained: _____

3

Date / Moon Phase: _____



What I remember: _____

The strongest image or symbol: _____

The feeling that remained: _____

4

Date / Moon Phase: _____



What I remember: _____

The strongest image or symbol: _____

The feeling that remained: _____

5

Date / Moon Phase: _____



What I remember: _____

The strongest image or symbol: _____

The feeling that remained: _____

6

Date / Moon Phase: _____



What I remember: _____

The strongest image or symbol: _____

The feeling that remained: _____

AFTER SEVERAL DREAMS...

Did anything repeat?

- | | | |
|---------------------------------|----------------------------------|---------------------------------------|
| ☐ Person | ☐ Object | ☐ Situation |
| ☐ Place | ☐ Color | ☐ Other: _____ |
| ☐ Animal | ☐ Emotion | |

Something I'm curious about:





What Did My Moon Reveal?

A 28-DAY JOURNEY OF OBSERVATION & AWARENESS



★ LOOKING BACK ★



My energy was generally highest when: _____



My energy was generally lowest when: _____



I felt most creative when: _____



I most wanted solitude when: _____



I most wanted connection when: _____



My dreams seemed most memorable when: _____



My spiritual practice felt most natural when: _____



★ PATTERN OR COINCIDENCE? ★

Something that happened once: _____

Something I noticed more than once: _____

Something I want to watch for during another lunar cycle: _____

★ WHAT I EXPECTED VS. WHAT I OBSERVED ★

At the beginning, I thought: _____

After 28 days, I noticed: _____

Something I understand better about myself now: _____



*One cycle gives you observations.
Several cycles begin to reveal patterns.*





You Are Allowed to Have Rhythms

You will not wake
as the same person
every morning.

Some days
you will want to begin.

Some days
you will build.

Some days
you will shine.

Some days
you will turn inward.

Some days
you will release.

And some days
you will need
to be still.

Do not mistake
every quiet season
for something
that needs fixing.

The Moon does not apologize
when her light decreases.

She does not fear
disappearing from view.

She changes.
She continues.

And so will you.

**You are allowed
to have rhythms too.**

