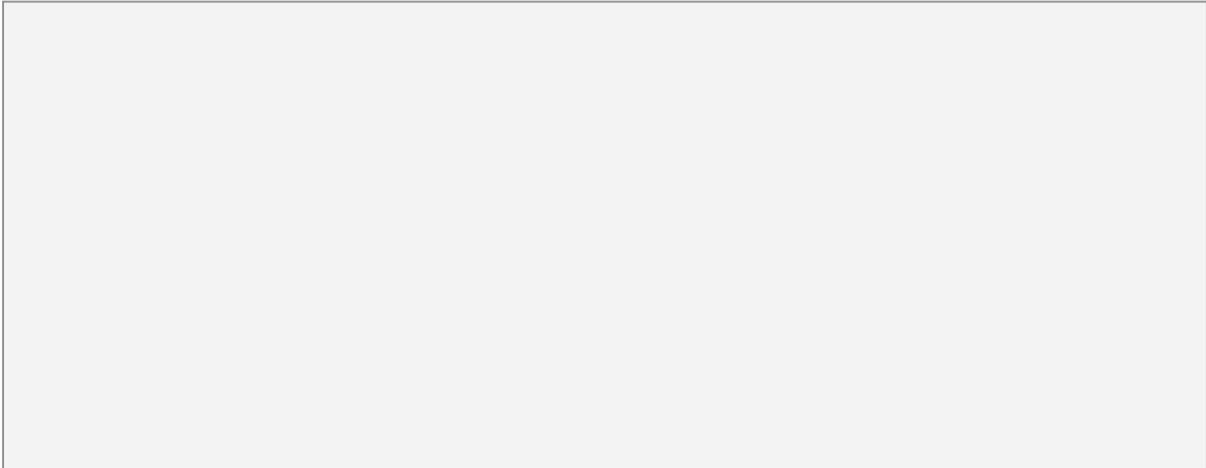




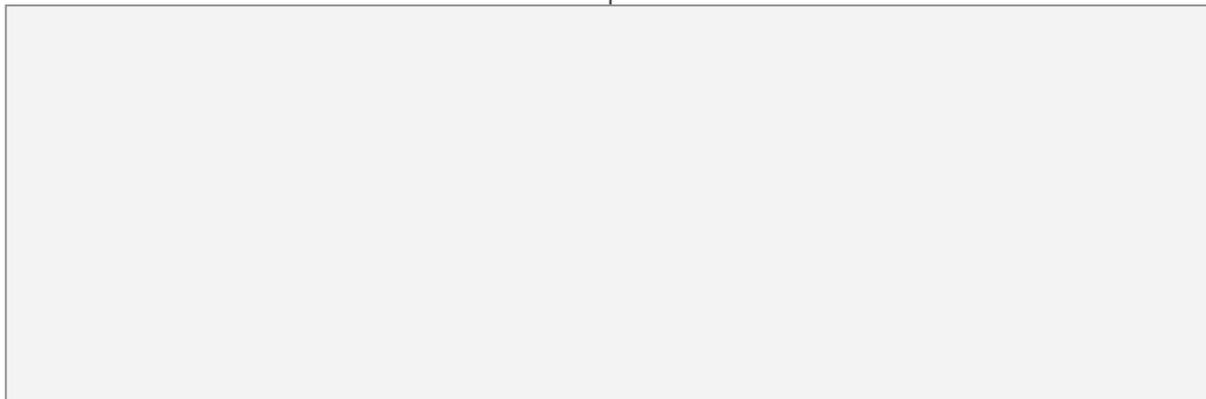
new moon



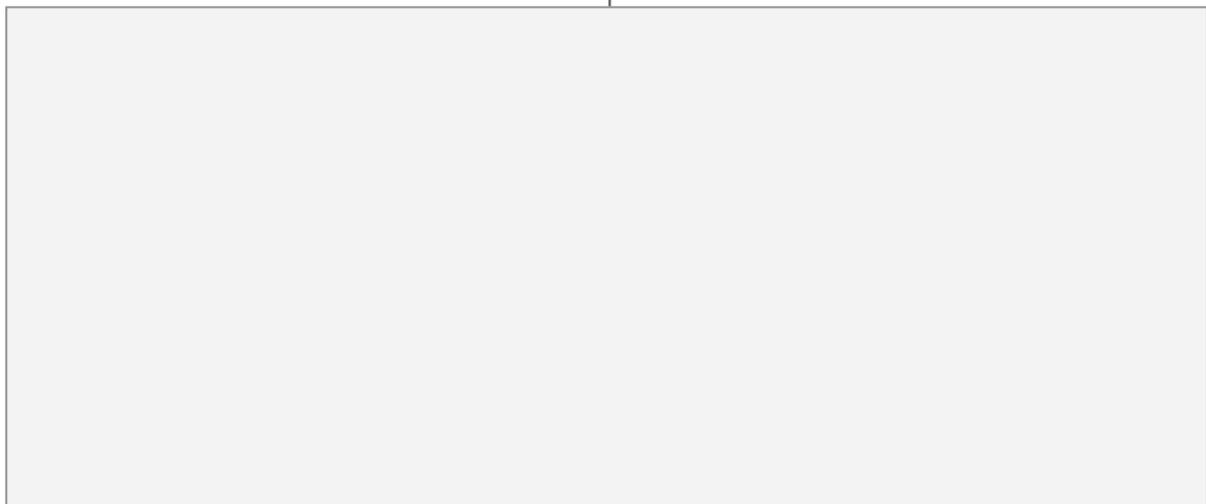
Let's think about the past month/weeks for a minute. Think of any aspiration, plan, and desire that you have not been able to manifest into reality **yet**. What do you not want to let go yet and are ready to give a second (or third, or fourth) try **now**?



What didn't work in the past? What do you need to improve in the present?



What actions, within your control, can make a difference now?



New Moon

New Moons represent a fresh start, a blank page, a new opportunity. We use this time to set goals and intentions for the brand new 4-week Lunar cycle ahead of us. Think of a New Moon as the time to plant a new seed on the ground: a seed of new beginnings and intentions. 🌱 For the first 48 hours following the exact time of the New Moon each month, a window of opportunity opens for making wishes that, if noted, come true in the days and months ahead. There is a tremendous amount of enthusiasm in the atmosphere, making it a great time to go forward and begin projects that you feel instinctively attracted to initiating. **WATCH: Week 1 - Video 3** to learn about this Month's New Moon and how to work with her.

This Month's New Moon is on the ____ of _____ at ____ : ____ PM / AM

What do you want the next 4 weeks to look like? From major life decisions, through new projects, and business ventures to a brand new diet, a new look, or new people in your life. The New Moon has your back when it comes to anything fresh. Out with the old, in with the new. **LISTEN: Week 1 - Audio 1**

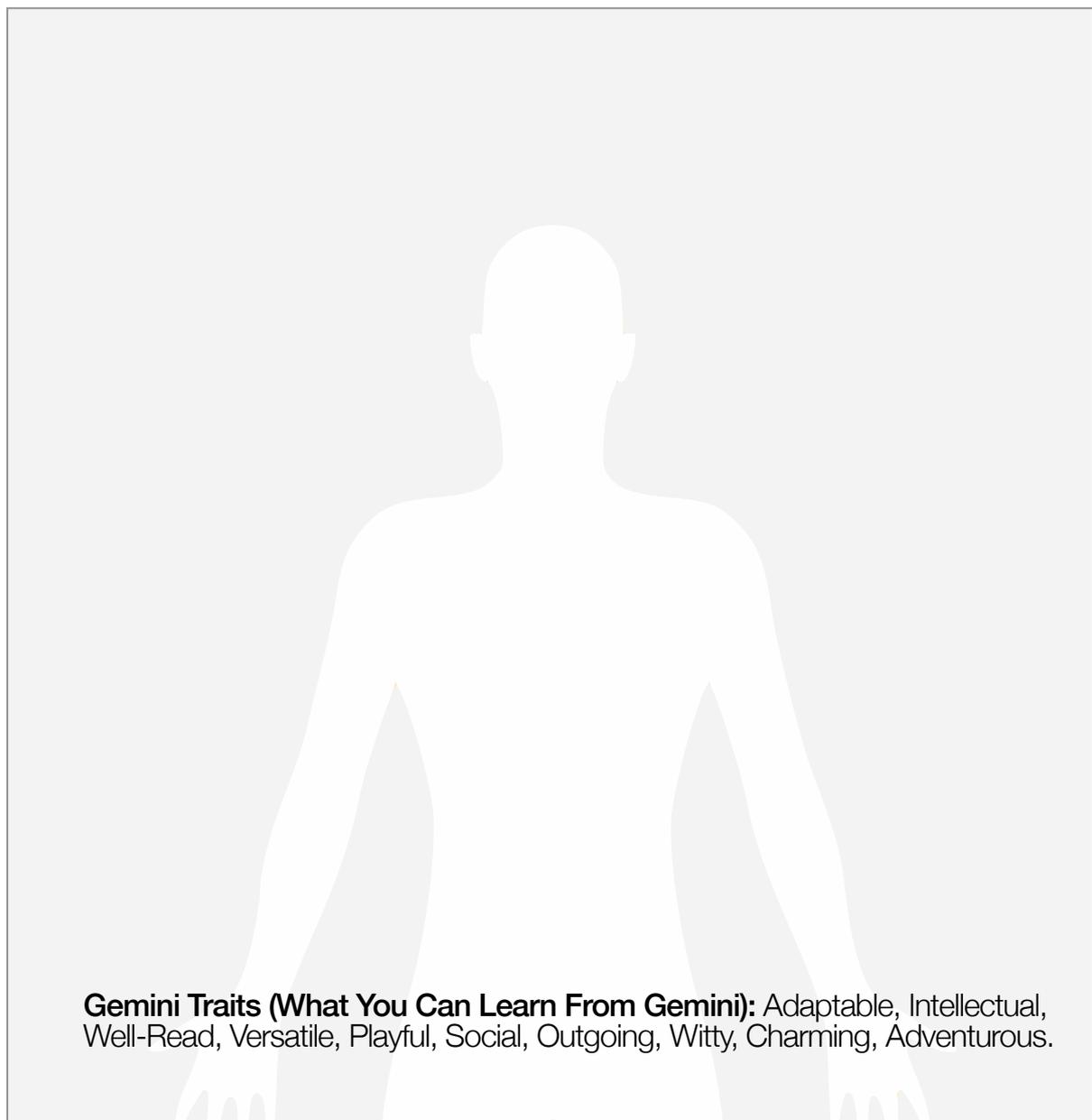
Brainstorm:

(think emotions, moments, smells, tastes, sounds, people's names, and places before things.)

Your 1st House: Who do you want to Be?

The First House is the home of your Ascendant, the sign that was rising on the Eastern Horizon at the exact moment of your birth. This house is centered around your personality and individuality: Who are you? What makes you unique? What are your most defining traits? Who will you become? How do you realize your best self? What do you want people to recognize you for? How do you want to reinvent yourself? What do you want to see when you look in the mirror?

EXERCISE: Draw your defining physical features (like hairstyle, a birthmark, your eyes color, etc) on the human silhouette. Then, write or draw around the silhouette (you), the qualities and traits you want to enhance or channel from now on: what you want others to see in you from now on. **LISTEN: Week 1 - Audio 2**

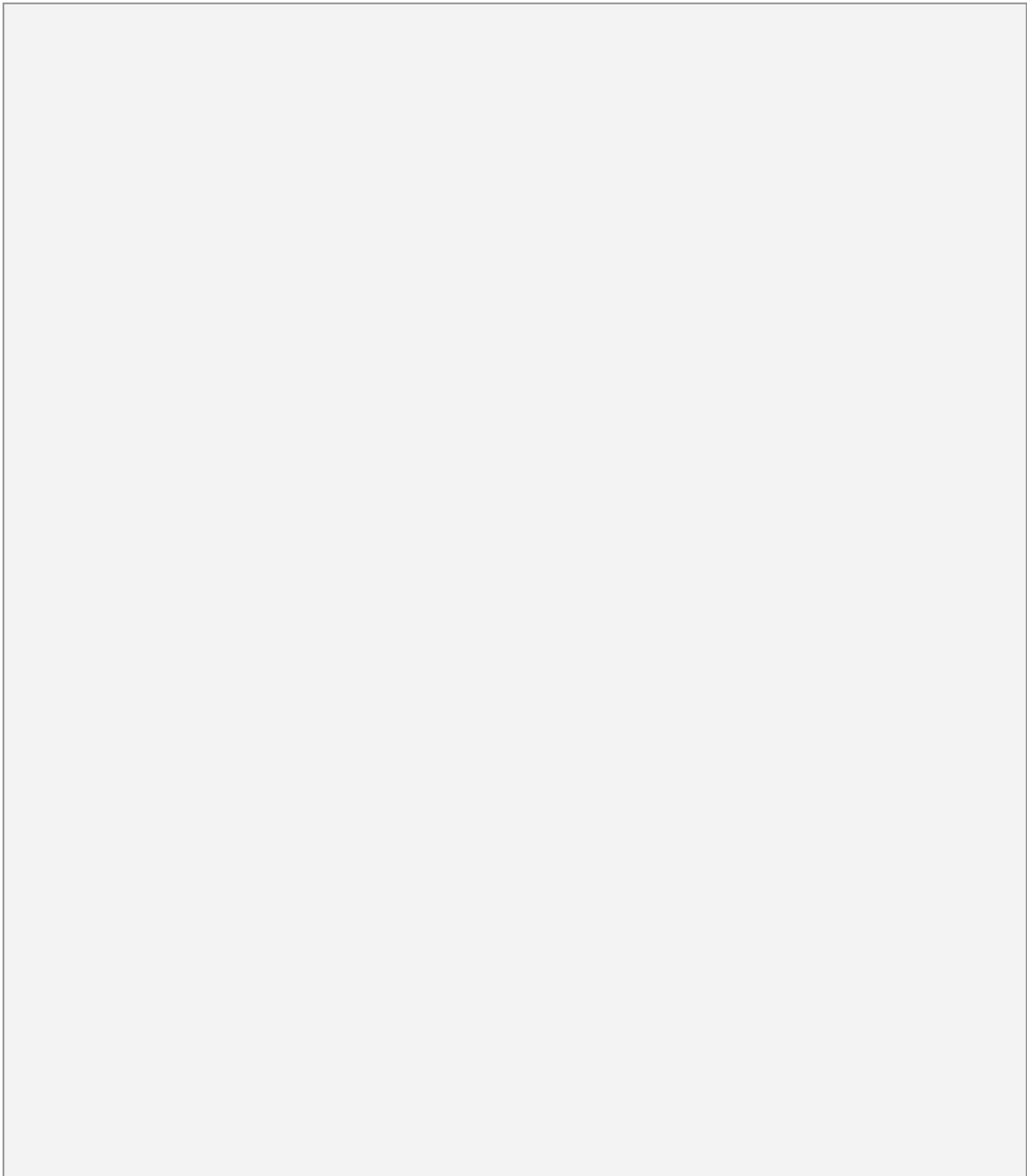


Gemini Traits (What You Can Learn From Gemini): Adaptable, Intellectual, Well-Read, Versatile, Playful, Social, Outgoing, Witty, Charming, Adventurous.

Your 2nd House: What do you want to Have?

Also known as the House of Possessions: our possessions should enhance our lives and those of others, and foster a general sense of well-being. This brings forth the concept of value, which is key to the Second House. What do we value, both tangibly and intangibly? Why do we value it? Who do we value? What do we really own? What do we want to want? Why?

EXERCISE: Paste images cut from magazines or that you printed from the web. Search for material/tangible desires and possessions. **LISTEN: Week 1 - Audio 3**



Your 2nd House: Your Finances:



In the next 4 weeks, I will save at least a total of _____ USD

I will put _____ USD into my savings account every _____

Important Payments:

- _____ (due on ___/___)
- _____ (due on ___/___)
- _____ (due on ___/___)

Expenses to Cut: _____

Your 3rd House: What do you want to Learn, Study or Research?:



LISTEN: Week 1 - Audio 4

Your 6th House: Health, Nutrition, Habits, Diet, & Exercise:



I will eat/drink more:

I will eat/drink less:

Habits to cultivate:

Habits to cut:

Include these in your separate Lunar Habits Tracker.

Your 7th House: Partners, Friends & Loved-Ones:



In the next 4 weeks, I will save at least a total of _____ USD

I will put _____ USD into my savings account every _____

3 important friends, relatives, lovers or partners that I want to catch up with (think Zoom or FaceTime) within the next four weeks:

- date ___/___
- date ___/___
- date ___/___
- date ___/___

Your 10th House: Career, Work, Projects & Vocation:



Your Biggest Career Goal for the next 4 weeks:

- dateline ___/___
- dateline ___/___
- dateline ___/___
- dateline ___/___

minor goals

Your 11th House: Altruism, Friends & Society:

Your Biggest 11th House Goal for the next 4 weeks:

- minor goals
- dateline ___/___
 - dateline ___/___
 - dateline ___/___
 - dateline ___/___

Your 12th House: Spirituality, Religion & Secrets:

Your Biggest 12th House Goal for the next 4 weeks:

- minor goals
- dateline ___/___
 - dateline ___/___
 - dateline ___/___
 - dateline ___/___

A woman's silhouette is shown in profile, looking upwards. The background is a twilight sky with a crescent moon and several birds in flight. The text "first quarter" is centered in the upper half of the image.

first quarter

The Waxing Moon

While the New Moon represented the seed of new beginnings, her **Waxing Phase** (the 2-week period between a New and a Full Moon) is the time for the sprout to be drawn up from the earth by the initial impulses of light. During this Moon phase, there is a slight slowing down of enthusiasm due to an emerging desire to produce tangible results from the energy being expanded. The issue of values enters into the equation, as well. There is still plenty of forward motion, and this is a great time to continue initiating and progressing forward. This Moon phase favors gaining more information and the input of others to further your plans.. In the Northern Hemisphere, the Moon light grows from right to left during this phase, until it's full.

The First Quarter Moon

In the middle of the Waxing Phase, exactly 7 days after a New Moon, the light now reaches 90 degrees. Aka a **First Quarter Moon** (illustrated on the right), she represents taking action to clear away any stagnation, blockage and resistance so that your vision will have a secure foundation to develop and grow. Emotions begin to stir coupled with the realization that the new beginnings you are making must also increase personal security to be worthwhile over the long haul. Obstacles may emerge, urging you to reevaluate how to better integrate yourself and your vision into your immediate environment. First Quarter Moons are also known as **Square Aspects** in astrology which tend manifest in the aforementioned difficulties.

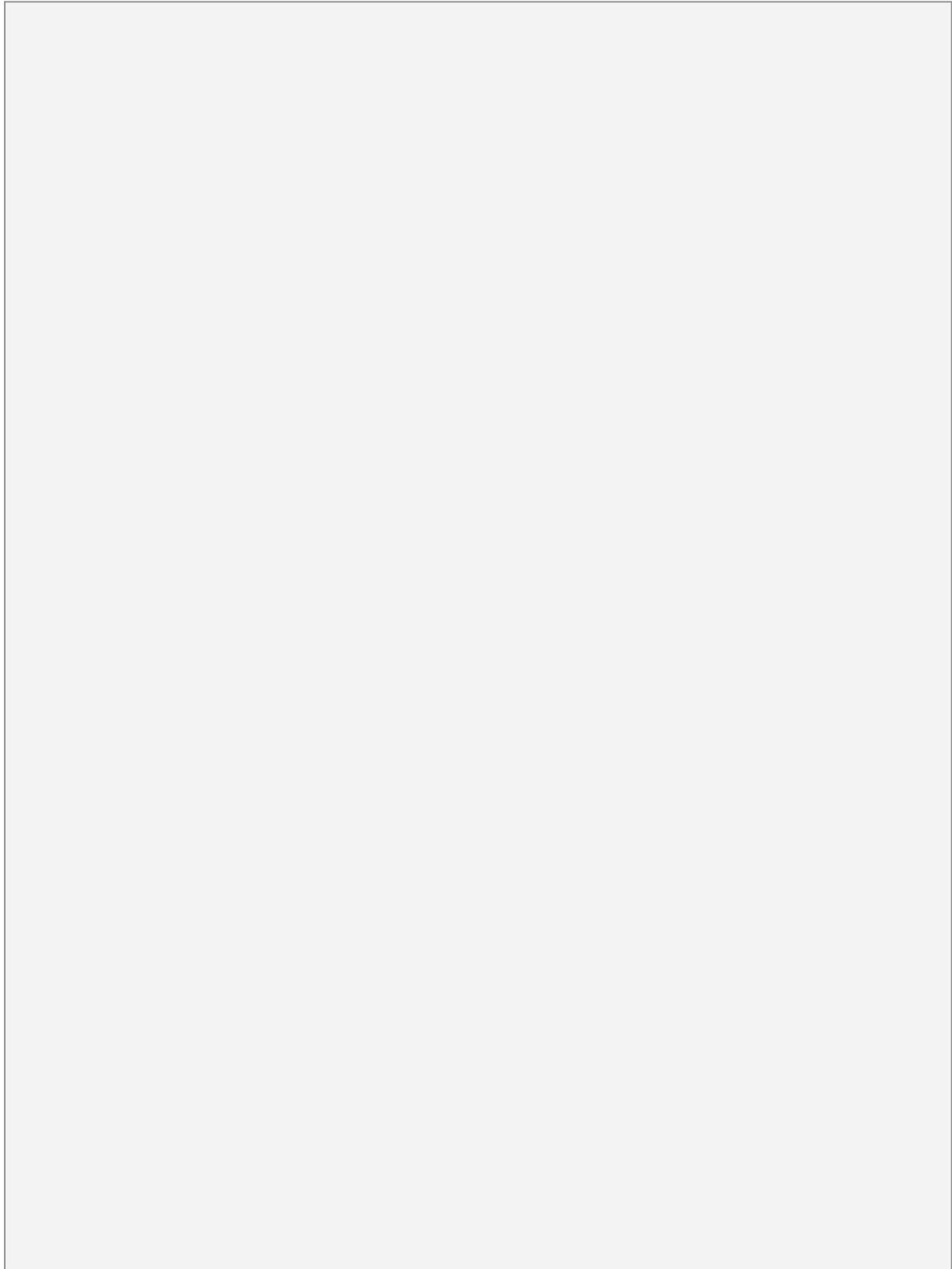


What can you do to support your vision for this cycle's growth? What insecurities and doubts are inhibiting you, getting in your way? How can you reconcile with your self-doubts and fears? How can you contradict them? **How can you focus on the full-half (or the Moon) of the glass instead? How can you boost and secure the goals and intentions you set last week? How can you re-fall in love with your vision and bring back the enthusiasm?**

The First Quarter Moon is on the ____ of _____ at ____ : ____ PM / AM

Reasons Why you deserve what you are trying to manifest.

EXERCISE: Write a letter to the Universe or list down any and every single reason why you deserve what you are trying to manifest. **LISTEN: Week 2 - Audio 1**



What & Who are playing in favor of You and your Goals?:

EXERCISE: List any factor playing in your favor. Focus on the full-half of the glass (or Moon), not the empty one! **LISTEN: Week 2 - Audio 2**

Your abilities, talents, traits, and gifts:

Family, friends, colleagues rooting for you/who can help:

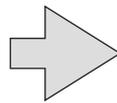
Experience and past (similar) victories:

Affirmations:

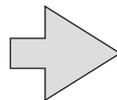
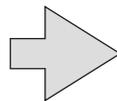
What Has Worked So Far?

LISTEN: Week 2 - Audio 3

What hasn't?



How can you improve it?



Limiting Beliefs, Doubts & Obstacles

LISTEN: Week 2 - Audio 4

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