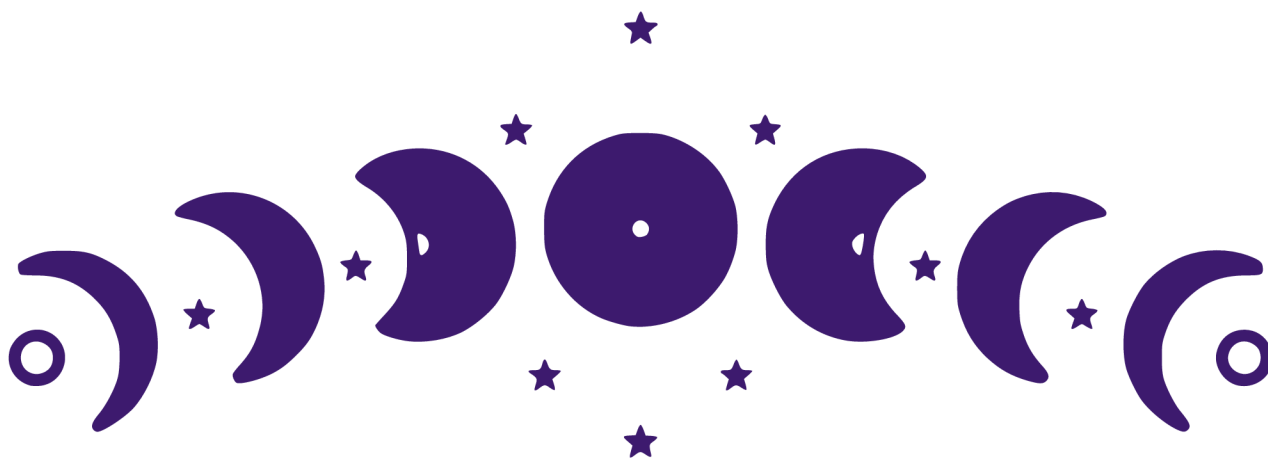




LUNAR CYCLE

JOURNAL

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INTRODUCTION



Most people treat the full moon and the new moon like two separate events. The truth is that they're more like two points on the same circle. The new moon is the beginning. The full moon is the reveal. But you don't arrive at a new moon with nothing left to release.

Likewise, you don't reach a full moon without something new already trying to emerge. This template works for both the full moon and the new moon. It gives you a way to see the changes that happen for you with each lunar cycle.



Preparation

Before you begin

Find five minutes where you will not be interrupted and set your space. Light a candle and put on some music that fits the mood. This moment is about cultivating your inner world so be present with your energy.

Ground Yourself

Place both feet flat on the floor and take three slow breaths. Set the intention to release anything that doesn't belong to you on the exhale. Allow it to leave your body and return to where it came from.

Acknowledge the current lunar energy

This (Full/New) _____ Moon is in (sign) _____

This energy cycle is asking me to...

Full Moon Release

What I'm completing:

The Decision: Declare who you are becoming.

I am releasing...

I no longer need to...

I am becoming someone who...

Read this aloud as often as you need to.

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New Moon Intention

What I'm stepping into:

The Decision: Declare who you are becoming.

I am becoming someone who...

I move through the world by...

I embody this version of me by...

Return to this if you encounter doubt.

[illegible]

[illegible]

[illegible]

[illegible]

Next Steps

This Lunar Cycle Journal is designed to get you acquainted with the lunar cycle but it's only the beginning. Here's what comes next when you're ready.



Go deeper. New episodes every week on astrology, the lunar cycle, and the sacred feminine. [Watch here.](#)



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