

A large, glowing full moon dominates the center of the image, set against a sunset sky with scattered clouds. In the foreground, the silhouette of a person with their hair in a bun is seen from behind, looking out over a body of water. Two birds are silhouetted in flight, one on the left and one on the right, near the moon.

# LUMINARY ALIGNMENT

USE THE ELEMENTS AND LUNAR CYCLE TO PLAN  
YOUR MOST ALIGNED BUSINESS MONTH

# WELCOME



**I have been working with the moon consciously for many years. Unfortunately, when I am working in mental health and addictions at the hospital, I hear the word LUNATIC and LOONIEBIN thrown around way too often. There was a belief that the moon made people crazy, and although emotions can be heightened, this really isn't the case.**

**My Mars is in the astrological sign of Cancer (ruled by the moon). In human design I am also a 6/2 splenic projector with one channel. Both my body and mind separately are reflectors. I have an undefined solar plexus center. With awareness, embodiment and connecting to my intuition, I can sense subtle shifts in the astrological weather and use it wisely.**

**This book is a great way to begin to connect with the moon cycle and use it in your soul-based business. Especially if you have a lot of gates or planets in the sign of Cancer, a reflector, or have an open emotional solar plexus in human design.**

**I have collaborated with Wilda Prevail an astrologer who shares a deep love of shadow work and healing to create this guide for you.**

Tammy Mack



# How to use this guide

Working with the moon cycle is a **natural way to magnetize your attraction field**. The moon is what drives us emotionally and when you can align with the elements, you will be able to powerfully use this to your advantage through potent planning.

”JUST LIKE THE  
MOON, WE ALL  
GO THROUGH  
PHASES

For instance, if you are ready to a launch a new offer, then you may want to use the moon cycle to plan and implement, nourishing your audience when the moon is in air signs and launching when the moon is in a fire sign. If you are wanting to get some batching done for funnels or content, then doing so may feel aligned when the moon is in earth element.

Often, I get asked?

When should I launch my new program?

When should I post or go live on social media?

When should I do batch content?

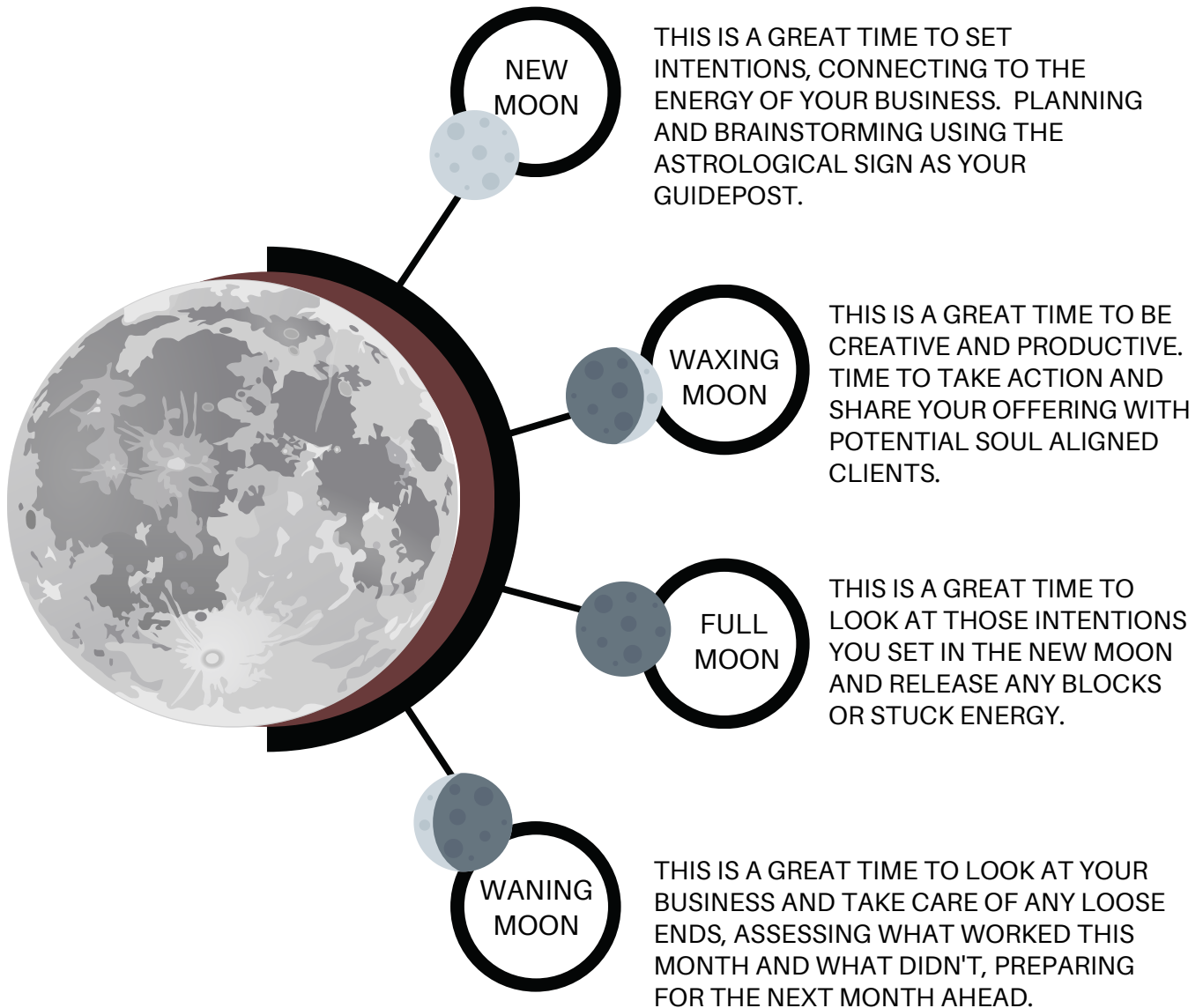
When should I plan a rest day?

When should I .....?

In the few next pages are cheat sheets that allows you to **powerfully align to the elements of each astrological sign** so you can learn to connect with the potency of fire, air, earth and water.



# Moon Phases



Write the dates down for each moon phase so you can plan ahead

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# CHEAT SHEET



## FIRE



**Aries, Leo, Sagittarius**

- Initiating
- Taking action
- Promotion
- Launch
- Passion
- Raising awareness for a cause
- Sign ups

## EARTH



**Taurus, Virgo, Capricorn**

- Planning and scheduling
- Goal setting
- Admin work
- Finances/money/ bookkeeping
- Batching
- Day to day activities
- Back end work in your business

## AIR



**Gemini, Libra, Aquarius**

- communication (going live)
- group projects/masterminds
- teaching
- courses
- workshops
- podcasts
- brainstorming

## WATER



**Cancer, Scorpio, Pisces**

- emotional healing
- shadow work
- therapy
- journaling, contemplation
- affirmations and beliefs
- intuitive guidance
- subconscious/unconscious

# ASTROLOGY

# Cheat Sheet

PERSONAL

## 1ST HOUSE



**Aries**

RULER MARS  
ELEMENT FIRE  
IDENTITY  
**I AM**  
HUMAN DESIGN  
25,17,21,51,42,3

## 2ND HOUSE



**Taurus**

RULER VENUS  
ELEMENT EARTH  
VALUES/WORTH  
**I FEEL**  
HUMAN DESIGN  
27,24,2,23,8,20

## 3RD HOUSE



**Gemini**

RULER MERCURY  
ELEMENT AIR  
SELF EXPRESSION  
**I THINK**  
HUMAN DESIGN  
20,16,35,45,12,15

## 4TH HOUSE



**Cancer**

RULER MOON  
ELEMENT WATER  
HOME HEALING  
**I FEEL SAFE**  
HUMAN DESIGN  
15,52,39,53,62,56

RELATIONSHIP

## 5TH HOUSE



**Leo**

RULER SUN  
ELEMENT FIRE  
CREATIVE  
EXPRESSION  
**I WILL**  
HUMAN DESIGN  
56,31,33,7,29,59

## 6TH HOUSE



**Virgo**

RULER MERCURY  
ELEMENT EARTH  
DAILY ACTIVITIES  
**I ANALYZE**  
HUMAN DESIGN  
59,40,64,47,6,46

## 7TH HOUSE



**Libra**

RULER VENUS  
ELEMENT AIR  
RELATIONSHIPS  
**I BALANCE**  
HUMAN DESIGN  
46,18,48,57,32,50

## 8TH HOUSE



**Scorpio**

RULER PLUTO  
ELEMENT WATER  
SUBCONSCIOUS  
**I DESIRE**  
HUMAN DESIGN  
50,28,44,1,43,14,34

COLLECTIVE

## 9TH HOUSE



**Sagittarius**

RULER JUPITER  
ELEMENT FIRE  
SPIRITUAL EGO  
**I SEE**  
HUMAN DESIGN  
34,9,5,26,11,10

## 10TH HOUSE



**Capricorn**

RULER SATURN  
ELEMENT EARTH  
HIGHEST  
POTENTIAL  
**I USE**  
HUMAN DESIGN  
10,58,38,54,61,60

## 11TH HOUSE



**Aquarius**

RULER URANUS  
ELEMENT AIR  
UNIVERSAL  
WISDOM  
**I KNOW**  
HUMAN DESIGN  
60,41,19,13,49,30

## 12TH HOUSE



**Pisces**

RULER NEPTUNE  
ELEMENT WATER  
SOCIAL WORKER  
**I BELIEVE**  
HUMAN DESIGN  
55,37,63,22,36,25

# Check these links out



**Natal Chart**



**Human Design**



**Moon Phases**



**Genetic Matrix**



These are my favorite links when I am working with clients

**Whether you are using this professionally in your soul-based business or want to use it in your day to day to work with the moon these are my favorite links that I use when aligning with the transits.**

The Sun Sees Your Body, The Moon sees your soul

# Monthly

# PLANNER

MONTH

SUN	MON	TUE	WED	THU	FRI	SAT

ACTIVITIES

REMINDERS

NOTES

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# Moon Phases

**Intentions I am setting for the New Moon**

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**I am taking action on the Waxing Moon by...**

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**I am releasing and healing the blocks and energy during the Full Moon by**

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**I am using the Waning Moon by preparing**

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Selenophile - A person who loves the moon

# Moon Elements

This month I am using the impactful fire elements to

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This month I am using the grounded earth elements to

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This month I am using the chatty air elements to

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This month I am using the emotionally water elements to

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Shoot for the moon, even if you miss, you'll land among the stars



## THANK YOU

I hope you found this resource guide helpful, and you are able to use it in your business, life and relationships. If you have any questions, comments or feedback, I would love to continue our conversation. You can visit [my website](#) to grab your free human design chart, sign up for my emails and check out my other offers to support you as a soul-based business owner.





EMBODY  
EMPOWER  
EMBOLDENT

Soul PRISM  
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ONLY  
\$97

# Join The Soulprism Membership

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Are you a new soul-based business owner? Do you want to connect to your soulmate clients or use human design, astrology and the gene keys to align to your authenticity, self-worth and courage? This membership is for you, with monthly hot seat coaching, and insights using your human design chart.

[click here to get started](#)