

Zodiac Flow With The Moon



A seasonal energetic experience of
guided journaling to connect with the
moon's flow through the zodiac

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Welcome

This guided journey is here to support you as you intentionally connect with your energetic experience as you flow with the moon through all 12 zodiac signs.

The moon has a greater effect on us than we may realize and taking note of how we experience the moon's energy as this luminary moves through the signs of the zodiac can give us great insight into our emotions and inner landscape.

Since this experience is centered around the moon, let's talk a bit about the moon. The moon rules Cancer and Monday is the "Moon's day." Since we humans are vastly made up of water - and we know the effect that the moon has on the tides - we're definitely going to be feeling the energetic effects as the moon moves through the sky and visits each zodiac sign.

The moon governs emotions, intuition, home, receptivity, security, dreams, and the subconscious. So, if you're feeling some sort of way, the first place to look is to the moon.

The moon changes signs every 2 1/2 days and this seasonal journaling experience will walk you through as the moon cycles through the entire zodiac three times. That means you'll have three experiences with the moon in each zodiac sign, allowing you to collect information and recognize the patterns that emerge.

How To Use

Simply put, you will just be tracking how you feel each day, as well as your experiences, by making a few notes. It's best to write your notes at the end of each day so that you can capture whether your mood changed throughout the day.

Most importantly is taking note of how you feel emotionally. But also making note of some of the practical, worldly things that you did that day can be enlightening too.

Don't worry about making sense of, or scrutinizing, your notes early on. During the last week of the season we will set aside plenty of time for you to reflect on your notes and begin to identify patterns.



Lunar Return

Pay special attention to your lunar return. A lunar return occurs when the moon returns to the same place in the sky the moon was when you were born. So, for example, if according to your birth chart your moon is in Aries, this means that your lunar return occurs when the moon is passing through Aries. And this will happen every month.

Record your moon sign here: _____

Record your moon sign element here: _____

Fire (Aries, Leo, Sagittarius) | Earth (Taurus, Virgo, Capricorn)

Air (Gemini, Libra, Aquarius) | Water (Cancer, Scorpio, Pisces)

Here are some ways that you can care for yourself during your lunar return that are based on your moon sign element:

Fire Moons (Aries, Leo, Sagittarius)

Get creative, take action, or move your body by dancing or exercising.

Earth Moons (Taurus, Virgo, Capricorn)

Connect with nature by tending to a plant, hugging a tree, or going on a nature walk.

Air Moons (Gemini, Libra, Aquarius)

Nourish your mind by journaling, writing out your thoughts, or reading a book.

Water Moons (Cancer, Scorpio, Pisces)

Slow down, set boundaries and create safety for yourself, or immerse yourself in a body of water.

New & Full Moons

I've also indicated when there is a New Moon or Full Moon. Give yourself some extra care during these times. The New Moon is a time for contemplation, reflection, setting intentions, and fresh starts. The Full Moon has an intensity about it and you can often feel the energy, resulting in heightened emotions and trouble sleeping.

P.S. I host FREE online new moon gatherings each month. These gatherings are available to those who opt in to receive my [cozy letters](#).

