



INCLUDE THE MOON

Practice these exercises for each full and new moon to manifest and reflect on your dreams and ambitions.

2023 LUNAR CYCLES

FULL MOON

The full moon represents manifestation; it's an opportunity to seek clarity about your desires so they begin to manifest.

Exercise: During each full moon, write out: "I accept these things or something better into my life now for my highest good and for the highest good of all concerned. I desire..."

JANUARY 6

FEBRUARY 5

MARCH 7

APRIL 6

MAY 5

JUNE 3

JULY 3

AUGUST 1

AUGUST 30

SEPTEMBER 29

OCTOBER 28

NOVEMBER 27

DECEMBER 26

NEW MOON

The new moon represents a fresh beginning; it's an opportunity to release what isn't working and welcome new approaches.

Exercise: During each new moon, write out where you've been, what you've done, and where you intend to go. Release what isn't working and welcome new ways.

JANUARY 21

FEBRUARY 20

MARCH 21

APRIL 20

MAY 19

JUNE 18

JULY 17

AUGUST 16

SEPTEMBER 14

OCTOBER 14

NOVEMBER 13

DECEMBER 12

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