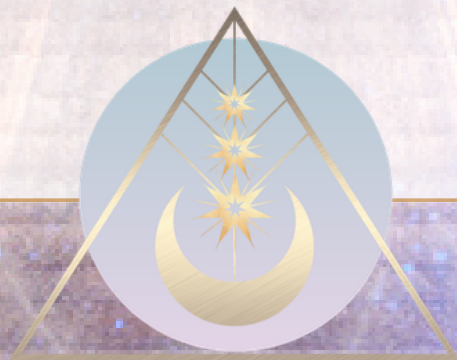


MOON  
JOURNAL



# LEMURIAN<sup>✦</sup> MOON TEMPLE



## ENERGY OF THE MOON

The moon's influence on a person's life is a subject that has fascinated humanity for centuries. One of the most commonly recognized effects of the moon is its impact on the Earth's tides. Considering that our bodies are made up of a significant amount of water, it is theorized that the moon's gravitational pull may influence our own bodily fluids and rhythms.

Beyond the physical realm, the moon is also believed to have an influence on our emotions, energy levels, and overall well-being. As the moon goes through its different phases, it is thought to emit distinct energies that can resonate with us on an emotional and spiritual level. For example, the New Moon is associated with new beginnings, fresh starts, and setting intentions. It is a time when we can plant the seeds of our desires and focus on manifesting our goals.

On the other hand, the Full Moon is often linked to heightened emotions and increased energy. It is a time when emotions may feel more intense, and some people may experience difficulty sleeping or a sense of restlessness. This phase is also associated with manifestation and the amplification of our intentions. Many people use the Full Moon as an opportunity to release what no longer serves them and embrace the abundance that the universe offers.

In addition to the specific phases, the moon's cycles provide a broader framework for reflection and personal growth. By aligning ourselves with the moon's energy, we can cultivate a deeper connection with nature and tap into the ebb and flow of life. Some people find that paying attention to the moon's phases helps them become more aware of their own internal rhythms and cycles, allowing for greater self-reflection and personal transformation.

# MOON PHASES



**New Moon:** The New Moon marks the beginning of the lunar cycle. It represents new beginnings, fresh starts, and a time for setting intentions. It's an opportune moment to plant seeds of inspiration and embark on new endeavors.



**Waxing Crescent:** The Waxing Crescent occurs when a small sliver of the moon becomes visible, symbolizing growth and potential. This phase invites you to nurture your intentions, gather momentum, and take small steps towards manifesting your goals.



**First Quarter:** The First Quarter moon is a time of action and decision-making. Half of the moon is illuminated, representing challenges and opportunities. It's a phase that encourages you to assess your progress and overcome any obstacles in your path.



**Waxing Gibbous:** The Waxing Gibbous phase signifies refinement, expansion, and abundance. This phase prompts you to refine your intentions, stay focused on your goals, and make the necessary preparations for their manifestation.



**Full Moon:** The Full Moon is a time of heightened energy and illumination. It symbolizes completion, culmination, and the realization of intentions. It's a powerful phase for releasing what no longer serves you and embracing the harvest of your efforts.



**Waning Gibbous:** As the moon transitions from Full Moon to Last Quarter, the illuminated portion gradually diminishes, representing a time for reflection and gratitude. This phase invites you to evaluate your achievements and release any remaining attachments.



**Last Quarter:** The Last Quarter moon signifies a time of introspection, evaluation, and letting go. It prompts you to release old patterns, beliefs, or situations that are no longer aligned with your intentions. It's a phase of reflection and preparation for the next cycle.



**Waning Crescent:** The Waning Crescent is the final phase of the lunar cycle before the New Moon. Only a small crescent of the moon is visible, symbolizing release, surrender, and rest. It's a time for self-care, rejuvenation, and inner reflection as you prepare for new beginnings in the upcoming cycle.

# DAILY PLANNER

DATE

DAILY INTENTION

AFFIRMATION

## DAILY REFLECTION

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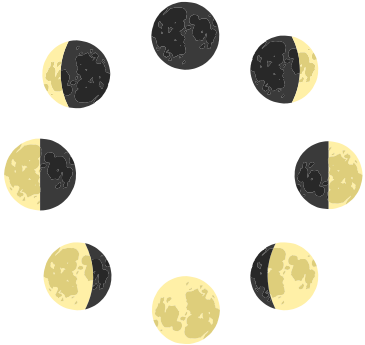
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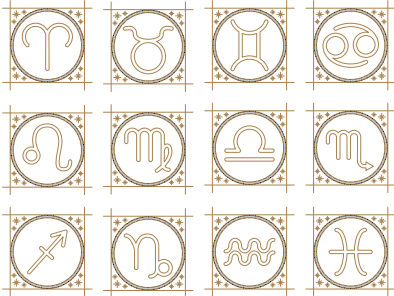
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## LUNAR PHASE



## MOON IN ZODIAC



TO-DO

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# NEW MOON INTENTION

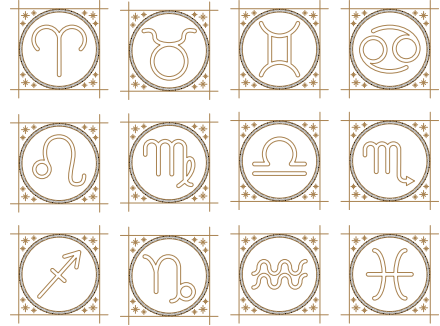


Set clear intentions, visualize your desired outcomes, and plant the seeds of your dreams.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

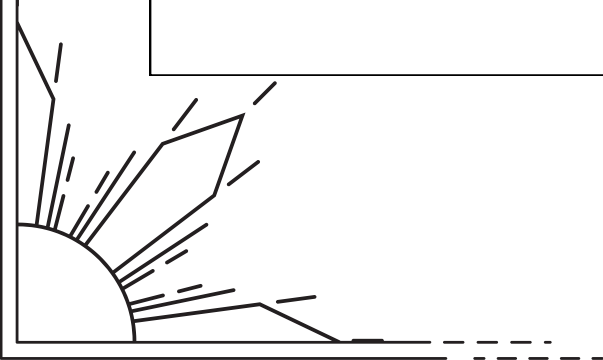
## MOON IN ZODIAC



MY INTENTION

IM MANIFESTING...

WHAT WILL MY LIFE LOOK LIKE AFTER MY DREAMS HAVE COME TRUE?



# WAXING CRESCENT INTENTION

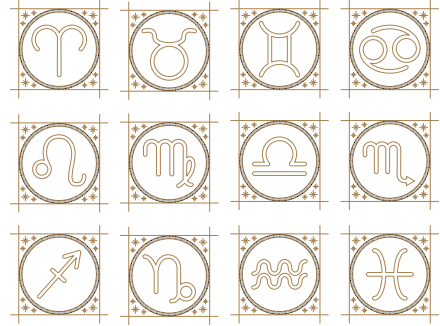


Focus on personal growth, take small steps towards your goals, and build positive momentum.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

## MOON IN ZODIAC



I WANT TO GROW

IM MANIFESTING...

MY GOALS

STEPS TO MY GOALS

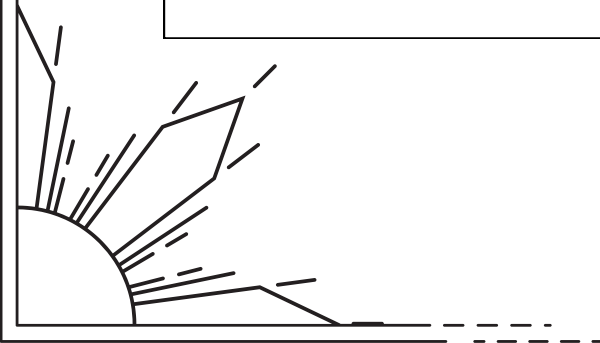
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# FIRST QUARTER INTENTION

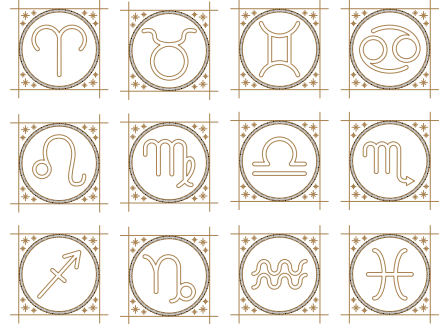


Take action, make decisions, and overcome challenges to move closer to your desired outcomes.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

## MOON IN ZODIAC



ACTION I NEED TO TAKE

DECISIONS I'VE BEEN PUTTING OFF

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WHAT DO I NEED TO OVERCOME

TO-DO LIST

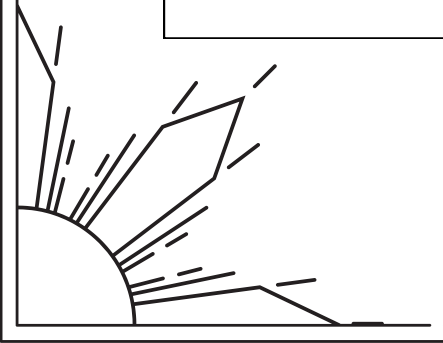
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# WAXING GIBBOUS INTENTION

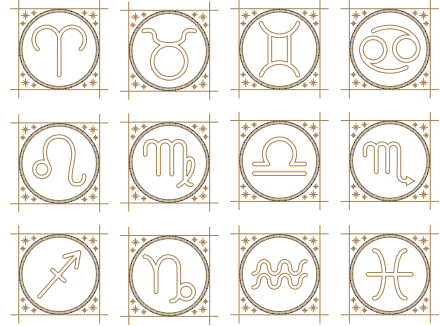


Refine your intentions, expand your vision, and attract abundance and opportunities.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

## MOON IN ZODIAC



MY INTENTION

I ATTRACT..

OPPORTUNITIES I'M LOOKING FOR

MY AFFIRMATIONS

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# FULL MOON INTENTION

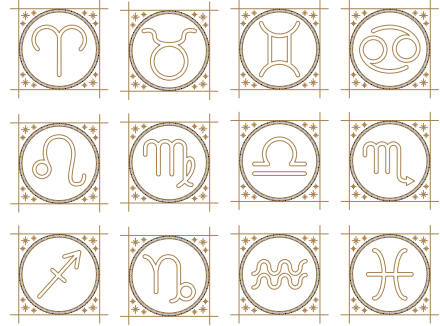


Release what no longer serves you, express gratitude for your blessings, and embrace the fruition of your goals.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

## MOON IN ZODIAC



MY BLESSINGS

I'M THANKFUL FOR...

WHAT DO I NEED TO RELEASE THIS FULL MOON



# WANING GIBBOUS INTENTION

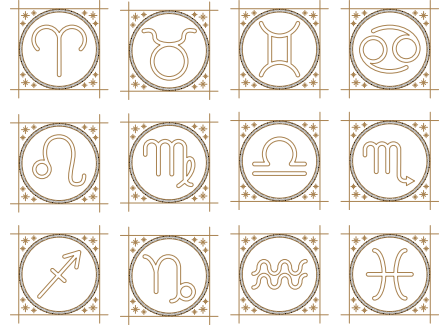


Reflect on your achievements, let go of limiting beliefs or attachments, and prepare for the next cycle.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

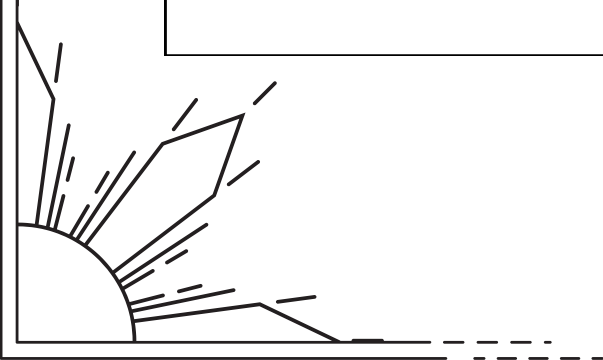
## MOON IN ZODIAC



MY RECENT ACHIEVEMENTS

I HOPE THAT IN THE NEXT CYCLE...

LIMITING BELIEFS I NEED TO LET GO OF



# LAST QUARTER INTENTION

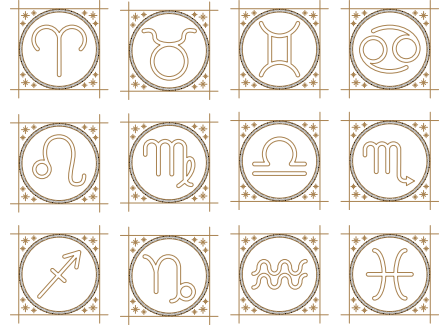


Evaluate your progress, release what no longer aligns with your intentions, and make space for new beginnings.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

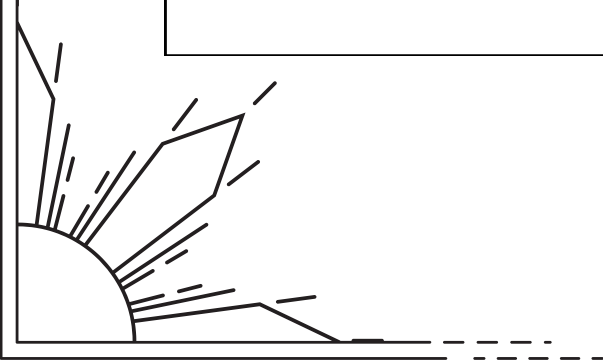
## MOON IN ZODIAC



I WELCOME IN MY LIFE...

I RELEASE...

HOW FAR I'VE COME IN THIS CYCLE



# WANING CRESCENT INTENTION

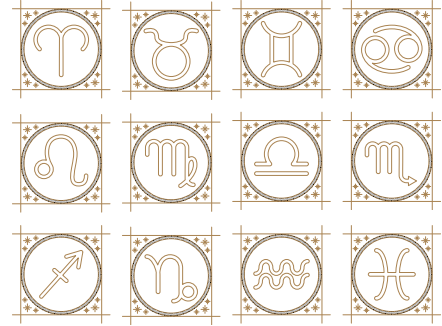


Focus on self-care, rest, and inner reflection as you recharge and prepare for the next cycle.

DATE: \_\_\_\_\_

HOW I FEEL: \_\_\_\_\_

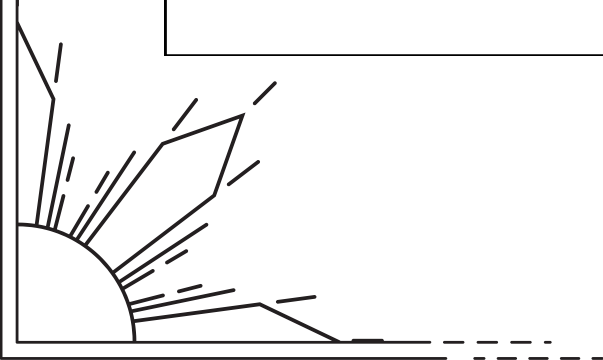
## MOON IN ZODIAC



MENTAL SELF-CARE

PHYSICAL SELF-CARE

REFLECTION ON MY GROWTH THIS CYCLE





# AFFIRMATIONS FOR LUNAR PHASES

NEW  
MOON

WAXING  
CRESCENT

FIRST  
QUARTER

WAXING  
GIBBOUS

FULL  
MOON

WANING  
GIBBOUS

LAST  
QUARTER

WANING  
CRESCENT

# SELF-REFLECTION

MOON PHASE:

DATE: \_\_\_\_\_



HOW I FEEL

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WHAT CHALLENGES I'M GOING THROUGH

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HOW I'M GROWING TO OVERCOME THEM

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# DREAMS AND SYMBOLS

Pay attention to your dreams and any recurring symbols or themes that emerge during specific lunar phases. Record your dreams and explore their possible meanings. Look for connections between your dream experiences and the moon's energy.

LUNAR PHASE:

DATE:

DREAM:

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SYMBOLS:

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LUNAR PHASE:

DATE:

DREAM:

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SYMBOLS:

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# HOW TO MAKE MOON WATER

Moon water is water that has been charged with the energy of the moon. It is believed to harness the mystical and transformative qualities of the moon's energy and can be used for various purposes, such as ritual work, spiritual practices, or energetic cleansing. Here's how you can make moon water:

**Preparation:** Ideally, use a container made of glass or crystal to amplify the energy. Find a suitable outdoor space where you can place the container under the moonlight. A windowsill or a safe spot in your yard will work.

**Timing:** Moon water is traditionally made during the Full Moon phase, as it carries the strongest lunar energy. However, you can also make it during other lunar phases if you desire specific energetic qualities.

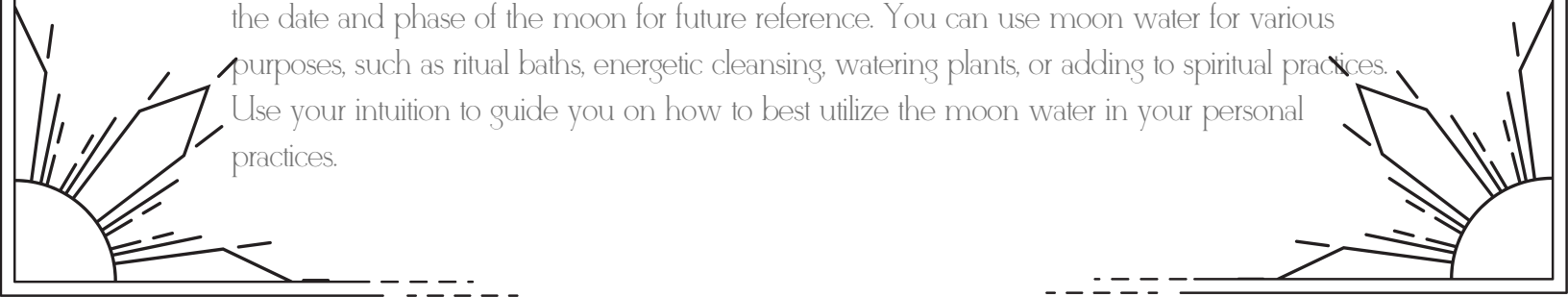
**Cleansing and Intention:** Cleanse the container by washing it with water or smudging it with incense. This removes any residual energies and ensures a clear vessel for the moon water. Set your intention for the moon water. You can silently or verbally affirm your desire to infuse the water with the healing, transformative, or manifesting properties of the moon.

**Charging the Water:** Place the container of water in your chosen outdoor space under the moonlight. It is best to place it where it will receive direct moonlight, such as on a windowsill or in an open area. Leave the water outside overnight, allowing it to soak up the moon's energy. If you prefer not to leave it outside, you can also place it near a window where the moonlight can reach it.

**Retrieving the Moon Water:** The next morning, shortly after sunrise, retrieve the container of moon water. The water is now infused with the energy of the moon.

Thank the moon and express gratitude for the charged water. Feel a connection to the lunar energy present in the water.

**Storage and Use:** Transfer the moon water to a sealed glass jar or bottle for storage. Label it with the date and phase of the moon for future reference. You can use moon water for various purposes, such as ritual baths, energetic cleansing, watering plants, or adding to spiritual practices. Use your intuition to guide you on how to best utilize the moon water in your personal practices.





# NEW MOON MANIFESTATION

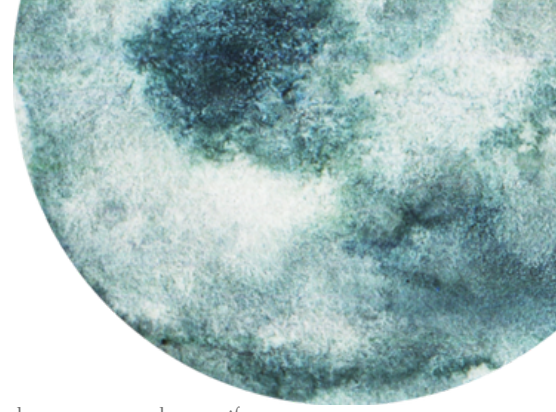
New Moon is the time to look forward: it represent fresh beginnings and new possibilities. Use the energy to manifest clarity, abundance and success in your goals.

CLARITY: CLEAR YOUR VISION

GOALS: YOUR ASPIRATIONS

ABUNDANCE: ATTRACT PROSPERITY

# FULL MOON RITUAL



During the Full Moon, you can engage in different rituals to harness its powerful energy and manifest your desires. Here is one ritual to try:

**Preparation:** Find a quiet and comfortable outdoor or indoor space where you can connect with the moon's energy without distractions. Gather items such as candles, crystals, flowers, a journal, and any other tools or symbols that resonate with you.

**Cleansing and Grounding:** Begin by taking a few deep breaths and grounding yourself. Feel your connection to the Earth beneath you. Use a smudge stick, incense, or a cleansing spray to purify your energy and the space around you.

**Setting Intentions:** Light a candle and sit in a comfortable position. Close your eyes and reflect on your intentions for this lunar cycle. Write down your intentions in a journal or on a piece of paper. Be specific and focus on what you want to manifest or release in your life.

**Moon Gazing and Affirmations:** Take a few moments to gaze at the moon's luminous presence. Repeat positive affirmations aligned with your intentions. Speak them aloud or silently, allowing their energy to resonate within you.

**Release and Gratitude:**

Reflect on what you wish to release or let go of in your life. Write these things down on a separate piece of paper. Offer your gratitude to the moon and the universe for the blessings in your life. Express thanks for what you have already received and achieved.

**Symbolic Actions:**

Choose a symbolic action that represents releasing or manifesting your intentions. For example, you can burn the paper with what you want to release or bury it in the earth. For manifestation, you can charge a crystal under the moonlight or create a vision board.

**Meditation and Visualization:** Close your eyes and enter a state of meditation. Visualize your intentions as already manifested, feeling the emotions and sensations associated with your desires. Allow the energy of the Full Moon to infuse your visualizations, amplifying their power and potential.

**Closing:** Express gratitude for the experience and the energy of the Full Moon. Blow out the candle, signifying the completion of the ritual. Take a few moments to ground yourself, feeling your connection to the Earth and integrating the energy of the ritual.