



YOUR MONTHLY INTENTION PLANNER 2024

Moon Magic & Seasonal Rituals
to Manifest Your Best Year Ever

From:

The COSMOS

with love & help from Galena The Mystic and Shaman Tony D

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WELCOME TO 2024

This monthly intention planner will help you work with the flow of time, the seasonal cycles, and the celestial bodies this year for your highest and best good.

Since the earth's seasonal cycles driven by the sun, are related to the natural biorhythms of our bodies, when we work with the flow of the life cycles and honor our connection to Mother Earth through ritual, we become more attuned to our body's own natural biorhythms.

We can also harness the powers of the celestial bodies by working with the Moon, and even the planets of our Solar System.

The Moon is most well-known for the role she plays in magical workings. You can use each moon phase to capture its particular magical correspondence, primarily the New Moon and Full Moon stations. This monthly intention planner will help you work with those phases as they travel through the zodiac in the coming year.

Embracing the magic here, you will be better equipped to successfully navigate the often-confusing eclipse seasons, Mercury retrogrades, and cyclical energetic shifts, by knowing what to expect.

Let's walk forward into the light...

How to Use This Guide

Allow this guide to become your sacred space for personal reflection!

Use it each month to set your intentions, goals, and aspirations for each turn of the calendar. Identify what you want to release and let go of throughout the year, brainstorm ideas for your own personal growth and shadow work, and get ready for intense healing, heightened self-awareness, and inner illumination.

Each of the celestial bodies exhibits different archetypal energies depending on their position within the sky. For example, the Moon and the planet Mercury each exhibit different energies and attributes depending on which sign of the zodiac they are passing through at any given time. This guide will keep you in the flow, by showing you what areas of life to focus on and when based on the transits of the year. Each monthly section provides space for you to reflect on your life and set goals and intentions.

Work with the journal prompts to kick start ideas and inspiration!

Follow along with the rituals for the new and Full Moons, each Mercury Retrograde, and all of the earth cycles and solar celebrations to cultivate these energies and apply them directly to your own life.

Get ready to step into the flow and manifest your best year ever!

THE MOON PHASES



NEW MOONS

Many ancient cultures associated the moon with fertility and the reproductive cycle of the earth, and the creatures, including humans, that inhabit it.

The New Moon starts the lunar cycle and signifies the time to prepare for the manifestation of new intentions and desires. It is a time of spiritual potential where all things are possible. It's the “pregnant pause” of the cycle where you can take time to sort out your thoughts, weigh your options, and create positive intentions and affirmations to focus on for the coming lunar cycle. This work begins in the shadows, as the light is reborn, grows, then fades each month. The intentions you set here, unlike New Year's Resolutions, are more focused and will change from cycle to cycle, in the same way as our individual needs and desires change from month to month throughout the year.

New Moon Magical Attributes New beginnings, fertility, planting seeds, renewal, charging, fresh starts, clean slates, intention setting, manifestation.

Solar Eclipses

Solar eclipses are super-powered New Moons that affect much larger cycles, amplifying the energy for creation and manifestation. These eclipses tend to create significant new beginnings and exciting new opportunities related to the signs in which they appear and have a tendency to shake things up in our lives, asking us to level up and embrace new changes.

There will be two solar eclipses in 2024. The first being a total solar eclipse on April 20th in the zodiac sign of Aries. The second will occur as an annual solar eclipse on October 14, 2024 in the zodiac sign of Libra.

(We'll learn more about what these eclipses will bring in the monthly section of the guide later on).





INTENTION RITUAL TO USE WITH EACH NEW MOON

1. To begin, create Sacred Space around yourself, your home, and your property. Close your eyes and visualize any negativity leaving – from within and radiating outward.
2. Light a single candle and call upon your angels or spirit guides to join you. Tradition calls for a black candle, signifying the shadowed moon, but any color will do. In fact, you may choose a different color each month to coincide with the season, or choose one dressed with specific stones, etc. Any candle will do. Also, place a small dish or bowl next to it for your intention to go later.
3. Contemplate the one single thing you wish to manifest for this particular lunar cycle in your life.

(Use your monthly planner prompts here to help you work with the specific energies being highlighted in each New Moon cycle. Is it physical? Emotional? Psychological? Spiritual? Is it for peace of mind, good health, overcoming fear, protection or prosperity? Your goal for manifestation should be only one thing, as the mind can only fully wrap around a single goal at a time. Multiple goals create confusion, scattered thoughts, and can lead to excessive negativity bringing worry, obsessing and undoing all the good work you are about to do).

Write your intention on a small piece of paper that will be offered later into the flame of your ritual candle.

4. Cleansing the body, soul, thoughts, and space can be part of your ritual. Use incense, music, essential oils, or even just a cup of tea. Perhaps take a bath with essential oils, light an aroma lamp or diffuser, or dress a ritual candle with one or more essential oils. Here are a few ideas. Use what you already have around the house.



Chamomile – support and peace of mind

Cypress, Eucalyptus or Frankincense – physical and health

Ginger or Wild Orange - strength and prosperity

Grapefruit or Sage - cleansing and purification

Patchouli - grounding and solid rooting

Rose, Jasmine or Orange Blossom - for the heart or emotions

Rosemary, Lavender or Clary Sage - memory and clearing the mind

5. Meditate on the Reiki Charged New Moon Image for a few moments and visualize yourself in a place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you focus, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention.
6. When your body signals you've absorbed the attunement to the maximum for this session, read the intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the field of all possibilities – The Quantum Field of the Universe!
7. Then proclaim out loud “This is the desire of my Free Will and it is coming to me now!”
8. Give thanks and gratitude to your angels or guides for assisting you.
9. Snuff out your candle and end your ritual.





FULL MOONS

The Full Moon corresponds with agricultural rhythms and cycles. The ancients knew this, and it helped them to establish civilizations centered around planting and harvesting. Even today, biodynamic farmers plant and harvest using the phases of the moon as a guide to improve germination, yields, and produce more energetically potent plants.

The Full Moon creates a sacred space in time that allows you to acknowledge what has shown up in your life and release what no longer serves you. It's a time to reassess habits and behaviors that may be holding you back from your destiny and is an excellent time to engage in shadow work as well as being a perfect time to practice gratitude for your journey so far.

Full Moon Magical Attributes: protection, banishing, cleansing, charging, healing, clearing, gratitude, manifestation, releasing, following through with New Moon intentions, peak energy, transformation.

Lunar Eclipses

Lunar eclipses occur when the earth moves between the sun and the moon, causing the moon to darken as it passes through the earth's shadow. These supercharged Full Moons bring about massive and often abrupt changes that are necessary for growth.

Each one will illuminate the areas of your life that need your attention based on the zodiac sign they are in during the event. The energy that comes with a lunar eclipse is powerfully transformational and can signify a major ending, breakthrough, or something that needs to be released. Expect the unexpected when a lunar eclipse occurs!

2024 has two lunar eclipses to match the two solar eclipses of the year. The first one will be a penumbral lunar Eclipse on May 5, 2024, in the zodiac sign of Scorpio. The second is a partial lunar eclipse occurring on October 28th, in the sign of Taurus.

(As with the solar eclipses we'll explore more about what exactly they will bring in the monthly section of the guide later on).





RITUALS TO USE FOR FULL MOONS

The Full Moon marks the halfway point of the 28-day lunar cycle and signifies the illumination of things that no longer serve your highest good, physically, emotionally, mentally, and spiritually. This is the time to find the inner strength to rid yourself of adversities, adversaries, and perhaps bad habits that keep you from being your true self and achieving your true potential. This is a time for reflection on where you are in your goals this month, and where you want to be by the end of this lunar cycle on the New Moon just 2 weeks away.



Drawing Down the Moon

This is an ancient ritual invoking the Divine Feminine dating back as far as the second century BCE. It serves to connect the Goddess Energy of the Full Moon and the power of the flora and fauna of the Earth Mother through your physical body. You can add this to the ritual below to add extra power to it, and it would be a perfect addition before it, especially during the eclipses.

- a. Stand fully in the light of the Full Moon facing it, if you can.
- b. Hold your arms up and above your head, creating a “Y” with your body to symbolize a womb.
- c. Turn your palm inward as if to cup the Moon between them.
- d. Visualize the Moonlight flowing into you. Imagine feeling the warmth of this energy filling you up and empowering your intentions of release.
- e. When you feel as if you are fully charged, bring your hands down and place them in the center of your chest over your heart chakra.
- f. You are now one with Goddess Energy of the Moon from above and the Goddess Energy of Earth from below.
- g. Empty your thoughts and become an empty vessel to receive guidance or a message from your guides or angels.
- h. When you are done remember to give thanks and gratitude before breaking away.

Full Moon Releasing Ritual

1. Create Sacred Space around you, your home, your property. Close your eyes and visualize any negativity leaving – from within and radiating outward.
2. Light a single candle and call upon your angels or spirit guides to join you. Tradition calls for a white candle, signifying the light of the Full Moon, but any color is fine.
3. Place a small dish or bowl next to it for your intention to go later.
4. Contemplate the one single thing you wish to rid yourself of at this halfway point in the lunar cycle. Your goal for banishing, like your one for intention setting, should be only one thing. Write down this intention on a small piece of paper that will be offered later into the flame of your ritual candle.



5. Cleansing the body, soul, thoughts, and space can be part of your ritual. Use incense, music, essential oils, or even just a cup of tea. Perhaps take a bath with essential oils, light an aroma lamp or diffuser, or dress a ritual candle with one or more essential oils.

Chamomile – support and peace of mind

Cypress, Eucalyptus or Frankincense – physical and health

Ginger or Wild Orange - strength and prosperity

Grapefruit or Sage - cleansing and purification

Patchouli - grounding and solid rooting

Rose, Jasmine or Orange Blossom - for the heart or emotions

Rosemary, Lavender or Clary Sage - memory and clearing the mind

6. Meditate on the Reiki Charged Full Moon image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement, charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention.
7. Read your releasing intention out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the field of all possibilities – The Quantum Field of the Universe!
8. Then proclaim out loud “This is the desire of my Free Will, that which I release is leaving me now!”
9. Give thanks and gratitude to your angels or guides for assisting you.
10. Snuff out your candle and end your ritual.





MERCURY RETROGRADE

The retrograde motion of a planet is simply an optical illusion. All planets revolve around the sun in a progressive manner, but when a planet appears to stop and go backward from our perspective on earth, this is referred to as retrograde motion.

Mercury's retrograde is one of the most notorious, known for its communication challenges, electronic snafus, and general misunderstandings.

During any retrograde season, it is best to refrain from initiating new endeavors. Rather, observe the details of your current projects, and review what has happened in the direct phase of the planet making sure everything is ready to move forward again when the retrograde is over. We look at it as a sort of "cosmic check-up" to catch things that could become big problems before they do.

Mercury retrograde also provides a valuable time for you to reflect on an area of your life from the past based on the zodiac sign or signs in which it occurs. It is a perfect time to do a life review, looking at what has worked for you so far and what hasn't. Notice if any of your life patterns haven't served your highest good, and plan action steps to release those patterns. Look at what you've learned, and how these lessons are a valuable asset for you moving forward.

Mercury is retrograde four times this year. 2024 begins with Mercury Retrograde in the sign of Capricorn until January 1st. It will then go retrograde again from April 1st until April 24th in the sign of Taurus. Then, on August 4th through August 27th Mercury will go retrograde in Virgo. On November 25th, Mercury will move retrograde a final time from Capricorn to Sagittarius until December 15th. (More on what it means in these signs later.)





MERCURY RETROGRADE

NEUTRALIZER RITUAL

If this is thought to be the wrong time to start anything new, like a new job, signing a contract, starting a project, making large purchases, and so on, what if you have an interview, are closing on a house, signing a loan, or making a contract during Mercury Retrograde? Is it doomed to fail?

Not to fear. Universal Energy is just that, energy. So a cosmic storm if you will, like a retrograde, can be shielded just like any other type of storm.

This shield or protective ritual has been practiced in many ways throughout the years by people of every land since its discovery.

1. Create Sacred Space around you. Close your eyes and visualize any negativity leaving – from within and radiating outward.
2. Light a single candle and call upon your angels or spirit guides to join you.

Mercury has several colors that it is associated with, so you may want to follow these colors and what they empower and protect if you choose. (know that any color is always fine, it is your intention and energy that empowers it)

- a. Orange for Sunday and Tuesday. For things of Action that need to be done. For Positive Attraction of People or Accomplishments that need to take place.
- b. Yellow for Wednesday. For Negotiations, Contracts, and things that require Persuasion. For situations of Learning and Knowledge such as School, and for calculators, transportation, and Computers.

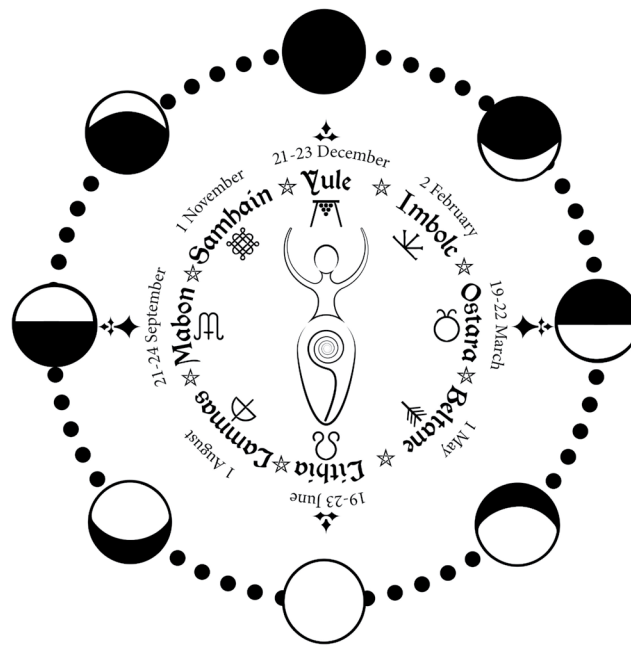


- c. Green for Friday. Protection and Strength in Finances, Prosperity, Health, Healing, and Luck.
 - d. Any color of your choosing for Monday, Thursday, and Saturday. Any type or color candle will do as well. Remember, it is your intention that you put into this candle that empowers it.
3. Place a small dish or bowl next to it for your intention to go later.
 4. Contemplate the thing you wish to protect for this day or an upcoming day during Retrograde. Your goal for shielding and protection should be in only one category, although with so many things to shield, it is ok to name a few within one category. (If you wish to shield more than one category of things, schedule another ritual for another day. Remember the planet is retrograde for about three weeks so there is time for more than one ritual). Write what you want to shield on a small piece of paper that will be offered later into the flame of your ritual candle.
 5. Cleanse the body, soul, thoughts, and space using incense, music, essential oils or even just a cup of tea. Depending on the objective of your shield, you may want to perform this cleansing on the day of the week that corresponds to the category for every week of the retrograde period (see step 2).
 6. Meditate on the Reiki Charged Mercury Retrograde image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially into this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your shield.
 7. Read the protection intention you wish to invoke out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the Universe!
 8. Then proclaim out loud “This is the desire of my Free Will and it will protect and shield until Mercury Retrograde is over, or until it is no longer needed!”
 9. Give thanks and gratitude to your angels or guides for assisting you.
 10. Snuff out your candle and end your ritual.

SEASONAL EARTH CYCLES

The Wheel of the Year

The seasonal changes of the sun are observed as solar celebrations, or festivals making up the Wheel of the Year. The concept comes from pagan cosmology that teaches all things are cyclical and honors the Hermetic philosophy of “as above, so below.” Just as the biorhythms of the human experience are seen as the microcosm of the earth’s macro seasonal cycle, so too are the earth’s seasons a microcosm of the macrocosm of the cycles of the Universe



The four primary solar events of the year are often referred to as “quarter days,” while the four midpoint events are referred to as “cross-quarter days”. The four quarter days are the Spring Equinox (Ostara), the Summer Solstice (Midsummer), the Autumn Equinox (Mabon), and the Winter Solstice (Yule).

The four cross-quarter days, using their Gaelic names, are Imbolc, Beltane, Lughnasadh, and Samhain.

These eight “spokes” on the Wheel of the Year mark the seasons of the solar calendar, just as the 8 phases of the moon mark a full cycle of the lunar calendar.

Working with the seasonal cycles of Mother-Earth allows you to harness the unique energies and attributes of each part of the year, and keep you in sync with the flow of the Universe. Let’s take a look at each of the events in further detail.





IMBOLC

The cross-quarter day following midwinter in the northern hemisphere begins at sunset on the first of February and goes through sunset on the second, marking the first stirrings of Spring. In the southern hemisphere, Imbolc falls on August 1st and 2nd.

Also known as St. Brigid's Day or Candlemas, is the time of the winter thaw, when the ground starts to soften and the seeds get their first waterings of pre-Spring with melting snow. Crocus flowers bloom, and leaves begin to sprout. It corresponds to the waxing crescent of the year as the light begins to rise.

In ancient times Imbolc marked the time to plan for what will be planted in the new growing season. Reflections of last year are now in the past, and the intentions born of this winter are now ready to be put into action.

Candlemas was often celebrated by placing a lit lamp or candle in every room of the house to recognize "bringing in the light" of a new growing season. (If you choose to do this, be careful, and only keep them all lit for just a few minutes of contemplation and meditation, perhaps as part of your ritual if you wish.

Other celebrations and activities associated with Imbolc include feasting, starting seeds, divination, and spring cleaning.





INTENTION & LIGHT RITUALS

Seed of Life Ritual

As part of your Imbolc Ritual, you may wish to fill a few Dixie cups, or empty egg shells, with potting soil and a few seeds to symbolize planting the spark of life that will grow throughout the season. Early Spring flowers, like pansies or violas, or perhaps even Spring vegetables and herbs like lettuces, radishes, mint, and thyme can be inspiring to watch grow with your magic.

Ritual for Tying Your Intentions to the Light

1. Create Sacred Space around you. Close your eyes and visualize any negativity leaving – from within and radiating outward.
2. Light a single candle, traditionally for Imbolc white, orange, red, pink or black candles were used. Place a small dish or bowl next to it for your intention to go later.
3. Call upon your angels or spirit guides to join you.
4. Contemplate the one thing you wish to manifest as a resolution for this ancient session of rebirth. Your goal for manifestation should be only one thing for you or your household. Keep it to the microcosm, (you and yours). *Remember: something like “world peace” has to begin with you first.*

Write down your intention on a small piece of paper that will be offered later into the flame of your ritual candle.



5. Cleanse the body, soul, thoughts, and space using incense, music, essential oils or even just a cup of tea. Or utilize what you already have around the house. Rosemary, Frankincense, Myrrh, and Cinnamon are traditional for this time of year.
6. Meditate on the Reiki Charged Imbolc Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention.
7. Read your intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the Universe!
8. Then proclaim out loud “This is my desire of my Free Will, and as the light grows, so too does my intention!”
9. Give thanks and gratitude to your angels or guides for assisting you.
10. Snuff out your candle or candles around the house and end your ritual.





SPRING EQUINOX (OSTARA)

Ostara is the vernal equinox, the second of three Spring celebrations, serving as the midpoint between Imbolc and Beltane. Ostara generally falls between March 19th and 22nd, and marks the time when light and dark are again in balance, with light rising toward its peak in midsummer.

You are now emerging from the darkness, having grown in wisdom and character. You've gained deeper internal insights, and it is time to focus more on the external world around you. Eostre was the Saxon adaptation of the Germanic goddess Ostara, her feast day was celebrated on the day of the Full Moon following the Spring or Vernal Equinox. The early Christians adapted the name and nearly the same calculation for Easter.

On Ostara the Saxons used the rabbit as a totem of proliferation, fertility and abundance, and colored eggs to represent new birth. And voila, now we have the Easter bunny and dye eggs to celebrate! Later on, the feast was moved to the Spring Equinox around March 21st.

This is the day when sunlight equals the dark of night. A time of balance, the cold of winter is over. Life's cycle of birth, death, and now rebirth is complete and beginning anew.

Ostara is for setting in motion the intentions for the growing season.

Celebrations and activities can include coloring eggs, new projects around the house, setting personal health goals, and planting those seeds you started at Imbolc in the garden.

This year's Spring Equinox will take place on March 20 in the northern hemisphere and on September 23, in the southern hemisphere.





INTENTION PLANNING RITUALS

Walking the Labyrinth

You may want to consider adding an Ostara walking meditation to your ritual.

The ancients would walk a labyrinth in contemplation of the new growing season and envision their garden plans. No worries if there isn't a labyrinth nearby, you can construct a simple one of your own using string, placing stones or just imagining one as you circle around trees, lawn furniture or planters in the yard. You can also consider creating a trail of birdseed as you walk. It will not damage the grass, and nature will gladly clean up after you.

Planting the Seeds of Intention

1. You may want to do this outside if the weather is good. Create Sacred Space around you, close your eyes and visualize any negativity leaving – from within and radiating outward.
2. Light a single candle in your sacred space. Traditionally for Ostara spring colors would be used like white, lavender, purple, green, pink or red. Any color will do of course. And birthday candles are a nice touch for this ritual. Place a small dish or bowl next to it for your intention to go later.
3. Call upon your angels or spirit guides to join you.
4. Contemplate the one single thing or project you wish to manifest in the Ostara season. Keep it to an attainable goal, not wishful thinking. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle.



5. Cleanse the body, soul, thoughts, and space using incense, music, essential oils, or what you already have around the house. Some traditional suggestions for Ostara would be: Cedarwood, lavender, rosemary, jasmine, rose, sage, orange peel, rose petals, frankincense or myrrh.
6. Meditate on the Reiki Charged Ostara Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
7. Read the intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the Universe!
8. Then proclaim out loud: “This is my desire of my Free Will, and it grows as I plant my seeds of intention, in Spring’s fertile soil!”
9. Give thanks and gratitude to your angels or guides for assisting and guiding you.
10. Snuff out your candle and end your ritual.





BELTANE

Beltane, also known as May Day, begins on the eve of April 30 and goes through sunset on May 1st in the Northern hemisphere. As with Samhain, the exact opposite on the wheel of the year, the veil between the human realm and the realm of the fae, or faeries is at its thinnest.

This is the height of Spring and flora!

It is also the balance of Male and Female energy, as it is mid-way between the Summer (Male) and Winter (Female) Solstices.

Beltane is a joyous time, a festival of fertility and sensuality, flowers and pleasure! A time for dancing around the Maypole. The pole represents the Male energy, and the rainbow colors of ribbons that wrap around it in the dance signifies the Female energy.

The dancers weave the ribbons around the pole to imply fertility and sensuality. Baskets are filled with flowers around the house, and wreaths and garlands of fresh flowers are made and worn in the hair. Having a sensual moment in the garden with your true love, then jumping over a candle are a few other customs of old.

Beltane is also a festival of fire. Bonfires of sacred wood and herbs were lit on its eve.

Everyone would dance around it and jump over the fire as a way to cleanse the body of old unwanted energies and burn away any negativity.





BELTANE

PURIFICATION RITUALS

Beltane is about purification and opening doorways.

1. Create Sacred Space around you. Start by smudging your front door. Smudge can be burning Holy Wood (Palo Santo) or making a smudge spray of perhaps spearmint, peppermint or cedar. Close your eyes and visualize any negativity leaving – from within and radiating outward.
2. Light a single candle of any color of the rainbow in your sacred space. Birthday candles with twisty swirls are nice for this ritual, as they can represent the May Pole. Place a small dish or bowl next to it for your intention to go later.
3. Call upon your angels or spirit guides to join you.
4. Contemplate the cleansing intentions you wish to manifest for Beltane. Keep it to a single attainable goal, not wishful thinking. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle.
5. Cleanse the body, soul, thoughts, and space using incense, music, essential oils or a cup of flower blooming tea. Some traditional suggestions for Beltane would be: Sandalwood, bergamot, Saffron, cinnamon frankincense, vetiver, rose petals, neroli, or jasmine.



The Waters of May Day are said to be magical. Washing your face with the dew at pre-dawn, and even rolling around in it, is said to bring good health for the remainder of the year, good luck, and enhance one's beauty.

6. Meditate on the Reiki Charged Beltane Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
7. Read your intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the Universe!
8. Then proclaim out loud: "This is my desire for cleansing in the Beltane fire of my Free Will!"
9. Give thanks and gratitude to your angels or guides for assisting and guiding you.
10. Snuff out your candle and end your ritual.





SUMMER SOLSTICE (MIDSUMMER)

Midsummer, also called Litha, is marked by the longest day of the year. The Summer Solstice falls between June 19th and the 23rd and represents the peak of outward, yang energy which helps us reach our fullest potential in the material world.

It is the opposite day of the Winter Solstice (the shortest sunlight day of the year). The darker and colder days of winter are times for inward focus, retrospection, reflection and being indoors. The now warmer days of summer are for expanding our minds, being a free spirit, and the peak of the growing season.

As a sacred day the Summer Solstice reaches back further than the annals of history. Massive pyramids, temples to the sun, and megalithic structures were built to highlight the beams of sunrise on this one day a year. The Earth is the closest it will be to the sun all year, and from this day forward we will lose about 1 minute of daylight each day until the Winter Solstice.

Midsummer, as with 3 other spokes of the Wheel of the year, celebrates the element of fire as well. The sun is the greatest ball of fire there is in our lives and it is at its peak right now. The northern hemisphere is bathed in its intensity, fierceness, and rejuvenating and exhilarating energy. This is a time to take joy in your year's accomplishments so far. To be proud of your gardens and crops. To marvel at what has grown from your toils, be it plants or personal developments. To envision the harvest that you shall reap in just 3 short months from now.

You can reach a greater physical and spiritual awareness by fully engaging in what all life has to offer, and honoring the divine masculine. Now is a time for opening up to higher consciousness and spiritual attainment allowing you to experience a complete integration of your mind, body, soul. While this may only be June, it is also the time when you begin to start shifting inwards day by day again.

Celebrations and activities marking Midsummer are outdoor feasts, singing, dancing, sunbathing, and for those with a literary bent, reading or watching ***Shakespeare's A Midsummer Night's Dream***.

The Summer solstice will take place this year on June 21 in the Northern hemisphere and on December 22, in the Southern hemisphere.





MIDSUMMER

INTENTION RITUAL

The Summer Solstice is when the ancients believed plants and herbs are at their most potent. They would gather some of each to be offered to the Solstice fire as an offering to ensure a good harvest. Sage would also be burned with a piece of chocolate (sacred among most every tribe of old) as a way to bless the land, the gatherers and gardens. Drumming, dance and songs around the fire were the most common ways of celebration. Creating a mandala in or near the garden with flowers, leaves, twigs, stones and anything else found in nature was a popular group project. Just a few things to consider doing if you choose to.

Just lighting a candle and gathering outside in a small group, a couple, or even in solitude and taking in the sunset and summer night air and starry skies can be just as powerful.

1. Create Sacred Space around. Start by smudging around the yard, garden and yourself and others. Smudge can be burning sage Holy Wood (Palo Santo) or making a smudge spray of perhaps:
 - Orange or tangerine to attract prosperity, happiness, and solar energy.
 - Ylang ylang to entice the sultriness of the summer.
 - Sandalwood to connect to spirituality and grounding.
 - Close your eyes and visualize any negativity leaving – from within and radiating outward.
2. If you choose to light a fire, do it outdoors only and be careful. Or if you do your work inside - light a single candle of white, yellow or orange in your sacred space. Place a small dish or bowl next to it for your intention to go later.
3. Call upon your angels or spirit guides to join you.



4. Reflect on your accomplishments so far this year and contemplate what goal you would like to reap come harvest. Keep it to an attainable goal. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle or Midsummer fire.
5. Meditate on the Reiki Charged Midsummer Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
6. Read your intention you wish to manifest out loud three times, then toss the paper in your fire, or light the paper from your candle and place it on your plate or bowl to be released to the Universe!
7. Then proclaim out loud: “This is the desire of my Free Will from now until the harvest!
8. Give thanks and gratitude to your angels or guides for assisting you.
9. Snuff out your candle and end your ritual.





LUGHNASADH

Lughnasadh, (Loo-nah-sa or Lew-na-sa) also known as Lammas Day, traditionally falls on August 1st, and marks the beginning of the harvest season. It is the first celebration of the abundance of the growing season, an ancient 1st of three Thanksgiving Days, and of the waning sun as the earth gradually moves into the darkness once again.

Now we begin to reap the rewards of our efforts and hard work through the year thus far. Embrace the energies of Lughnasadh by dedicating your first accomplishments to Mother Earth and showing her gratitude. Let go of your fears and rest after your hard work. Enjoy the abundance of your first harvest.

Lammas is from the Old English that loosely translates to “bread that is consecrated on Lughnasadh”. This holiday celebrates the harvest of all grains including corn, which were vital crops for survival. In ancient Ireland grain was never harvested before Lughnasadh.

In Celtic tradition, Lughnasadh is dedicated to the God Lugh and activities included ritual athletic contests, matchmaking, trading, and, of course, feasting.

You may wish to decorate your sacred space, house or garden with harvesting tools like baskets, garden gloves, sickles, scythes, or baskets with apples, ivy, poppies, or any dried grains or early autumn foods.





THANKSGIVING & INTENTION RITUAL

1. Lughnasadh is the first reaping of what has been sown and tended all growing season this year. A time to enjoy the fruits of your labors, and give thanks to nature, Mother Earth, Father Sky, the Sun, the Waters, and the life giving energy and sustenance that they provide. All of the hard work, perseverance, love, care and intentions that you have put into your year are starting to pay off now. Project completions, goals being met, harvesting crops and so on.
2. Create Sacred Space around you. Start by smudging around the yard, garden and yourself and others. Smudge can be burning sage, Holy Wood (Palo Santo) or making a smudge spray of perhaps: rose, mint, chamomile, sandalwood, calendula, basil or frankincense
3. Light a single candle of any Autumn color in your sacred space. Utilize what you already have around the house. Place a small dish or bowl next to it for your intention to go later.
4. Call upon your angels or spirit guides to join you.
5. Reflect on your accomplishments so far this year. Also bring into focus what may not have been completed the way you have intended. Contemplate what goal you would like to complete for the 2nd harvest. Keep it to an attainable goal. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle.



6. Meditate on the Reiki Charged Lughnasadh Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
7. Read your intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the endless sea of possibilities – The Universe!
8. Then proclaim out loud: “This is the desire of my Free Will for this, the first harvest, until the next!
9. Give thanks and gratitude to your angels or guides for assisting you.
10. Snuff out your candle and end your ritual.





AUTUMN EQUINOX (MABON)

The Autumn Equinox, or Mabon, occurs between September 21st and September 24th in the north. It's a time of balance when night and day are once again of equal length, just like its counterpart Ostara in the Spring, day equals night, Masculine equals Feminine energies. This is the crossover of transition as we wane once again toward the cold and dark of Winter.

Nights are growing longer and colder, daylight is getting shorter. So the harvest is of utmost importance. Trees in the north are just beginning to change color, and the sap begins to flow back to the roots in preparation for the dormancy of Winter.

As we linger in this balanced space. Yang energies recede as yin energies grow. It's a time of purification and preparation for the darkness and letting go of fears and disappointments. In our human lives this would be the beginning of the senior years, as the cycle moves towards death and rebirth. This is the time to give thanks for the things we have worked hard for and reflect on the wisdom we have learned throughout this past year so far. Grains and corn had been harvested and bread was being baked from Lughnasadh's harvest. Fall fruits and vegetables such as apples, pears and squashes have now been gathered, processed and stored as well.

This is time for celebrating the fruits of our harvest, reflecting back on the aspirations of Imbolc's dreams and Ostara's work, and see if we have achieved or surpassed our goals. By doing this now, we have insured that Winter will be a time of relaxation and peace. Not a time of "woulda, shoulda, coulda".

Traditionally, the festival is attributed to the Welsh God, Mabon. The Horn of Plenty or Cornucopia was the symbolic representation of Mabon with an arrangement of fruits and vegetables representing the male phallus and the female hollow womb in balance together.

The Autumn equinox falls on September 23, this year in the northern hemisphere and on March 21 in the Southern hemisphere.





INTENTION RITUAL

1. Create Sacred Space around you, your home, and your property. Start by smudging around the yard, garden and yourself and others. Smudge can be burning sage, Holy Wood (Palo Santo) Cinnamon, Sage, Cardamom, Chamomile, Marigold, Dried Apples or Cinnamon Chips. Or making a smudge spray of perhaps: hot Apple Cider & Frankincense, chamomile, sandalwood or calendula
2. Light a single candle of green, red, orange, yellow, brown or gold in your sacred space. Utilize what you already have around the house. Place a small dish or bowl next to it for your intention to go later.
3. Call upon your angels or spirit guides to join you.
4. Reflect on your accomplishments so far this year. Also bring into focus what may not have been completed the way you have intended. Contemplate what goal you would like to complete for the second harvest. Keep it to an attainable goal. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle.



5. Meditate on the Reiki Charged Mabon Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
6. Read your intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the Universe!
7. Then proclaim out loud: “This is the desire of my Free Will from this, the second harvest, until the next!
8. Give thanks and gratitude to your angels or guides for assisting and guiding you.
9. Snuff out your candle and end your ritual.





SAMHAIN (& ALL HALLOW'S EVE)

SAMHAIN (pronounced SOW-win), is a very significant time between the evenings of October 31st and November 1st.

It is said that during Samhain, the veil between the world of form (the living world) and the world of the formless (the spirit realm) is at its thinnest. This is the time to connect with spirits of those who have recently passed on as well as ancient ancestors, and commune with them for spiritual downloads or ancient knowledge, wisdom, and remembrance.

Work with this energy by remembering and honoring your ancestors and loved ones who have passed, and seek their wisdom and guidance.

This spoke of the Wheel of the Year also marks the end of the harvest season, the waning crescent of the Sun, and the beginning of the dark half of the year. Traditionally, a stew was made from all that was harvested – vegetables and meat, along with fruits such as apples, pears and berries.

This is the end of the farming year as we await Yule and the return of the Sun. The time between Samhain and Imbolc was a time to relax, reflect, and enjoy the fruits of the harvests.

It's a time of endings, transformation and mystery, and a prime time for regeneration and healing. Take time to rest and look within.





SILENT SUPPER RITUAL

You may want to add a “Silent Supper” or Feast with the Dead celebration to your rituals this season.

Food has been offered to the dead throughout history, from prehistoric man to the Celts, Egyptians, Romans, Japanese, Chinese, and even in the Catholic church. Dining with the dead is an ancient tradition that honors our divine ancestors regardless of culture or creed.

The traditional Silent Supper is a celtic tradition where an extra place at the table was set with a plate of food for the ancestors or dearly departed. It was taught that the invited spirit would absorb the energy of the food to last another year, while in fact, it was the memory of them being honored that kept the spirit alive. If you choose to do this, there is no talking during the supper, so you can focus on spirit contacting you. After the meal, their plate was taken outside and left to the wildlife.

Ritual for Invoking Spirits to Help with your Intentions

1. Create Sacred Space around you, your home, and your property. Start by smudging around the yard, garden and yourself and others. Smudge can be burning sage, Holy Wood (Palo Santo) Dragon’s Blood, Makko, Patchouli, Clove, Mugwort, Orange Peel, and Rosemary. Or making a smudge spray or bath containing perhaps: Bay, Dragon’s Blood, Patchouli, Clove, Mugwort, Orange Peel, and/or Rosemary.
2. Light a single Samhain candle in your sacred space. Ancient tradition was always black, but later it adapted to orange, white or red as well. Utilize what you already have around the house. Place a small dish or bowl next to it for your intention to go later.



3. Call upon your angels, spirit guides, family or friends who have passed on, even ancestors known and unknown, to join you. Perhaps find a picture of them or just write their name and a piece of paper and place it in your sacred space so they have an object in the world of form to attach to.
4. Reflect on your accomplishments this year. Perhaps list what you would like help with from the spirit world. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle.
5. Meditate on the Reiki Charged Samhain Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
6. Read your intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released into the endless sea of possibilities!
7. Then proclaim out loud: “I invoke you spirit (or name of the one you petition), to commune with me so that I may gain your wisdom!”
8. Give thanks and gratitude to your angels, guides, and the spirit(s) you invoked for assisting and guiding you.
9. Snuff out your candle and end your ritual.





WINTER SOLSTICE (YULE)

The Solstice at Midwinter is the beginning of the Yule season and falls between December 20th and 23rd each year.

The darkest and longest night of the year corresponds with the dark moon of the year. It signifies a time of deep introspection and going within. It is the pregnant pause where we sense the first stirrings of the new year to come.

Celebrated in cultures around the world for thousands of years it is and was revered as the holiest of days.

The Winter Solstice marks the death and end of the life cycle, thus the phrase “the dead of winter,” as well as rebirth. Temples and monoliths were constructed to catch the first rays of sunrise on this day celebrating the return of the Light. Right now the sun is at its weakest, but from this point forward, each day will gain about a minute of sunlight rising to its peak in midsummer.

During the time of peak yin energy, bring more awareness to the divine feminine and work with your intuition.

Yule is a 12-day celebration of the return of the light and is a time for reflection. Keep warm and snuggly, feed the body well to build strength for the upcoming year, feed the mind with reading, look at pictures and tell stories to children, and reminisce about the past year or years. Nurture your light within by laughing, singing, and feeding the spirit as well as sharing your love and light with friends and family.

Celebrations and activities of the Yuletide season include lighting candles and the yule log, making wreaths and crafts, gift giving, decorating pine trees, feasting, and celebrating the blessings you’ve received while giving thanks for those to come.

Yule will begin on December 21 this year in the northern hemisphere, and on June 21 in the southern hemisphere.





RITUALS FOR THE WINTER SOLSTICE

Burning the Yule Log with Intentions for the Coming Year

In Scotland a Yule log was traditionally white birch cut down and dried next to the fireplace from the last winter solstice. The bark was peeled off and used as a parchment to put symbols on reflecting power, strength, and intentions for the upcoming year. This tradition is perhaps the precursor to our modern New Year's Resolutions.

The magically charged pieces of bark would then be thrown into the fire, usually spread out over the 12 nights of the Yuletide, so the intentions could travel on the winds, the element of fire and air. They would also cut a new log to dry on the mantle for the following year.

If you choose to burn a Yule Log, one can easily be found in many stores around this time of year. Use pieces of bark in the same way. Purchase two, one to burn and one to save for next year, or if you decorate a fresh Christmas tree, cut off the trunk after you remove the decorations and keep it to burn next year.

(Note: The log you keep can be drilled with a few holes to be used as a candle holder throughout the coming year. It's a perfect thing to hold the wax remnants of all of your ritual work for the upcoming year to be burned next Yule.)

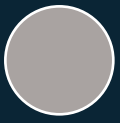


Banishing Intention Ritual

1. Create Sacred Space around you, your home, and your property. Start by smudging around the house and yourself and others. Smudge can be burning sage, Holy Wood (Palo Santo) Sweetgrass, Pine Needles or Mistletoe, Frankincense, Myrrh, Cedar, or Pine. Or making a smudge spray or bath or a pot of hot water containing perhaps: Nutmeg, Saffron, Cedar, Pine, Wintergreen, Ginger, Bayberry and/or Cinnamon.
2. Light a single Yule candle with traditional holiday colors. Perhaps green, red, white or purple in your sacred space. Utilize what you already have around the house. Place a small dish or bowl next to it for your intention to go later.
3. Call upon your angels, spirit guides or ancestors known and unknown to join you.
4. Yule is a time of cleansing. Contemplate what thing no longer serves you, physically, mentally, emotionally or spiritually that you wish to rid yourself of. Write it down on a small piece of paper that will be offered later into the flame of your ritual candle.
5. Meditate on the Reiki Charged Yule Image for a few moments and visualize yourself in this place of peace and connectivity. As you do this you are receiving the Reiki Attunement charged especially to this image. The longer you do this, the more you will feel it, and the stronger your concentration becomes. This intensifies your intention and the attunement itself.
6. Read your Yule intention you wish to manifest out loud three times, then light the paper from your candle and place it on your plate or bowl to be released to the endless sea of possibilities!
7. Then proclaim out loud: “Of my own free will, I banish this from my life, my mind and my soul!”
8. Give thanks and gratitude to your angels, guides and those spirit(s) you invoked for assisting and guiding you.
9. Snuff out your candle and end your ritual.



Your Month by Month Planner





January 2024

First Mercury Retrograde

December 13th, 2023 to January 1st in Capricorn

The first day of this year is marked by the end of 2023's final Mercury Retrograde. However, as Mercury stations direct on January 2nd before moving forward, we are still in this retrograde's shadow period. This is an opportune time to begin integrating solutions to issues and blockages Mercury may have revealed, especially as Mercury will be in the ambitious sign of Capricorn.

As the archetype of Capricorn is focused on social status, career, and authority, assess these areas of your life. If you'd like to elevate your social influence and enhance your personal power, slowly integrate insights you've gained from the last few weeks.

Mercury's Retrograde shadow period gives us enough time to test out new methods of operation before the upcoming New Moon in Capricorn, when things will really have a chance to take off!

Reflections on this Mercury Retrograde in Capricorn:

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New Moon in Capricorn

January 11, 2024 at 11:57 UTC.

The New Moon in Capricorn invites you to plant the seeds for your most successful self. Ambitious and focused, this New Moon is a wonderful opportunity to establish a goal-oriented routine. Now that Mercury is moving forward, Capricorn's determined M.O. will give you the extra oomph necessary to hit the ground running.

Capricorn is an action-starting cardinal sign, so it's time to stop thinking about what you'd like to do and start living it. New Year's resolutions overwhelming you? This is the perfect time to break your intentions up into smaller, more practical steps. If you'd like to run a marathon in 6 months, begin by putting the shoes on today, even if you can only make it around the block. It's time to act as the person you'd like to be! With Mars accompanying the moon at this time, you'll likely feel motivated to check things off your to-do list, and you may feel a bit more passionate about your path overall.

Ask yourself the following questions:

- What does success mean to me?
- How can I embody the word "integrity?"
- What actions can I take today to feel my best tomorrow?
- When have I made myself proud?

My New Moon Intentions:

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Take your New Moon Intentions to the New Moon Ritual earlier in the guide and embrace the energy for your highest and best good.



Full Wolf Moon in Leo

January 25, 2024 at 17:53 UTC.

This blazing first Full Moon of the year is in the shining sign of Leo. While Leo encourages you to roar, the Wolf Moon encourages you to howl! It is a fantastic time to share your intentions with others- online, onstage, or with a group of friends. Speak from the heart, showcase your talents, and motivate your loved ones. During a Leo Full Moon, everyone’s confidence can feel contagious!

Full moons can also highlight our deeper feelings, and Mars squaring Chiron at this time can trigger insecurities, jealousy, or self-doubt. Face your fears by developing self-trust and worthiness. Working through this will allow you to give and receive attention freely, which could pay off big-time throughout the remainder of the month, especially in career matters.

Ask yourself questions such as:

- What do I dream of offering to the world?
- Who do I feel safe sharing my creative genius with?
- What feelings do I need to express or release, independently or with others?
- How do I feel about being in the spotlight?

This Full Moon I will release:

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Take your Full Moon Intentions and incorporate them into the Full Moon Ritual earlier in the guide to amplify the energy for your highest and best good.



Full Snow Moon in Virgo

February 24, 2024 at 12:30 UTC.

The Full Moon in Virgo is here to illuminate useful information, details you may be missing, and communications you've been waiting for! Ruled by messenger Mercury, helpful Virgo may provide some of the keys necessary to unlock your next chapter. You may also be receiving closure— or creating closure for yourself on a personal level.

Analysis paralysis? Refer back to the more accessible goals you set during last month's New Moon in Capricorn. With all the heady energy in the air, it's all too easy to overthink your direction, or miss an opportunity due to hypercriticism. Stabilizing your routine, tying up loose ends, and showing up despite doubts can help you get out of your own way and commit to what's truly important.

Ask yourself the following type of questions if you are unsure where to start:

- What limiting beliefs have been slowing me down?
- How can I be more compassionate towards myself and others?
- What do I truly need to move forward?
- What does "acceptance" feel like?

During this Full Moon I release:

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April 2024

Second Mercury Retrograde

April 1st to April 24th in Aries

This Mercury Retrograde in Aries brings any impulsive decisions to a halt. As Aries is fast and furious, Mercury's Retrograde motion in this sign can cause us to trip over ourselves. Don't be surprised if you find yourself or others more irritable this time, as stubborn frustrations, blunt communications, and roadblocks are to be expected, especially regarding work and family matters.

However, the beneficial aspect of this retrograde is that Aries loves a challenge and approaches difficult situations head on. Practice optimism and patience during this time, and you'll get a chance to approach old problems with a far more successful outcome this time. Try revisiting old projects and ideas you've given up on in the past!

Reflections and things to protect during Mercury Retrograde from April 1st to 24th in Aries:

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New Moon in Aries - Total Solar Eclipse

April 8, 2024 at 18:20 UTC- Eclipse at 7:07

This New Moon in Aries paired with a total solar eclipse can force you to take matters into your own hands, catalyze new beginnings, and reinvent your self-concept. Aries is a passionate cardinal sign that waits for nobody. You may find that necessary changes occurring during this time force you to step into a position of leadership or assert your independence.

While this transit can be very empowering, it is important during this time not to become impulsive, harsh, or domineering. The solar eclipse can shroud us in darkness and influence us to lean into the shadow aspects of this sign. Be intentional about harnessing the more positive qualities of Aries— optimism, confidence, and open mindedness. All things are possible, but lift others up as you climb!

Here are some questions that may help you to work with this energy:

- What example do I set for others in my community?
- How can I teach, lead, or carry others?
- What tools or resources uplift me?
- How do I maintain peace when I feel a sense of urgency?

My New Moon Intentions:

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May 2024

Beltane

Sunset April 30th To sunset May 1, 2024.

(If you are in the Southern Hemisphere, this day is Samhain-skip to the Northern Hemisphere's October section to see how to use this energy)

Beltane is a time of fertility and abundance, as many flowers bloom to their fullest potential and the earth is more vibrant from April's showers. This time represents the height of Spring's beauty. Beautify your home, your body, and your energy field by cleansing and decorating yourself. Add fresh flowers to your altar or in your hair to bring freshness and positivity to your life.

It's an auspicious time to manifest, especially if you are looking to "give birth" to a creative project. Ask the cosmos for inspiration, and you are likely to receive an abundance of beautiful ideas!

Ask yourself the following questions:

- What am I most hopeful for?
- What makes me feel most beautiful?
- How can I deepen my connection to nature?
- Who encourages me to shine brightly and authentically?

My Beltane Intentions:

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Full Strawberry Moon in Capricorn

June 22nd, 2024 at 01:07 UTC.

The intense Full Moon in Capricorn highlights our achievements, our philosophies about success, and our blockages to obtaining it. Under this lunation, you may be celebrating yourself and others for reaching milestones both personally and professionally. As Capricorn is ruled by karmic Saturn, there is also a chance of becoming hypercritical, so make sure to affirm your progress and capabilities.

You may also see karma play out under this moon– the pressure is on to face consequences and take responsibility for what’s yours. Be generous in your decisions, and prioritize your long term vision over instant gratification. Focus on your tasks deliberately, and your dedication will pay off!

Here are some questions to help you work with the energies of this Full Moon:

- What does success look and feel like to me?
- How have my long term goals changed?
- What accomplishment am I most proud of?
- What expectations am I willing to surrender?

During this Full Moon I will release:

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Third Mercury Retrograde

August 4th until August 27th in Leo

The last several months have been pushing you to expand toward your goals and express yourself. This Mercury Retrograde in Leo may put all you've learned this year to the test. Ruled by the Sun, Leo asks you to shine brightly. You may also be asked to be in the spotlight, lead a team, or speak in front of a group during this time due to unexpected changes.

Taking a leadership position can feel tricky under this transit, especially as the cosmos may be pushing you beyond your comfort zone. You may find that speaking from the heart or delegating tasks resolves conflicts during this period. In a season full of big ideas, don't forget to tend to the details!

Reflections and things to protect during Mercury Retrograde from August 4th until August 27th in Leo:

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The Autumn Equinox (Mabon)

September 22, 2024 at 6:49 UTC- Northern hemisphere

March 19, 2024 at 2:06 UTC- Southern hemisphere

The Autumn Equinox is the time of the year in which the day is split evenly between sunlight and darkness. This harvest holiday kicks off Libra season and represents balance, harmony, and abundance. You may want to celebrate this holiday by enjoying the sunset, making a plentiful feast, or even just relaxing.

You may feel called to decorate your home with gourds, dried flowers, and dried fruits for prosperity. Express gratitude for all you have and share your blessings with others.

Here are some questions you can use to jumpstart your intentions for this season:

- How can I establish more balance and harmony in my life?
- What am I most grateful for?
- What blessings am I harvesting?
- How can I embrace change and uphold tradition at the same time?

My Autumn Equinox (Mabon) Intentions:

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Full Corn Moon in Pisces - Partial Lunar Eclipse

September 18, 2024 - Eclipse at 00:41 UTC, New Moon at 2:34 UTC.

The Full Corn Moon in Pisces brings upon you a time of sensitivity, compassion, and romance. Paired with a partial lunar eclipse, this lunation has the ability to reveal an aspect of your shadow self or a part of you that is hidden. As Pisces is naturally emotional and spiritual, this could be a repressed memory, a secret crush, or a strong intuitive longing for something.

As Pisces is ruled by elusive Neptune, you may have impactful dreams during meditation or sleep. Divine signs and synchronicities or spiritual wisdom may become available as answers to you. Be wary of maladaptive daydreaming or limerence. Take time to process your feelings before making any big decisions!

Here are some questions to consider:

- How do my emotions impact my decision making?
- What sources of wisdom inspire me most?
- How can I prioritize my core spiritual values?
- What feelings do I need to express and let go of?

During this Full Moon I will release:

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Full Hunter's Moon in Aries

October 28, 2024 at 11:26 UTC.

The Full Hunter's Moon in Aries, you are invited to embrace your independent streak. You may feel called to take a break from the relationship drama catalyzed by the last eclipse by focusing on your own ambitions. Revisit career matters, hobbies, and friendships that inspire you.

This is a time in which confidence can help us release our inhibitions. Don't be afraid to blaze a new trail and trust your instincts. Manifesting under this moon can bring success, confidence, and motivation toward your endeavors. While irritability can sometimes rise under this moon, you may find it easier to make decisions that have evaded you in previous weeks.

Here are some questions to consider when working with this energy:

- What am I good at?
- What am I afraid of?
- Who are my role models?
- What do I love about myself?
- How can I cultivate more self-belief?

During this Full Moon I will release:

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Samhain

Sunset October 31st To Sunset November 1, 2024

(If you are in the Southern hemisphere this day is Beltane-skip to the May section to see how to use this energy.)

Samhain is the witch’s new year and the time of the year in which the veil between the spiritual and material worlds is thinnest. This makes it easier to communicate with ancestors and lost loved ones, and intuit the deeper meanings behind our dreams and fears. As this Scorpio season gets us in touch with the unseen realms, this is a great time to uncover mysteries and seek answers in the past.

Scorpio invites us to investigate with a heightened intuition. Research your ancestry, look to ancient texts, or experience a past life regression. Make the most of this mystical energy by meditating, practicing divination, recording your dreams, doing shadow work, and making offerings to your ancestors or deities. This time of year is insightful and transformative.

Here are some areas to look at for shadow work:

- What scares me most about myself?
- How have I transformed this year?
- What gifts or hidden talents might I possess?
- Which ancestors, spirit guides, angels, or deities do I connect with?

My Samhain Intentions:

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November 2024



New Moon in Scorpio

November 1, 2024 at 12:46 UTC.

The intense New Moon in Scorpio may initiate previously unknown desires, feelings, or intuitive downloads. You may feel magnetized to new opportunities and especially aware of hidden motivations, secrets, or tensions in others. The transformative energy of this sign is likely to solidify endings and beginnings. You may be ending a bad habit to preserve a job or relationship, ending a relationship to preserve an ambition, or making an otherwise life altering decision.

As Scorpio is a fixed sign, the endings and beginnings occurring this time may feel more permanent. This is a great time for banishing and protection magick. Manifest only if you are certain of what you want.

Here are some questions you can use as prompts for shadow work:

- In what ways have I experienced rejection or abandonment?
- Which parts of me have felt suppressed?
- What parts of me are transforming?
- What spiritual gifts do I possess?
- In what ways have I shamed or denied my ego?

My New Moon Intentions:

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Full Cold Moon in Gemini

December 15, 2024 at 09:01 UTC.

The Full Cold Moon in Gemini is likely to highlight your social circles as well as the way you receive information. Expect incoming news or gossip to be fast paced, as well as quick changes in personnel around you. As Gemini is a mutable and expressive sign, you may feel your mood is quite changeable, and others' reactions can be unpredictable. Watch your words, and use Gemini's gift of charm and wit to get what you need most. You may see your relationship dynamics from a completely different angle!

The gift of this moon is valuable information, so stay hyper aware to catch a golden nugget of wisdom. Everyone is more likely to share openly at this time, so you may have to sort what information is truly useful from what is not. Hidden secrets may find you in a rather casual or nonchalant way, so make sure to take time to process your emotions and request a heart to heart if need be. Many people are likely to be ungrounded during this time, so be intentional about checking in with your body. Don't be afraid to set boundaries if you need to process solo.

Some questions to help you work with this energy:

- What qualities do I value most in a working relationship?
- What are my moral beliefs around keeping and sharing secrets?
- Whose feedback do I benefit from most?
- How do I process surprising information most effectively?
- What anxieties are surfacing for me?

During this Full Moon I will Release:

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Monthly Intention
Planner 2024