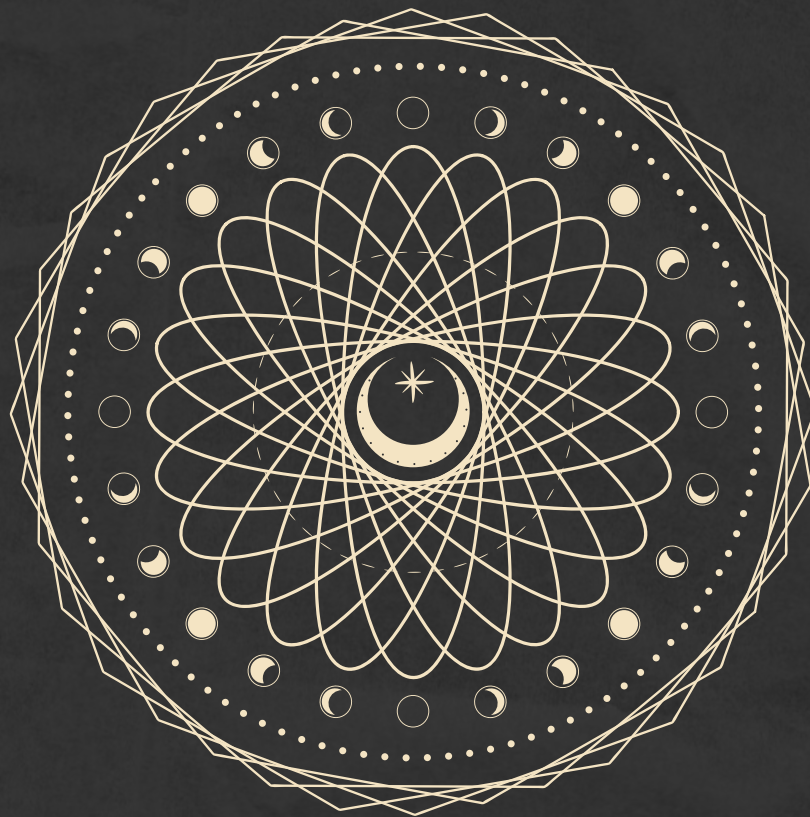


Your  
Lunar  
Cycle  
*Workbook*

Collaborate with the moon!



Offered by Teri Williams

# Your Lunar Cycle Workbook



Photo cred: Jeffrey Williams

That's me!  
Teri Williams  
Moon Lover  
and founder of  
Soul Practices

P.S. That is a Full Moon  
Maple Tree behind me!

My magical Moon journey started when I was a child. I laid in my bed so I could see her, so I could collaborate with her, every night. It didn't matter what phase she was in. I knew she was there, that my whole being cycled with her!

As a Shamanic Practitioner and lover of the Mystic, I include Moon Magic in all of my teachings, sessions, and workshops. I've dedicated my life to sharing the natural medicine of cycles, of the cosmos, as well as the elements and our own inherent energies. All of which carry incredible transformative spiritual and healing powers.

I'm excited for you to begin your collaborative journey with sister moon. Her light shines within you, even when you can't see it.

*Love, Teri*

# Your Lunar Cycle Workbook



What's included:

**Monthly Moon Phase Description**

**Monthly Moon Phase Calendar**

**Energy and Moon Phase Tracker**

**Daily Moon Phase Reflection/Journal**

Date

Moon Phase

Moon Sign

Intention

Mantra

Daily Soul Care

Gratitude

Daily Reflection



# Your Lunar Cycle Workbook

## What is a Lunar Cycle

The Lunar Cycle is the time it takes for the Moon to orbit the Earth, which is about 29.5 days.

It is divided into four phases: New Moon, Waxing Moon, Full Moon, and Waning Moon. The New Moon is associated with New beginnings, the waxing Moon with growth, the Full Moon with abundance and manifestation, and the Waning Moon with release and letting go.

Many people today use the phases of the Moon to guide their intentions, rituals, and decisions.

## Why does this matter?

The Lunar Cycle has been recognized as a significant aspect of human life for centuries.

It is believed that the phases of the Moon can affect the tides, animals, and human behavior.

Many cultures throughout history have respected the Lunar Cycle for its influence on the natural world and human behavior.

By understanding and collaborating the Lunar Cycle, people can align their actions with the natural rhythms of the Earth and tap into the energy of the Moon.

***Wax on to the full moon. Wane off to the new moon - a little Karate Kid spin***



# Your Lunar Cycle Workbook

## About the Workbook

This Workbook, along with the journal pages, can quickly become your new best friend. When you realize the connection, the power, the effect it can have on your life, you become better in tune with yourself and those around you. Just as it affects the rise and fall of the tides, it influences our energy and our physical bodies.

The Workbook and Journal include 31 days of journaling pages, that can be used repeatedly to track the cycles for as long as you desire. These sacred tools are designed to elevate your self-care, your soul care, and restore your connection to the moon, to the natural cycle of all life. You begin to think of her as your collaborator and partner.

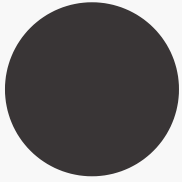
**Waxing and Waning** or “wax on, wane off.”

The **waxing moon** is the phase between the new moon and the full moon. It’s the time when the moon glows more and more, until the full moon.

The **waning moon** is the phase is between the full moon and the new moon. This is when the moon progressively appears darker, until the new moon.

# Moon Phases

Wax on - Wane off



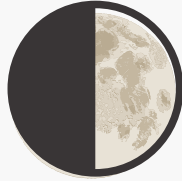
## NEW MOON

This is the time of new beginnings. Be open. Spend some time dreaming big. Set your intentions.



## WAXING CRESCENT MOON

Now is the time to take action on your new moon intentions and invite her to collaborate with you.



## FIRST QUARTER MOON

Assess your intentions. Decide what, if anything, needs revised. Do not let obstacles stop you in your tracks.



## WAXING GIBBOUS MOON

Your intentional actions are gaining momentum in this phase. Make sure you stay in alignment.



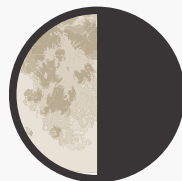
## FULL MOON

A time to reap the reward of your hard work and connect with your collaborative partner! Be sure to practice gratitude during this time.



## WANING GIBBOUS MOON

Start integrating the new lessons you've learned and the experiences you've had into your psyche. Go inward and reflect.



## LAST QUARTER MOON

Release and let go the things that no longer serve you.



## WAXING CRESCENT MOON

A time for rest and restoration.



# Your Lunar Cycle Workbook

## How I use the tracker

The tracker is broken down into three parts: 1.The Moon Phase, 2.Your Energy and/or menstrual cycle and 3.Your Mood

Track the daily moon phases by shading in the circles.

Pay attention to your energy/energy body. Are you feeling sluggish, tired, or creative and energized. All of this influences your mood, your mental state.

As you begin to establish a daily practice you may begin to see how your body, mind and spirit are in sync with the cycles of the moon and how the collaboration with her can elevate your life.

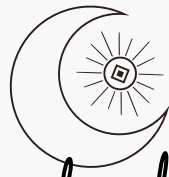
## How I use the journal

Based upon the “Morning Pages” by Julia Cameron, I like to begin in the morning with my intention and daily mantra. If you have a regular journal practice, this is a good time to write in your journal. A daily intention sets the tone for the rest of the day, the month.

At the end of the day I capture what I’m grateful for, what I can do for soul care and daily reflection.

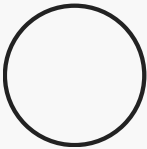
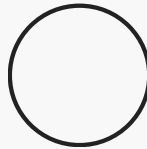
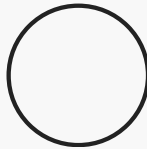
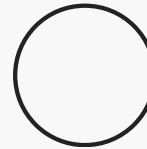
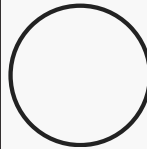
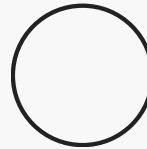
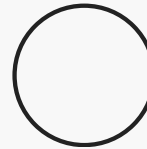
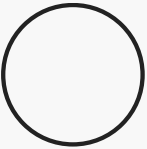
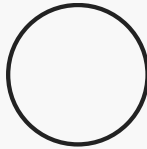
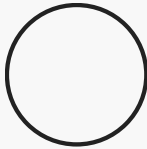
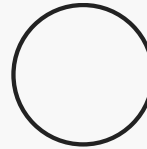
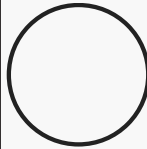
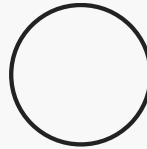
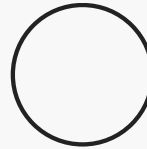
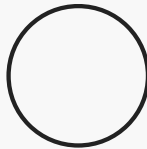
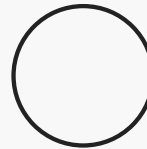
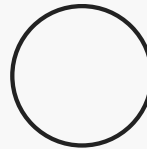
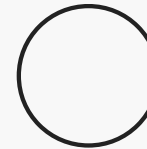
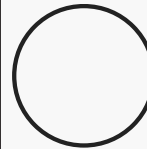
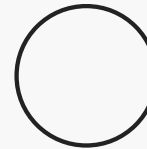
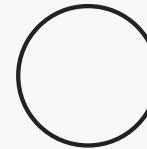
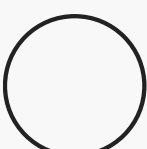
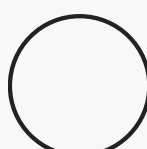
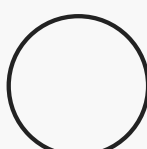
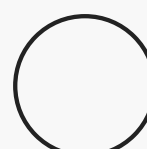
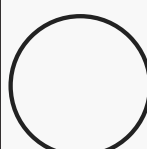
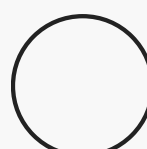
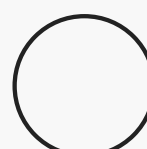
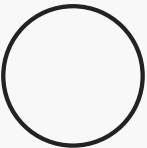
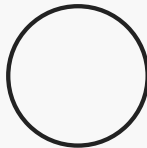
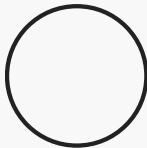
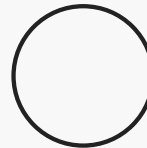
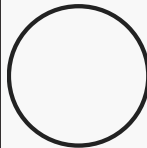
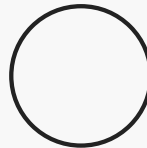
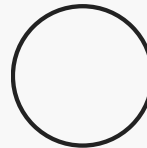
What are you waiting for. Find out the moon phase, set your intention and collaborate with her! She’s ready and waiting for you!

# Monthly Moon Calendar



Use the calendar  
below to track the monthly moon cycle:

Month:

1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 	(31) 				



# Energy & Moon Tracker



1 - MOON PHASE

2 - ENERGY CYCLE DAY

3 - MOOD (1-10)

The chart is a circular grid with three concentric rings. The outermost ring consists of 28 small circles, each representing a moon phase. The middle ring is divided into 28 segments, with numbers 1 through 31 arranged around the inner edge. The innermost ring is divided into 28 segments for mood tracking.

# Daily Lunar



Date :



Intention for today:

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Mantra for the day:

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Tomorrow for soul-care I will

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Three things I am grateful for today are:

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Daily Reflection:

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# Daily Lunar



Date :

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○ ○ ○ ○

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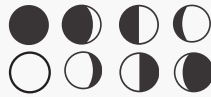


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Date :

Moon  
Phase:



Moon  
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Moon  
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# Daily Lunar



Date :

Moon Phase: ● ● ● ●  
○ ○ ○ ○

Moon Sign: ♀ ♂ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

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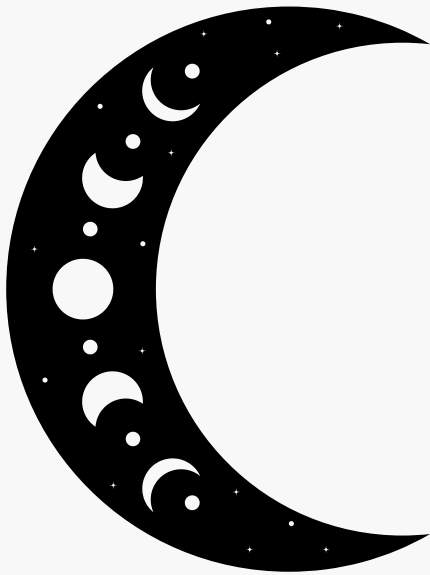
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# Your Lunar Cycle Workbook



## Don't stop now!

Whether you dove in for the month or only a few times, you opened the door to collaborating more intentionally with the Moon! It can be an incredible adventure into your own cosmic connection to all life!

Some other ways you can work with the lunar cycles are: to create rituals around the moon cycles, the same way you might welcome the sun, offer a welcome blessing for the moon, lay on your back under the moonlight and soak in the glow - even if you can't see it, smudge your house, and clear your energy at the beginning of each cycle, invite people over for bonfires under the moon, don't forget to howl, journey and meet with her spirit to ask her how to collaborate further! Invite The Moon into your life. She is ready and waiting for you.!

For more information and to work with the me personally, visit:  
SoulPractices.com.

*Love, Teri*

# Your Lunar Cycle Workbook

Trust  
the Phase



START COLLABORATING  
WITH THE MOON TODAY

**Your Lunar Cycle Workbook**

Work with me

**SCHEDULE A CALL @**

[www.SoulPractices.com](http://www.SoulPractices.com)