



## Living the Moon Cycles

### Syncing to Cyclical Time

#### What is the current Moon Cycle?

Every Moon Cycle starts with the New Moon. The Moon Cycles and the New Moon dates are provided on the back side of this card.

#### What is the current Moon Week?



There are four Moon Weeks in every Moon Cycle and each week has a direct experience associated with it: 1. Inspired Next Steps, 2. Narrative, 3. Behavior Patterns, 4. New Perspective.

Today's Moon Cycle, Moon Week and direct experience is provided on [livingthemooncycles.com](http://livingthemooncycles.com).

### Daily Journal Prompts

#### Write the Moon Cycle and the Moon Week's direct experience for today.

Bringing this to your awareness every day is instrumental in syncing your consciousness to cyclical time and experiencing a new knowing of yourself.

#### Write what you have experienced today.

Activities, relationships, situations, feelings, insights; everything is significant and meaningful.

#### Write how your experiences are relative to the Moon Cycle and Moon Week's direct experience.

Review the experiences you have written down for today and take a moment to reflect on how these things are interconnected.

#### Write how you have experienced yourself in a new way; the new knowing of yourself.

Every day is a new knowing of yourself. The Moon Cycle and the Moon Week's direct experience play a part. When you think about what you experienced, what new knowing of yourself are you being presented with today?



Fall 2025

#### Purpose (9/21 new moon)

There is truth within, beyond the illusion of the physical; lean in and trust the experiences being presented to you as your divine life plan

#### Polarity (10/21 new moon)

Contrast is always being presented as learning potential; lean into discomfort and uncertainty and allow it to propel you forward

#### Evolution (11/20 new moon)

Transformation is inevitable; let go of the inner aspect of yourself that no longer serves you so you can be reborn

Winter 2026

#### Wisdom (12/20 new moon)

The highest truth and courage are within you; trust and act on your inner knowing

#### Initiative (1/18 new moon)

Every intention calls the universe into action; know how every thought can become a thing

#### Vibration (2/17 new moon)

Your interconnected energy vibrates within all things; speak the truth, speak with love, and feel the harmony

Spring 2026

#### Love (3/19 new moon)

Being fully present sets your heart free; be confident and trust yourself in taking risks

#### Free Will (4/17 new moon)

You are always in choice; be courageous, fearless, and bold

#### Rhythm (5/16 new moon)

The universe orchestrates all things in your highest good; accept all experience without judgment

Summer 2026

#### Action (6/15 new moon)

You are guided by your creative nature where answers and solutions come quickly; create a new foundation by being clear about what you are building and why

#### Surrender (7/14 new moon)

Enjoy what is and allow for what may be; allow all relationships to evolve

#### Grace (8/12 new moon)

Innocent, loving, and neutral is your essence; be still, be here, now, in the present moment