

Living the Moon Cycles
Illumination Notecards
Book of Illumination 2026-27

livingthemooncycles.com

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Living the Moon Cycles Book of Illumination

Our Illumination Story

Within every journey around the sun, the moon's cyclical pattern unfolds twelve chapters of illumination: a story of transformation within our consciousness.

Each chapter illuminates our consciousness in a new way, and all twelve chapters complete an overall transformation of change and growth where we know and experience ourselves in a deeper way as an expression of Source.

Our story of illumination, the deeper knowing of our Self as Source, is the even greater story unfolding over the course of our entire life; our divine life trajectory.

Illumination, transformation, change, and growth are the essence of our consciousness and the significance and meaning of this human experience.

The more we embrace and live the change and growth involved in our life story of illumination, the more we live our divine life trajectory and the true capacity of our consciousness.

Illumination Chapters and Moon Cycle Themes

Change

Chapter 1 - Purpose

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

Chapter 2 - Polarity

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

Chapter 3 - Evolution

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

Chapter 4 - Wisdom

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

Chapter 5 - Initiative

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

Chapter 6 - Vibration

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

Growth

Chapter 7 - Love

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

Chapter 8 - Free Will

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

Chapter 9 - Rhythm

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

Chapter 10 - Action

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

Chapter 11 - Surrender

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

Chapter 12 - Grace

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

Notecard Instructions

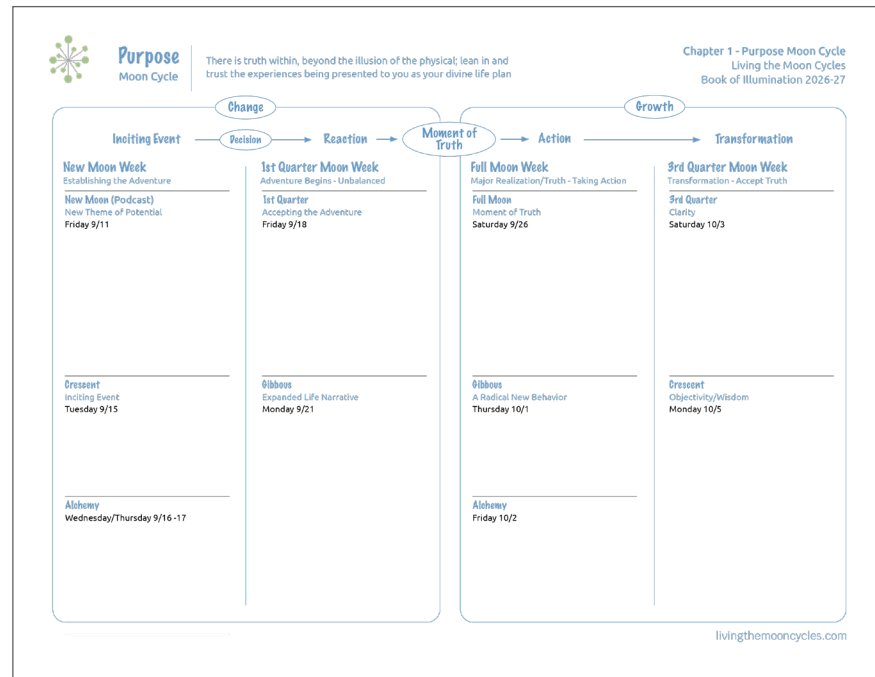
1. Download the Living the Moon Cycles Calendar

Track the major moon positions by downloading the Living the Moon Cycles Google or Apple calendar. On the Helpful Tools page of livingthemooncycles.com website, we provide links for Google and Apple calendar add-ons to upload into your phone. Once uploaded, you will see the major, crescent, and gibbous moon positions on your phone's daily calendar.

2. Print the Notecard PDF File

On the Helpful Tools page of livingthemooncycles.com website, download the pdf file for the Illumination Notecards 2026-27. Print the Notecard pdf file using the "print on both sides" print option.

Planner Side of Notecard



3. Find the Current Moon Cycle and Moon Position

Pull up your calendar on your phone. Find the latest new moon which will give you the current moon cycle. Find the latest moon position. In your printed notecards, find the notecard of the current moon cycle. We suggest folding the printed notecards in half, planner side out, and place the current moon cycle notecard in your daily journal as a bookmark. On the planner side of the notecard, locate the current moon week and position. You may also find "Current Moon Cycle Info" on the livingthemooncycles.com website home page.

4. Track the Transformational Arc

Descriptions are provided on the back side of the notecard for each moon position and the dynamics of the transformational arc happening throughout the moon cycle. As you move through each major moon week and position, discover what aspect of the arc you are currently experiencing and how that fits within the greater transformational experience of the entire moon cycle.

Every moon cycle follows the patterning of moon positions and transformational arc.

Description Side of Notecard

Moon Cycle Transformational Arc Dynamics

Each moon cycle has a theme which is imprinted within our consciousness at each new moon. The moon weeks within each moon cycle unfold a transformational arc of change and growth:

New Moon

Imprint of Moon Cycle Theme
The new moon is the beginning of a transformational arc where our consciousness is imprinted with a new theme of change and growth which unfolds during the four moon weeks of the moon cycle. On the new moon you may have a sense of new potential rising within your consciousness; you may feel optimistic and inspired and at the beginning of something fresh and new.

Days After the New Moon

Ordinary World and Setting
The transformational arc from the previous moon cycle stabilizes into an ordinary world and a new setting. This includes new characters/relationships that will be a part of this new moon cycle story/plot. You experience foreshadowing of the Moon Cycle theme where you get hints and glimpses (ideas, thoughts, and impressions) of how the theme will actualize within your consciousness. The days after the new moon establish a foundation for the next transformational arc to take place during the moon weeks of this moon cycle.

Crescent

Inciting Event: Call to Action
An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy
Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life

Trajectory

1st Quarter

Accepting the Adventure
The reorientation/alchemy within your consciousness and inner world allows you to step into the adventure comfortably and willingly, accepting whatever it may bring. Accepting the adventure allows the change within your consciousness to unfold within your outer world, where it will create a new reality for you.

Days after 1st Quarter

Adventure Begins!
Your outer world reorients itself according to the reorientation/alchemy of your inner world, and this happens through the narrative you hold within your relationships. The first few days of your adventure may seem confusing and unbalanced. Your inner world and outer world are no longer aligned as a result of the inciting event and inner reorientation. You repeatedly react to the misalignment/contrast of your outer world and your new inner world. A new life narrative is subtly forming and begins to reveal itself within the interactions of your relationships; flexing those that accept your new life narrative and releasing those that are rigid and reject your new life narrative.

Gibbous

Expanded Life Narrative
An interaction with a particular relationship significantly changes your life narrative, cracking open and undermining your Lie, what you think you want.

Days after the Gibbous

Small Realizations
Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of

according to the imprinted theme. Each moon cycle builds upon the previous moon cycle theme and arc. Every moon cycle and its theme is a chapter in the greater Book of Illumination, which is the underlying dynamic of transformation unfolding within our consciousness.

Truth at the Full Moon

Full Moon

Moment of Truth
A major realization of your Truth, what you need, happens during the full moon. This gives you greater objectivity on your Lie, what you think you want, and how it no longer serves you.

Days after the Full Moon

Action
You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

Gibbous

A Radical New Behavior
A radical experience of a new behavior surprises and confuses you, convincing you of your Truth, what you truly need. This forces you to surrender your Lie, what you think you want, and have more expanded experiences of your Truth.

Days after the Gibbous

Alchemy
Your outer world, your reality, reconfigures itself through the direct and expanded experiences of your Truth, what you truly need. At first, this reconfiguring may be unsettling, uncomfortable, and disorienting.

Days after the Crescent

Refinement
You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.

3rd Quarter

Clarity
Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing
The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

Crescent

Objectivity/Wisdom
Greater objectivity on your Truth, what you truly need, and your Lie, what you think you want, establishes unequivocal knowing; knowledge within your consciousness. This is the climax of transformation within this moon cycle. As a result of the reorientation of your consciousness and the direct experience of its effects on your reality during the previous moon weeks, you now experience deeper empathy within you that is wisdom. You are going beyond what you previously knew about your Self, others, and the world. Your Lie, the limiting perception within your consciousness, has collapsed and you are now living and experiencing your Truth, the more authentic true capacity of your consciousness.

Days after the Crescent

Refinement
You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.

5. Journal

We suggest keeping a journal of your daily experiences. As you move through the transformational arc of the moon cycle, compare your daily experiences with the part of transformational arc you are currently experiencing. Bring your awareness to the moon cycle transformation happening within your consciousness.

Sample Journal Page

Moon Cycle: Polarity	Thursday 10/15
Moon Week: New Moon Week	
Moon Week Positioning: Crescent (ex. New Moon, after New Moon, Crescent, after Crescent, 1st Quarter, etc)	
Transformational Arc Dynamic: Crescent - Inciting Event	
My Experiences:	
Walked the Dog-Talked to the neighbor Bill	
Had lunch with Betty	
Went to the Art Fair-met an amazing artist	

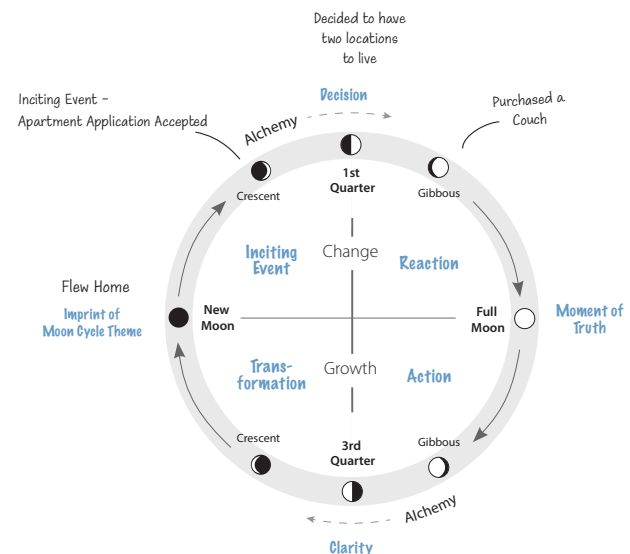
6. Plot Your Experiences

Print the diagram on the next page. As the moon cycle unfolds, write your daily experiences on the cyclical diagram in the appropriate aspect of the moon cycle (as shown in the example below). Keep adding your experiences as you move through the transformational arc of the moon cycle. The more experiences you plot on the diagram, the more you may recognize the transformation happening within your consciousness.

All experiences are significant and meaningful in the unfoldment of the transformational arc happening within your consciousness. After writing an experience on the diagram, hold in mind your experience. Refer to the descriptions page on the back of your notecard. Read the explanation of the aspect of the transformational arc within the moon cycle associated with your experience. Is there a correlation between the aspect and your experience?

Plotting Example

Cyclical Moon Cycle Diagram

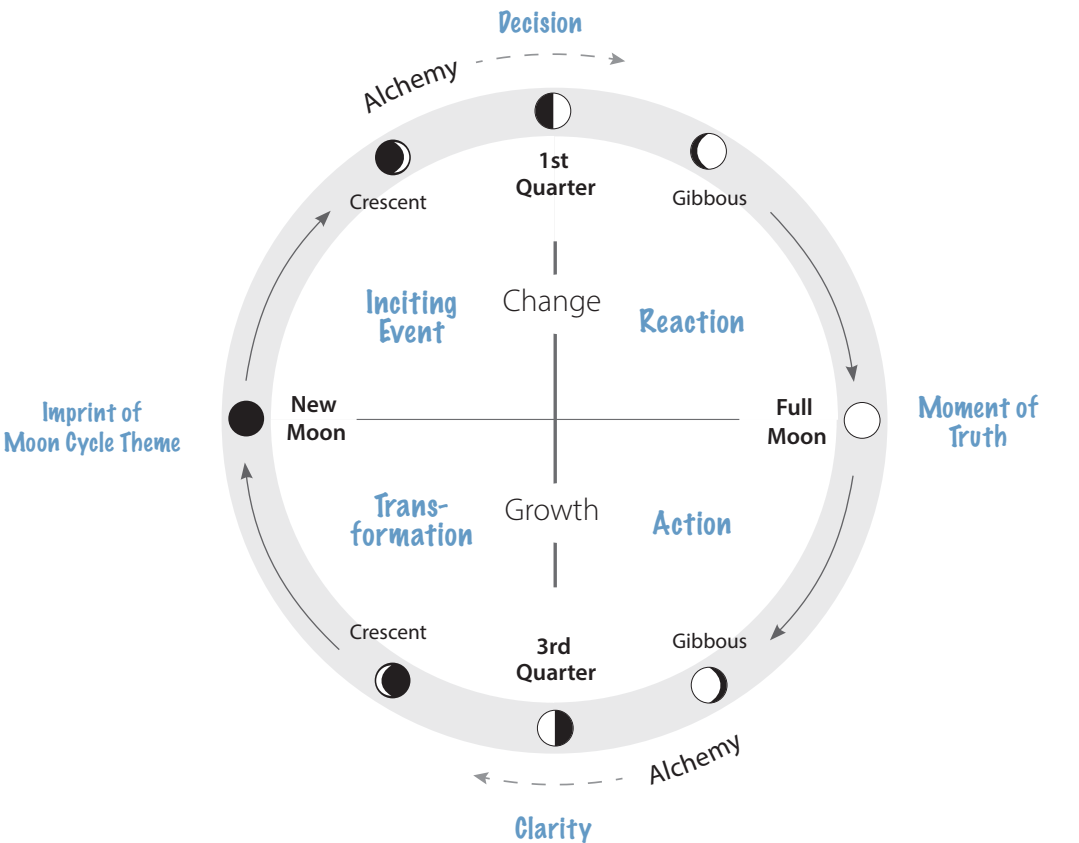


7. Awareness

Plotting your experiences according to this cyclical diagram will bring your awareness to the transformation happening within your consciousness as each moon cycle unfolds. When you do this with all twelve moon cycles in the Illumination series of moon cycles, you will know how the moon's cyclical pattern has unfolded the twelve chapters of illumination as a story of transformation within your consciousness.

This is your Book of Illumination for this journey around the sun.

Cyclical Moon Cycle Diagram

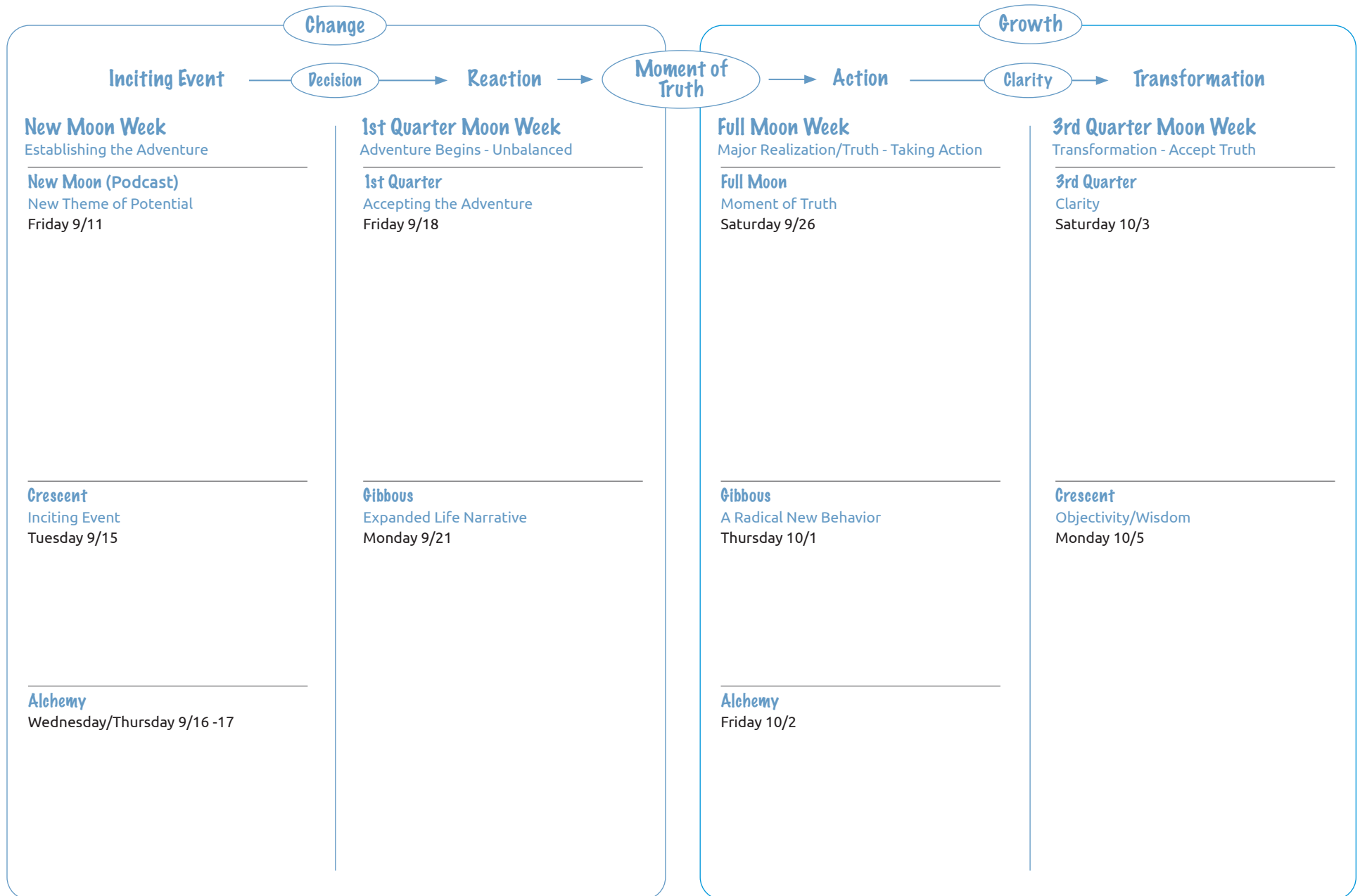




Purpose Moon Cycle

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

Chapter 1 - Purpose Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

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New Moon

Imprint of Moon Cycle Theme

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Days After the New Moon

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Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

1st Quarter

Decision - Accepting the Adventure

The reorientation/alchemy within your consciousness and inner world allows you to step into the adventure comfortably and willingly, accepting whatever it may bring. Accepting the adventure allows the change within your consciousness to unfold within your outer world, where it will create a new reality for you.

Days after 1st Quarter

Reaction - Adventure Begins!

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Gibbous

Expanded Life Narrative

An interaction with a particular relationship significantly changes your life narrative, cracking open and undermining your Lie, what you think you want.

Days after the Gibbous

Small Realizations

Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of Truth at the Full Moon.

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Full Moon

Moment of Truth

A major realization of your Truth, what you need, happens during the full moon. This gives you greater objectivity on your Lie, what you think you want, and how it no longer serves you.

Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

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Alchemy

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3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

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Objectivity/Wisdom

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Days after the Crescent

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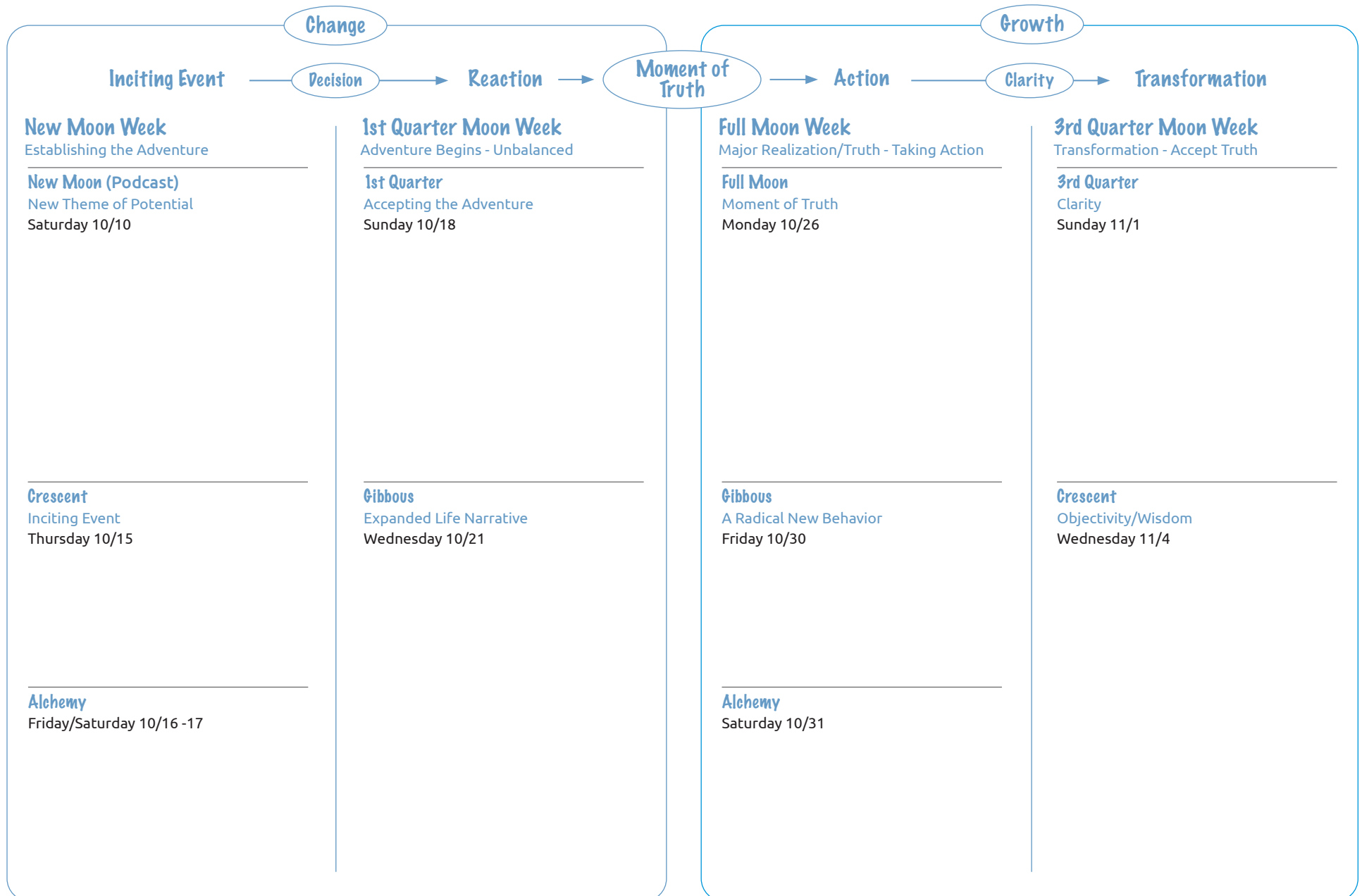


Polarity

Moon Cycle

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

Chapter 2 - Polarity Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

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New Moon

Imprint of Moon Cycle Theme

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Inciting Event - Call to Action

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1st Quarter

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Full Moon

Moment of Truth

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Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

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Days after the Gibbous

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3rd Quarter

Transformation - Clarity

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Days after the 3rd Quarter

Deeper Knowing

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Refinement

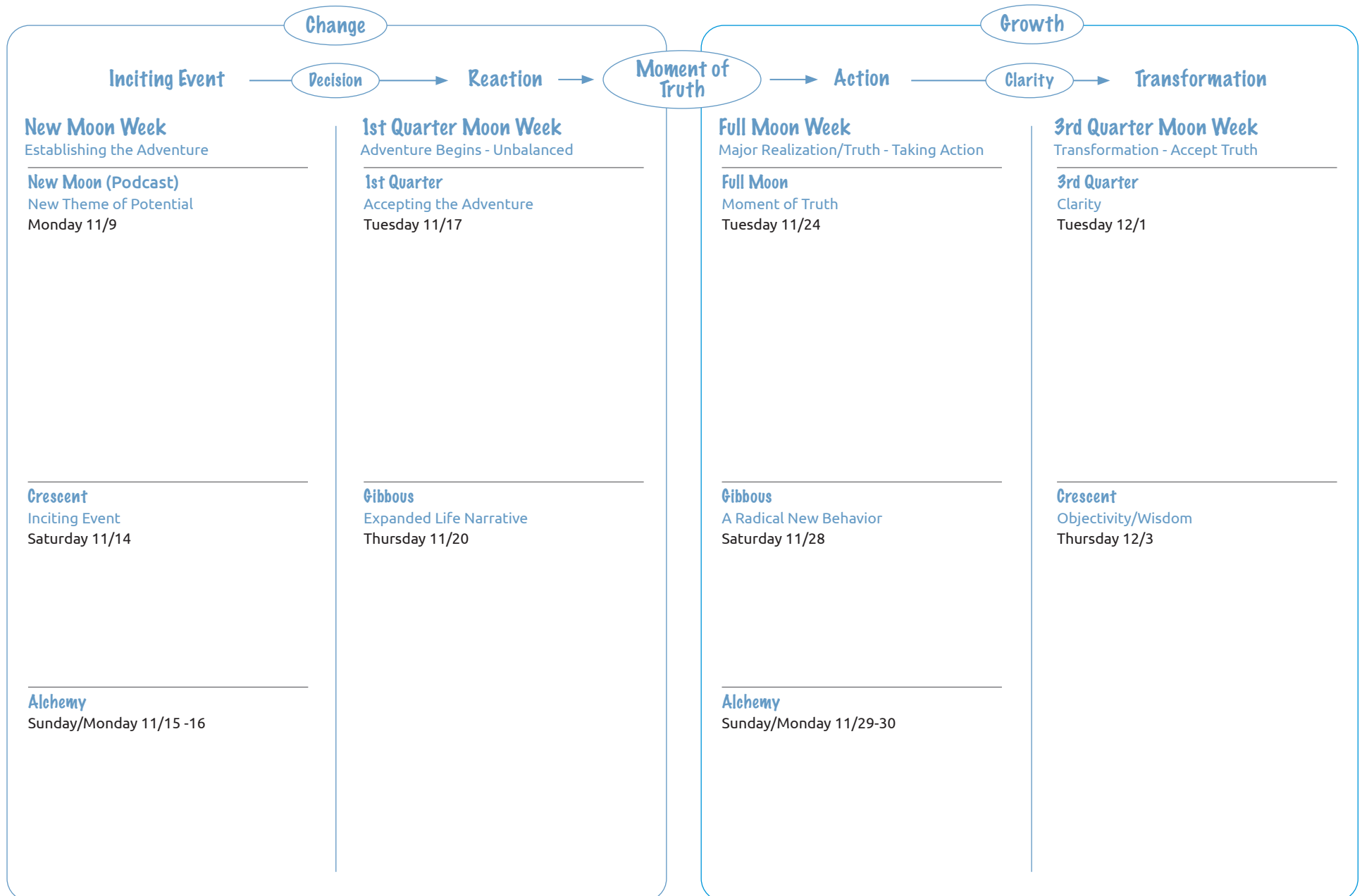
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Evolution Moon Cycle

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

Chapter 3 - Evolution Moon Cycle
Living the Moon Cycles
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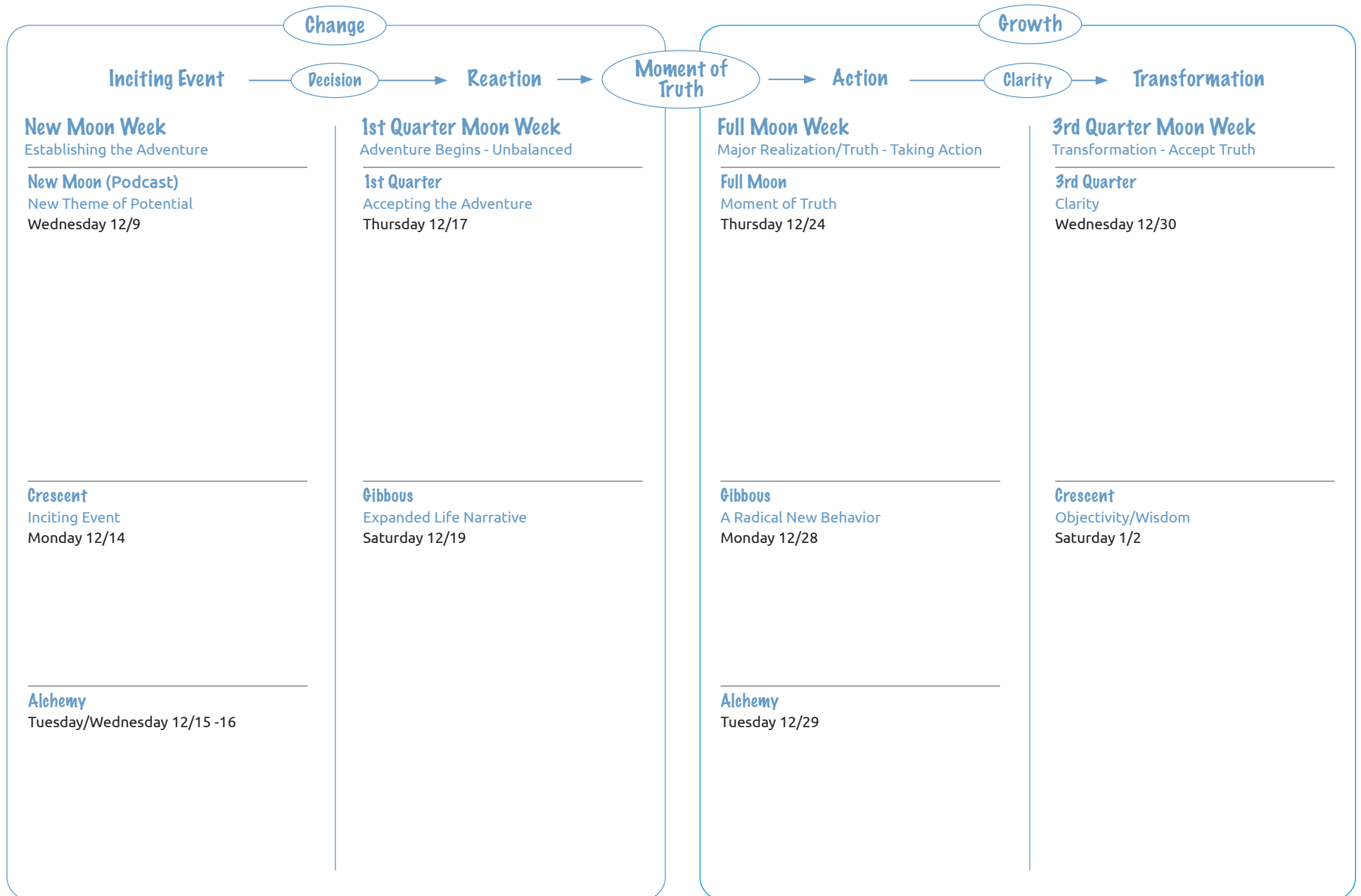
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Wisdom Moon Cycle

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Chapter 4 - Wisdom Moon Cycle
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Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

1st Quarter

Decision - Accepting the Adventure

The reorientation/alchemy within your consciousness and inner world allows you to step into the adventure comfortably and willingly, accepting whatever it may bring. Accepting the adventure allows the change within your consciousness to unfold within your outer world, where it will create a new reality for you.

Days after 1st Quarter

Reaction - Adventure Begins!

Your outer world reorients itself according to the reorientation/alchemy of your inner world, and this happens through the narrative you hold within your relationships. The first few days of your adventure may seem confusing and unbalanced. Your inner world and outer world are no longer aligned as a result of the inciting event and inner reorientation. You repeatedly react to the misalignment/contrast of your outer world and your new inner world. A new life narrative is subtly forming and begins to reveal itself within the interactions of your relationships by pushing the parameters of your relationships; flexing those that accept your new life narrative and releasing those that are rigid and reject your new life narrative.

Gibbous

Expanded Life Narrative

An interaction with a particular relationship significantly changes your life narrative, cracking open and undermining your Lie, what you think you want.

Days after the Gibbous

Small Realizations

Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of Truth at the Full Moon.

according to the imprinted theme. Each moon cycle builds upon the previous moon cycle theme and arc. Every moon cycle and its theme is a chapter in the greater Book of Illumination, which is the underlying dynamic of transformation unfolding within our consciousness.

Full Moon

Moment of Truth

A major realization of your Truth, what you need, happens during the full moon. This gives you greater objectivity on your Lie, what you think you want, and how it no longer serves you.

Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

Gibbous

A Radical New Behavior

A radical experience of a new behavior surprises and confuses you, convincing you of your Truth, what you truly need. This forces you to surrender your Lie, what you think you want, and have more expanded experiences of your Truth.

Days after the Gibbous

Alchemy

Your outer world, your reality, reconfigures itself through the direct and expanded experiences of your Truth, what you truly need. At first, this reconfiguring may be unsettling, uncomfortable, and disorienting.

3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

Crescent

Objectivity/Wisdom

Greater objectivity on your Truth, what you truly need, and your Lie, what you think you want, establishes unequivocal knowing; knowledge within your consciousness. This is the climax of transformation within this moon cycle. As a result of the reorientation of your consciousness and the direct experience of its effects on your reality during the previous moon weeks, you now experience deeper empathy within you that is wisdom. You are going beyond what you previously knew about your Self, others, and the world. Your Lie, the limiting perception within your consciousness, has collapsed and you are now living and experiencing your Truth, the more authentic true capacity of your consciousness.

Days after the Crescent

Refinement

You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.

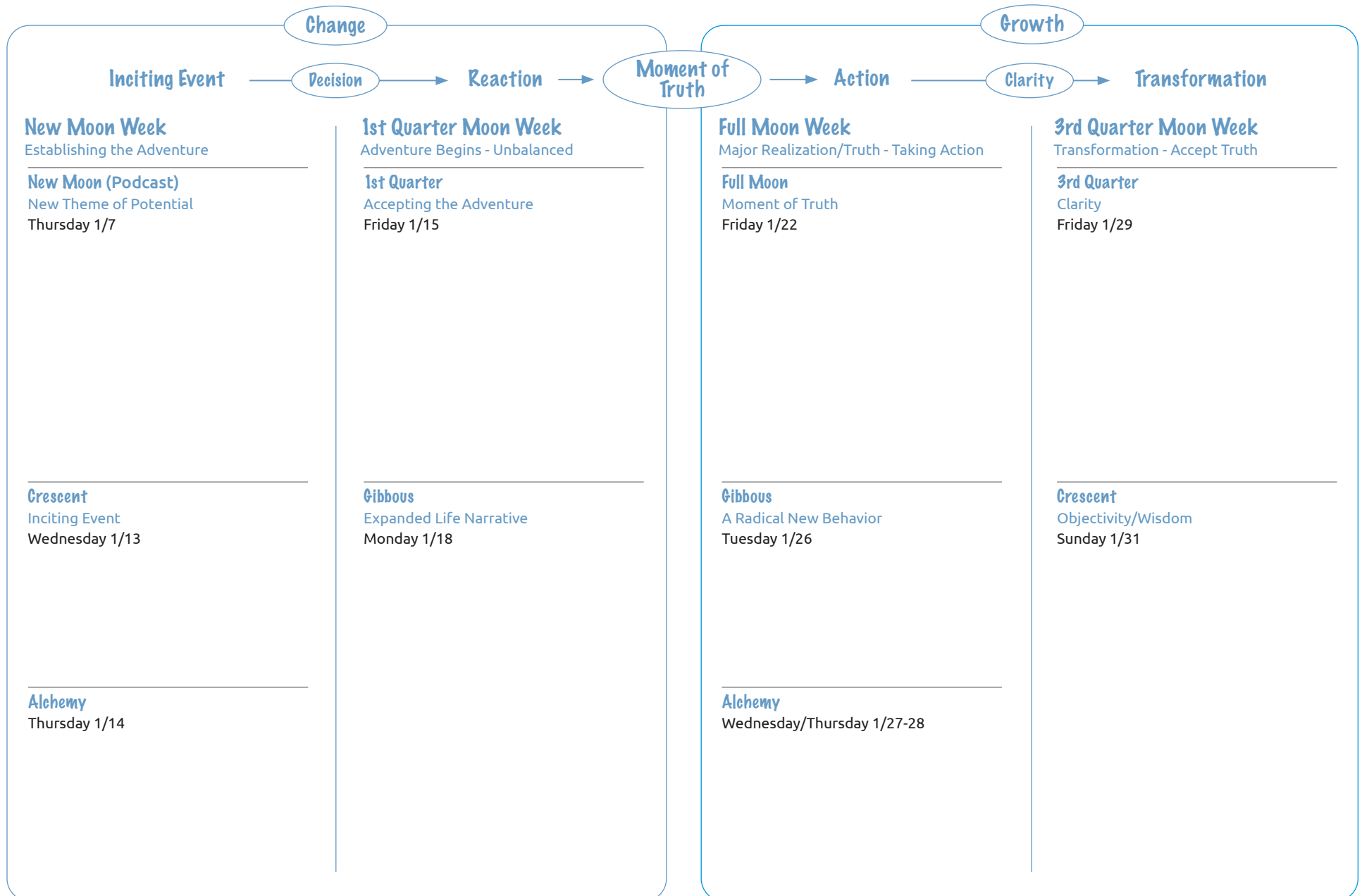


Initiative

Moon Cycle

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

Chapter 5 - Initiative Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

Each moon cycle has a theme which is imprinted within our consciousness at each new moon. The moon weeks within each moon cycle unfold a transformational arc of change and growth

New Moon

Imprint of Moon Cycle Theme

The new moon is the beginning of a transformational arc where our consciousness is imprinted with a new theme of change and growth which unfolds during the four moon weeks of the moon cycle. On the new moon you may have a sense of new potential rising within your consciousness; you may feel optimistic and inspired and at the beginning of something fresh and new.

Days After the New Moon

Ordinary World and Setting

The transformational arc from the previous moon cycle stabilizes into an ordinary world and a new setting. This includes new characters/relationships that will be a part of this new moon cycle story/plot. You experience foreshadowing of the Moon Cycle theme where you get hints and glimpses (ideas, thoughts, and impressions) of how the theme will actualize within your consciousness. The days after the new moon establish a foundation for the next transformational arc to take place during the moon weeks of this moon cycle.

Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

1st Quarter

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Days after 1st Quarter

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Gibbous

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Full Moon

Moment of Truth

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Days after the Full Moon

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Days after the Gibbous

Alchemy

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3rd Quarter

Transformation - Clarity

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Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

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Days after the Crescent

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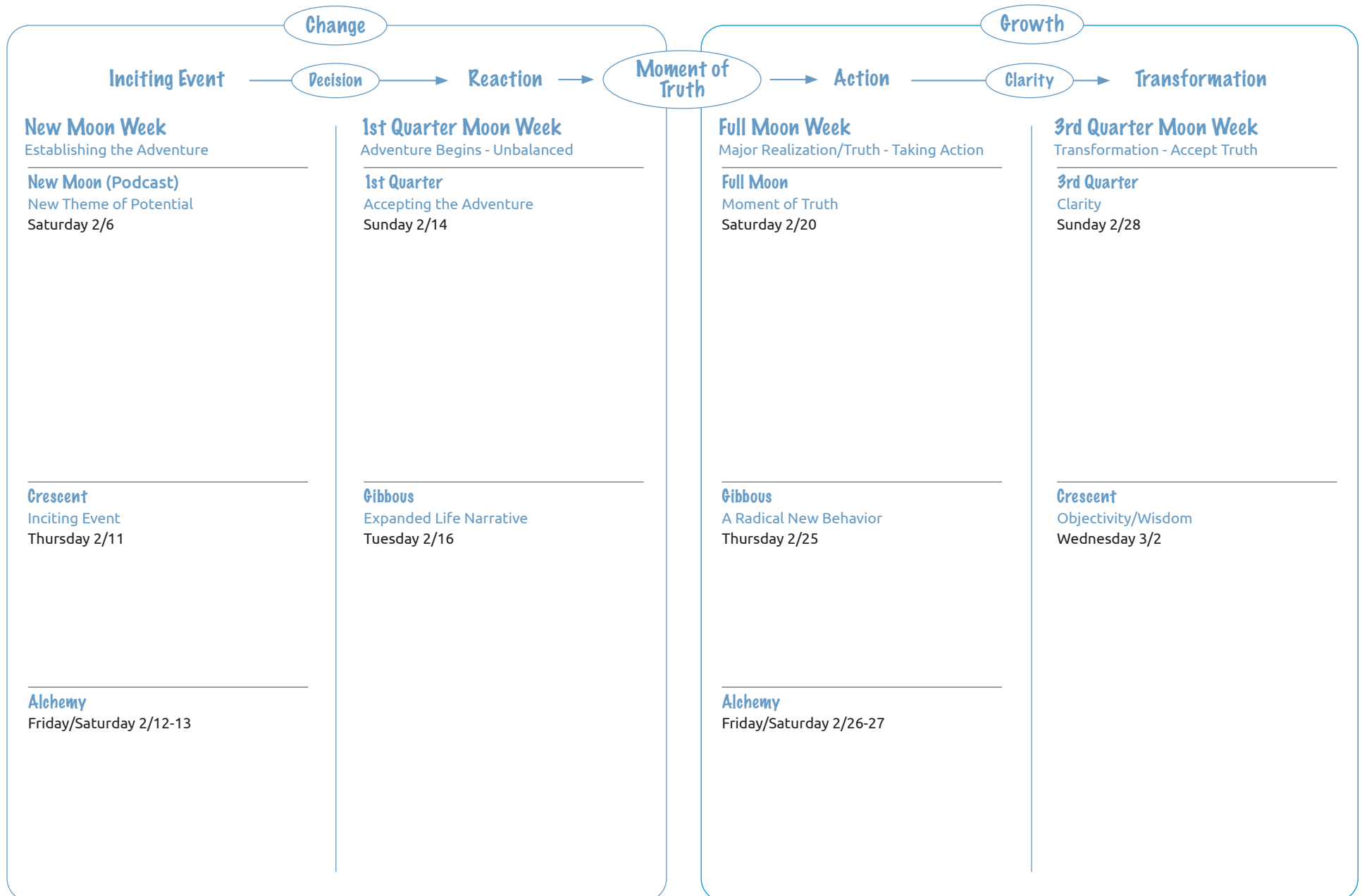
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Vibration Moon Cycle

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

Chapter 6 - Vibration Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

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New Moon

Imprint of Moon Cycle Theme

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Days After the New Moon

Ordinary World and Setting

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Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

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Decision - Accepting the Adventure

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Full Moon

Moment of Truth

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Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

Gibbous

A Radical New Behavior

A radical experience of a new behavior surprises and confuses you, convincing you of your Truth, what you truly need. This forces you to surrender your Lie, what you think you want, and have more expanded experiences of your Truth.

Days after the Gibbous

Alchemy

Your outer world, your reality, reconfigures itself through the direct and expanded experiences of your Truth, what you truly need. At first, this reconfiguring may be unsettling, uncomfortable, and disorienting.

3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

Crescent

Objectivity/Wisdom

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Days after the Crescent

Refinement

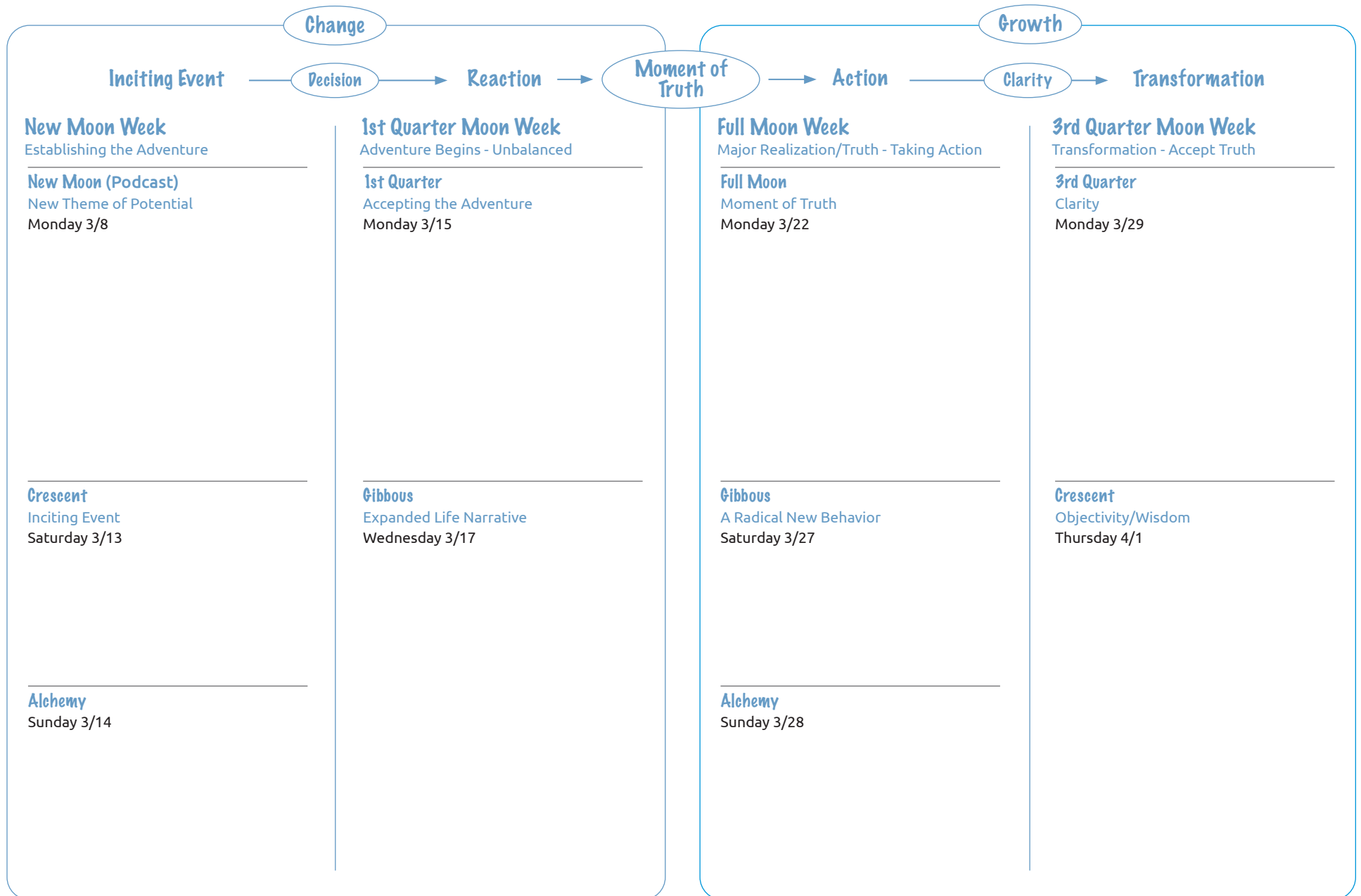
You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.



Love Moon Cycle

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

Chapter 7 - Love Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

Each moon cycle has a theme which is imprinted within our consciousness at each new moon. The moon weeks within each moon cycle unfold a transformational arc of change and growth

New Moon

Imprint of Moon Cycle Theme

The new moon is the beginning of a transformational arc where our consciousness is imprinted with a new theme of change and growth which unfolds during the four moon weeks of the moon cycle. On the new moon you may have a sense of new potential rising within your consciousness; you may feel optimistic and inspired and at the beginning of something fresh and new.

Days After the New Moon

Ordinary World and Setting

The transformational arc from the previous moon cycle stabilizes into an ordinary world and a new setting. This includes new characters/relationships that will be a part of this new moon cycle story/plot. You experience foreshadowing of the Moon Cycle theme where you get hints and glimpses (ideas, thoughts, and impressions) of how the theme will actualize within your consciousness. The days after the new moon establish a foundation for the next transformational arc to take place during the moon weeks of this moon cycle.

Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

1st Quarter

Decision - Accepting the Adventure

The reorientation/alchemy within your consciousness and inner world allows you to step into the adventure comfortably and willingly, accepting whatever it may bring. Accepting the adventure allows the change within your consciousness to unfold within your outer world, where it will create a new reality for you.

Days after 1st Quarter

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Gibbous

Expanded Life Narrative

An interaction with a particular relationship significantly changes your life narrative, cracking open and undermining your Lie, what you think you want.

Days after the Gibbous

Small Realizations

Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of Truth at the Full Moon.

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Full Moon

Moment of Truth

A major realization of your Truth, what you need, happens during the full moon. This gives you greater objectivity on your Lie, what you think you want, and how it no longer serves you.

Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

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A Radical New Behavior

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Days after the Gibbous

Alchemy

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3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

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Objectivity/Wisdom

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Days after the Crescent

Refinement

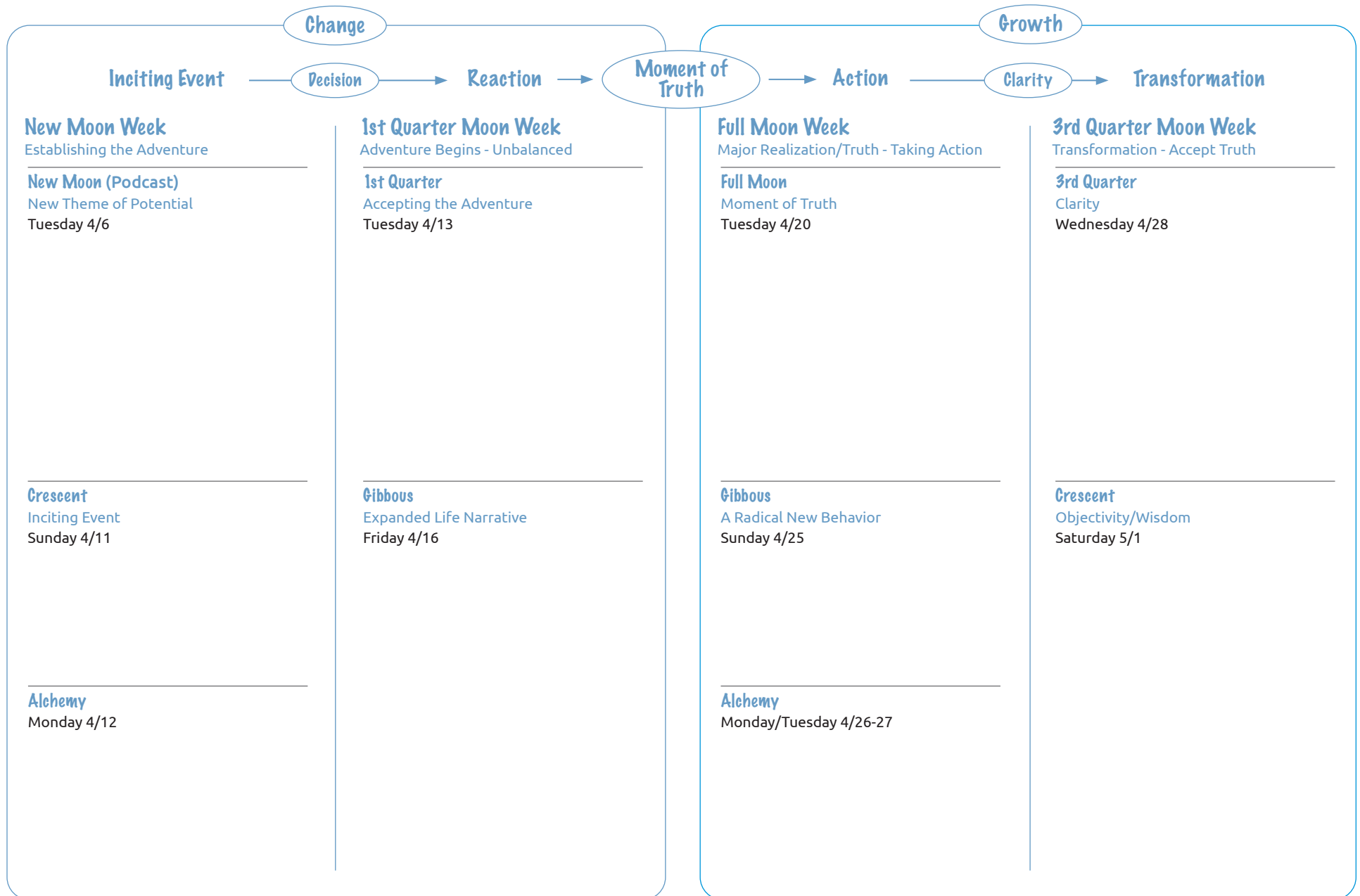
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Free Will Moon Cycle

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

Chapter 8 - Free Will Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

Each moon cycle has a theme which is imprinted within our consciousness at each new moon. The moon weeks within each moon cycle unfold a transformational arc of change and growth

New Moon

Imprint of Moon Cycle Theme

The new moon is the beginning of a transformational arc where our consciousness is imprinted with a new theme of change and growth which unfolds during the four moon weeks of the moon cycle. On the new moon you may have a sense of new potential rising within your consciousness; you may feel optimistic and inspired and at the beginning of something fresh and new.

Days After the New Moon

Ordinary World and Setting

The transformational arc from the previous moon cycle stabilizes into an ordinary world and a new setting. This includes new characters/relationships that will be a part of this new moon cycle story/plot. You experience foreshadowing of the Moon Cycle theme where you get hints and glimpses (ideas, thoughts, and impressions) of how the theme will actualize within your consciousness. The days after the new moon establish a foundation for the next transformational arc to take place during the moon weeks of this moon cycle.

Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

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Gibbous

Expanded Life Narrative

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Days after the Gibbous

Small Realizations

Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of Truth at the Full Moon.

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Moment of Truth

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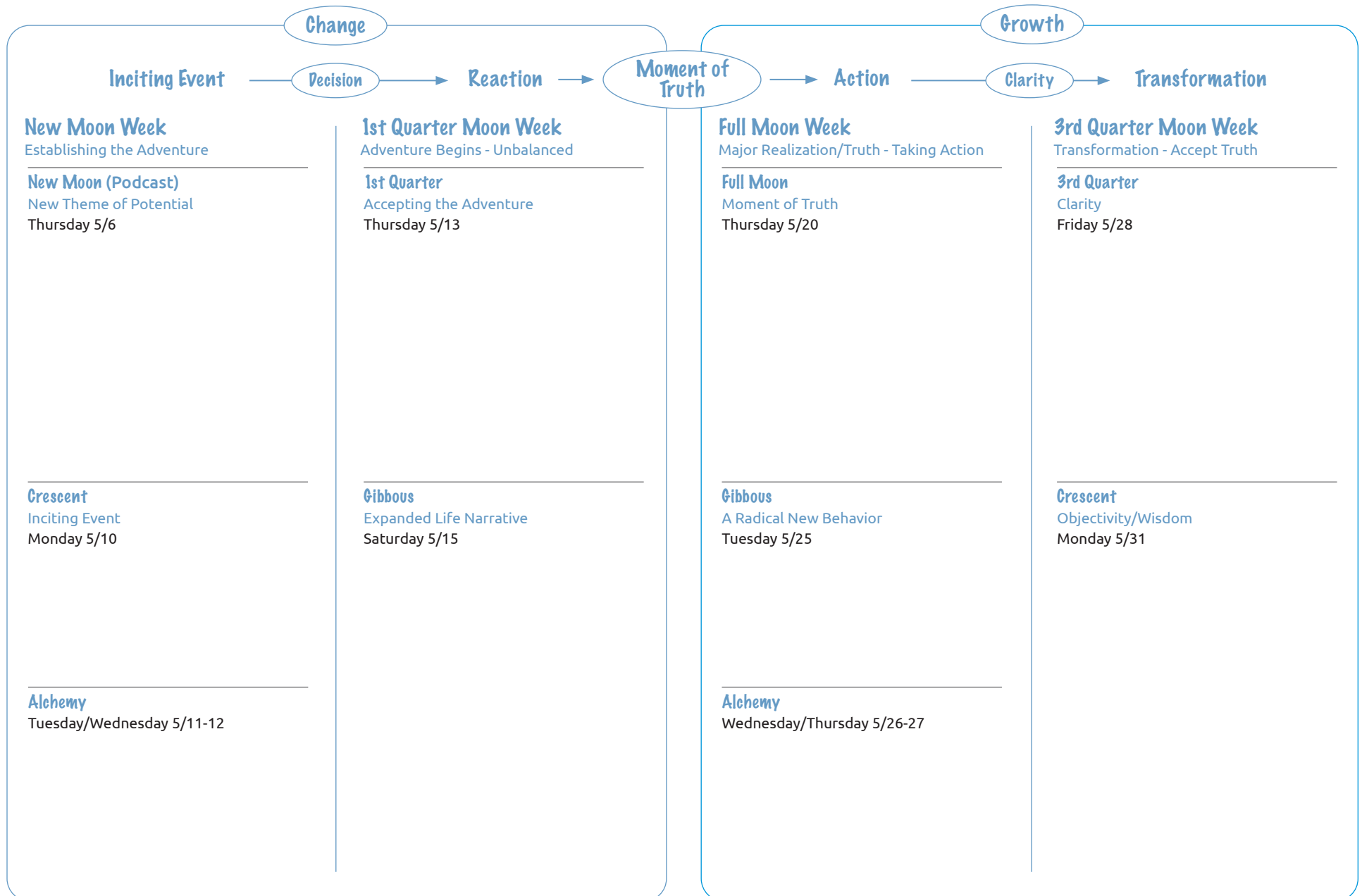
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Rhythm Moon Cycle

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

Chapter 9 - Rhythm Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

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You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

Gibbous

A Radical New Behavior

A radical experience of a new behavior surprises and confuses you, convincing you of your Truth, what you truly need. This forces you to surrender your Lie, what you think you want, and have more expanded experiences of your Truth.

Days after the Gibbous

Alchemy

Your outer world, your reality, reconfigures itself through the direct and expanded experiences of your Truth, what you truly need. At first, this reconfiguring may be unsettling, uncomfortable, and disorienting.

3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

Crescent

Objectivity/Wisdom

Greater objectivity on your Truth, what you truly need, and your Lie, what you think you want, establishes unequivocal knowing; knowledge within your consciousness. This is the climax of transformation within this moon cycle. As a result of the reorientation of your consciousness and the direct experience of its effects on your reality during the previous moon weeks, you now experience deeper empathy within you that is wisdom. You are going beyond what you previously knew about your Self, others, and the world. Your Lie, the limiting perception within your consciousness, has collapsed and you are now living and experiencing your Truth, the more authentic true capacity of your consciousness.

Days after the Crescent

Refinement

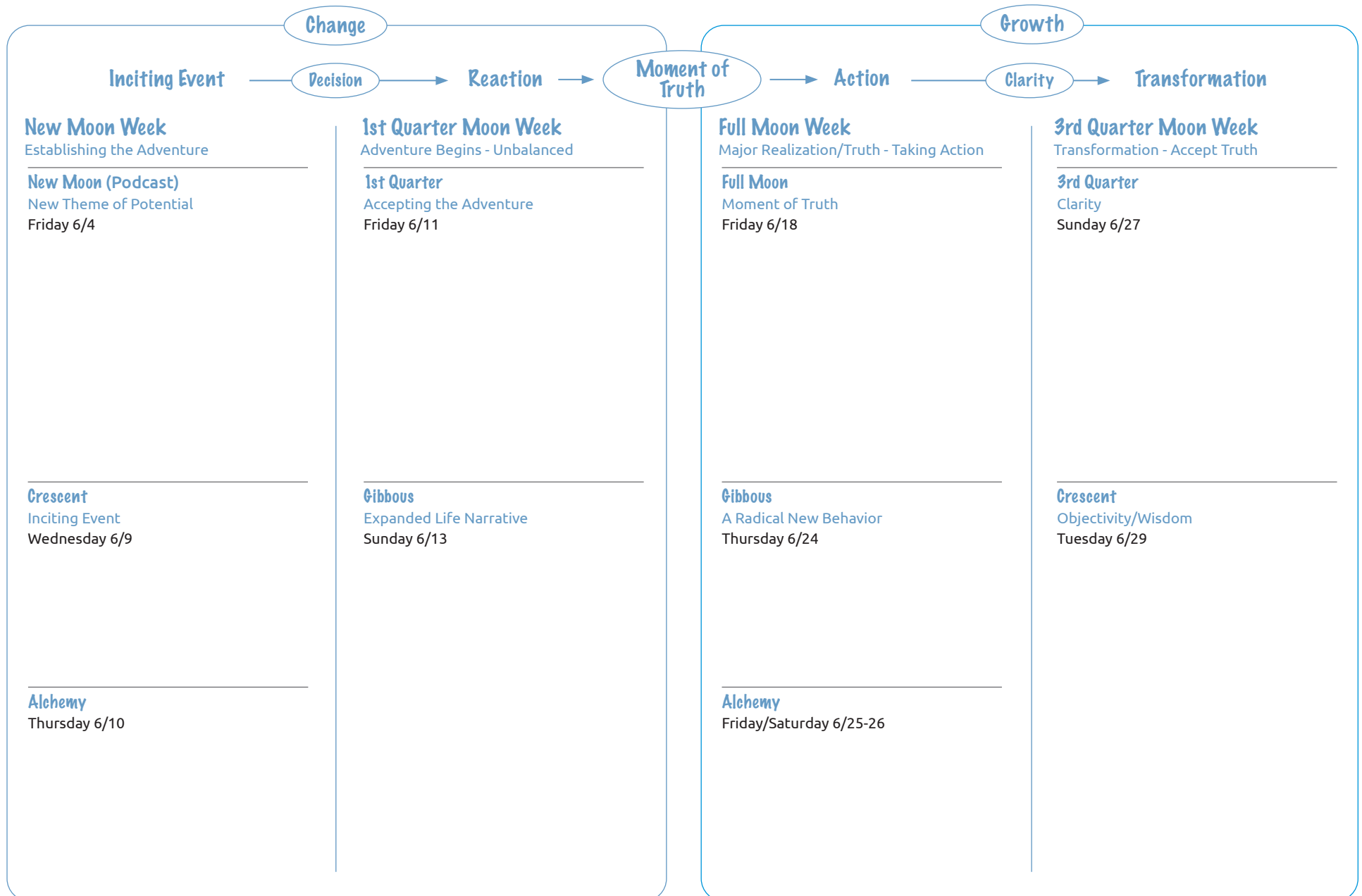
You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.



Action Moon Cycle

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

Chapter 10 - Action Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

Each moon cycle has a theme which is imprinted within our consciousness at each new moon. The moon weeks within each moon cycle unfold a transformational arc of change and growth

New Moon

Imprint of Moon Cycle Theme

The new moon is the beginning of a transformational arc where our consciousness is imprinted with a new theme of change and growth which unfolds during the four moon weeks of the moon cycle. On the new moon you may have a sense of new potential rising within your consciousness; you may feel optimistic and inspired and at the beginning of something fresh and new.

Days After the New Moon

Ordinary World and Setting

The transformational arc from the previous moon cycle stabilizes into an ordinary world and a new setting. This includes new characters/relationships that will be a part of this new moon cycle story/plot. You experience foreshadowing of the Moon Cycle theme where you get hints and glimpses (ideas, thoughts, and impressions) of how the theme will actualize within your consciousness. The days after the new moon establish a foundation for the next transformational arc to take place during the moon weeks of this moon cycle.

Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

1st Quarter

Decision - Accepting the Adventure

The reorientation/alchemy within your consciousness and inner world allows you to step into the adventure comfortably and willingly, accepting whatever it may bring. Accepting the adventure allows the change within your consciousness to unfold within your outer world, where it will create a new reality for you.

Days after 1st Quarter

Reaction - Adventure Begins!

Your outer world reorients itself according to the reorientation/alchemy of your inner world, and this happens through the narrative you hold within your relationships. The first few days of your adventure may seem confusing and unbalanced. Your inner world and outer world are no longer aligned as a result of the inciting event and inner reorientation. You repeatedly react to the misalignment/contrast of your outer world and your new inner world. A new life narrative is subtly forming and begins to reveal itself within the interactions of your relationships by pushing the parameters of your relationships; flexing those that accept your new life narrative and releasing those that are rigid and reject your new life narrative.

Gibbous

Expanded Life Narrative

An interaction with a particular relationship significantly changes your life narrative, cracking open and undermining your Lie, what you think you want.

Days after the Gibbous

Small Realizations

Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of Truth at the Full Moon.

according to the imprinted theme. Each moon cycle builds upon the previous moon cycle theme and arc. Every moon cycle and its theme is a chapter in the greater Book of Illumination, which is the underlying dynamic of transformation unfolding within our consciousness.

Full Moon

Moment of Truth

A major realization of your Truth, what you need, happens during the full moon. This gives you greater objectivity on your Lie, what you think you want, and how it no longer serves you.

Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

Gibbous

A Radical New Behavior

A radical experience of a new behavior surprises and confuses you, convincing you of your Truth, what you truly need. This forces you to surrender your Lie, what you think you want, and have more expanded experiences of your Truth.

Days after the Gibbous

Alchemy

Your outer world, your reality, reconfigures itself through the direct and expanded experiences of your Truth, what you truly need. At first, this reconfiguring may be unsettling, uncomfortable, and disorienting.

3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

Crescent

Objectivity/Wisdom

Greater objectivity on your Truth, what you truly need, and your Lie, what you think you want, establishes unequivocal knowing; knowledge within your consciousness. This is the climax of transformation within this moon cycle. As a result of the reorientation of your consciousness and the direct experience of its effects on your reality during the previous moon weeks, you now experience deeper empathy within you that is wisdom. You are going beyond what you previously knew about your Self, others, and the world. Your Lie, the limiting perception within your consciousness, has collapsed and you are now living and experiencing your Truth, the more authentic true capacity of your consciousness.

Days after the Crescent

Refinement

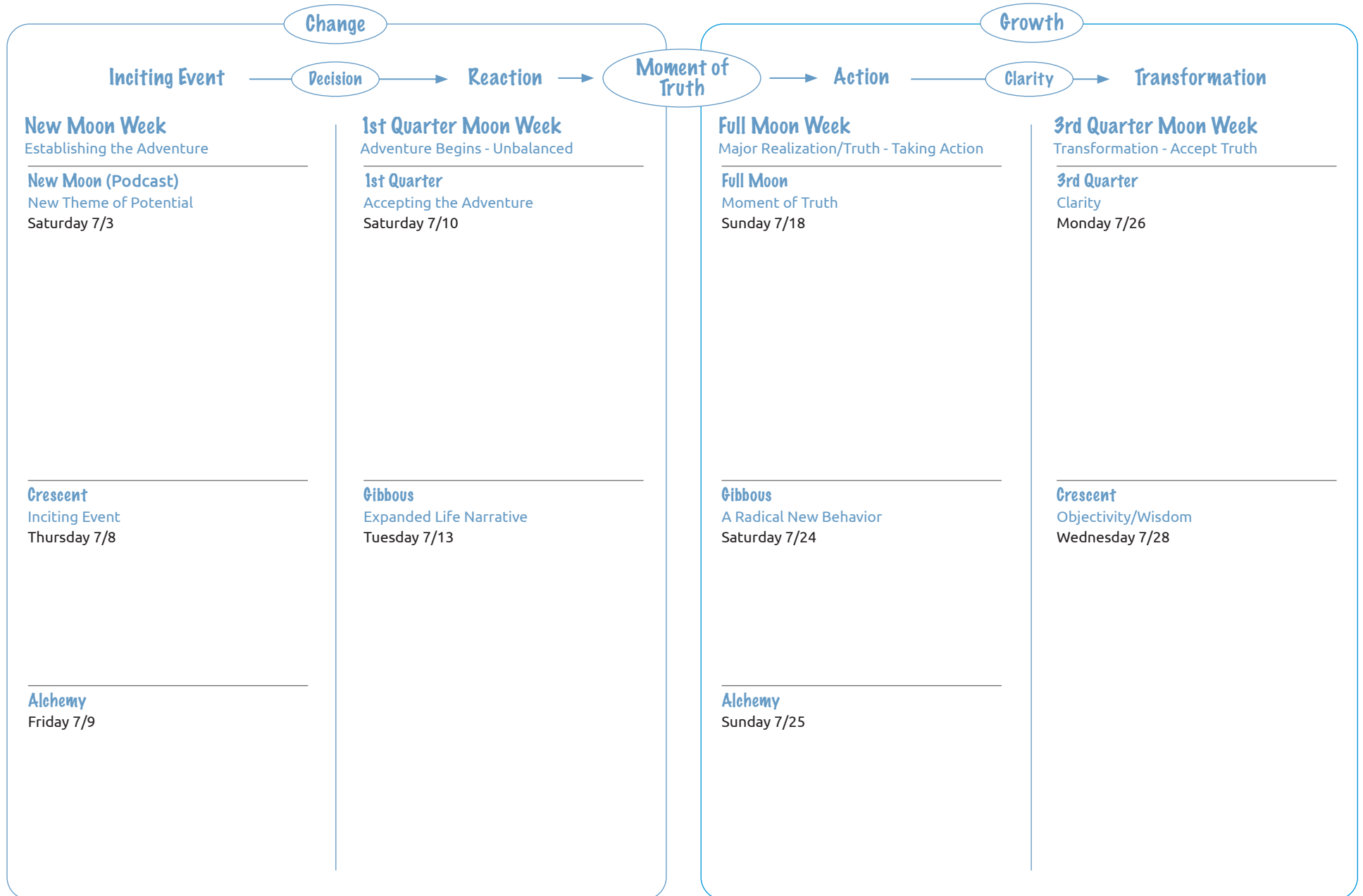
You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.



Surrender Moon Cycle

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

Chapter 11 - Surrender Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

Each moon cycle has a theme which is imprinted within our consciousness at each new moon. The moon weeks within each moon cycle unfold a transformational arc of change and growth

New Moon

Imprint of Moon Cycle Theme

The new moon is the beginning of a transformational arc where our consciousness is imprinted with a new theme of change and growth which unfolds during the four moon weeks of the moon cycle. On the new moon you may have a sense of new potential rising within your consciousness; you may feel optimistic and inspired and at the beginning of something fresh and new.

Days After the New Moon

Ordinary World and Setting

The transformational arc from the previous moon cycle stabilizes into an ordinary world and a new setting. This includes new characters/relationships that will be a part of this new moon cycle story/plot. You experience foreshadowing of the Moon Cycle theme where you get hints and glimpses (ideas, thoughts, and impressions) of how the theme will actualize within your consciousness. The days after the new moon establish a foundation for the next transformational arc to take place during the moon weeks of this moon cycle.

Crescent

Inciting Event - Call to Action

An event disrupts your ordinary world in some way and introduces change within your consciousness. At first, you resist the disruption and change being introduced which creates inner friction and tension, and then forces a decision at the 1st Quarter moon.

Days after the Crescent

Alchemy

Your mental construct, your inner world, reorients itself around your inciting event. The inciting event creates inner conflict between your Lie, what you think you want, and your Truth, what you truly need. This inner conflict establishes/creates the story/plot of transformation for this moon cycle, bringing your inner world and your outer world into greater alignment with your Divine Life Trajectory.

1st Quarter

Decision - Accepting the Adventure

The reorientation/alchemy within your consciousness and inner world allows you to step into the adventure comfortably and willingly, accepting whatever it may bring. Accepting the adventure allows the change within your consciousness to unfold within your outer world, where it will create a new reality for you.

Days after 1st Quarter

Reaction - Adventure Begins!

Your outer world reorients itself according to the reorientation/alchemy of your inner world, and this happens through the narrative you hold within your relationships. The first few days of your adventure may seem confusing and unbalanced. Your inner world and outer world are no longer aligned as a result of the inciting event and inner reorientation. You repeatedly react to the misalignment/contrast of your outer world and your new inner world. A new life narrative is subtly forming and begins to reveal itself within the interactions of your relationships by pushing the parameters of your relationships; flexing those that accept your new life narrative and releasing those that are rigid and reject your new life narrative.

Gibbous

Expanded Life Narrative

An interaction with a particular relationship significantly changes your life narrative, cracking open and undermining your Lie, what you think you want.

Days after the Gibbous

Small Realizations

Cracking open your Lie makes you vulnerable to your Truth, what you truly need. Your new vulnerability allows room for small realizations of your Truth to rise within your consciousness. These small realizations are leading you to and establishing the foundation for your Moment of Truth at the Full Moon.

according to the imprinted theme. Each moon cycle builds upon the previous moon cycle theme and arc. Every moon cycle and its theme is a chapter in the greater Book of Illumination, which is the underlying dynamic of transformation unfolding within our consciousness.

Full Moon

Moment of Truth

A major realization of your Truth, what you need, happens during the full moon. This gives you greater objectivity on your Lie, what you think you want, and how it no longer serves you.

Days after the Full Moon

Action

You start taking action, choosing your Truth, what you need, with new behavioral patterns that move you closer to your Truth and away from your Lie, what you think you want. Believing you may have both your Truth and your Lie, you fluctuate between them, trying to reconcile your Truth and your Lie through direct experiences of both.

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A Radical New Behavior

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Days after the Gibbous

Alchemy

Your outer world, your reality, reconfigures itself through the direct and expanded experiences of your Truth, what you truly need. At first, this reconfiguring may be unsettling, uncomfortable, and disorienting.

3rd Quarter

Transformation - Clarity

Your Lie, what you think you want, is presented to you again in a significant way, creating even greater contrast between your Lie and your Truth, what you truly need.

Days after the 3rd Quarter

Deeper Knowing

The contrast you experienced between your Truth and your Lie at the 3rd Quarter elicits a direct ongoing experience of a deeper unequivocal knowing of your Truth as what you truly need and is best for you. This stabilizes your Truth within your consciousness as a new perspective on your Self, others, and the world.

Crescent

Objectivity/Wisdom

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Days after the Crescent

Refinement

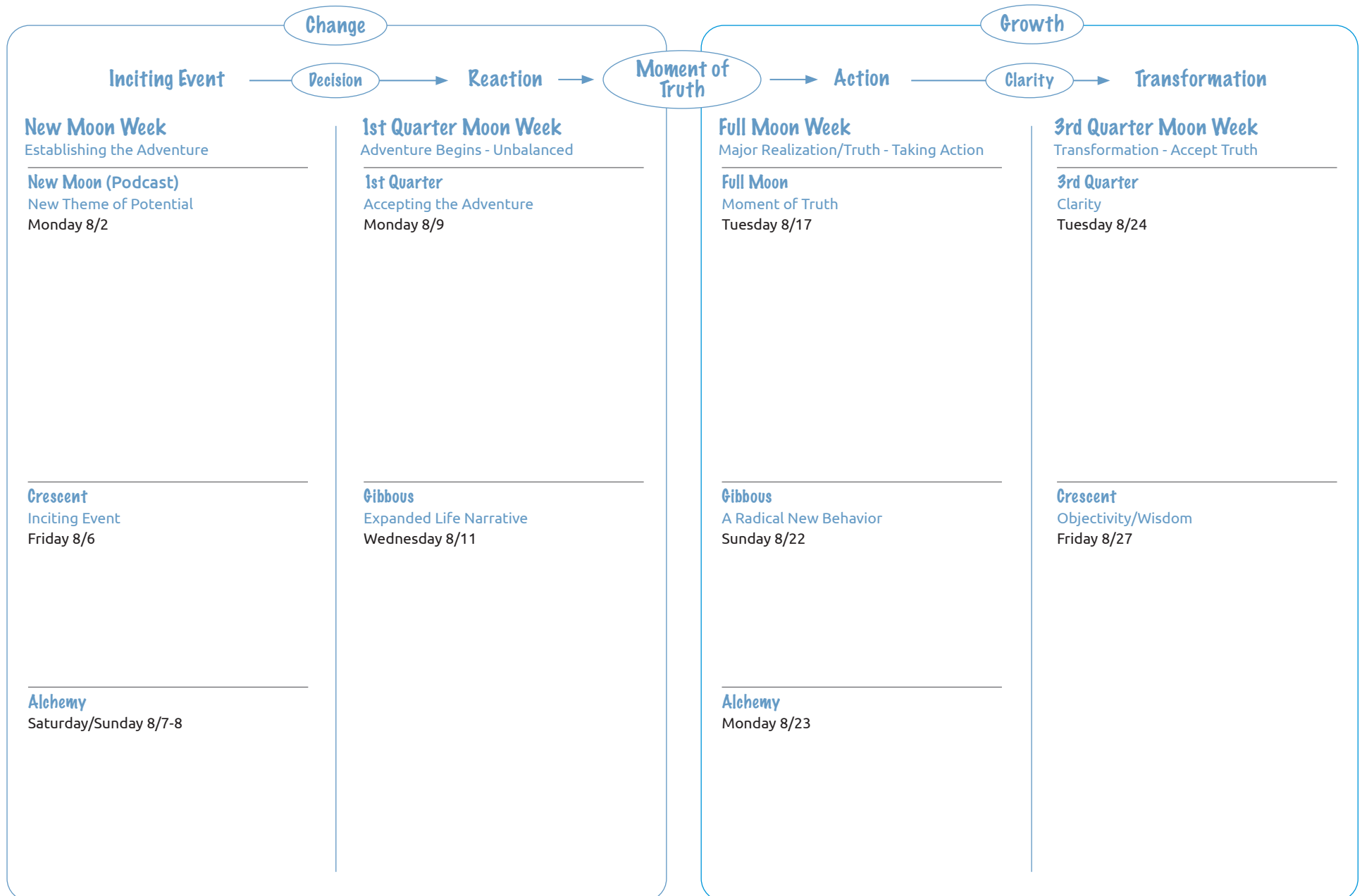
You have reached a new level of inner wisdom relative to the moon cycle theme within your consciousness. You are refining your consciousness and establishing a foundation for the next moon cycle and transformational theme.



Grace Moon Cycle

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

Chapter 12 - Grace Moon Cycle
Living the Moon Cycles
Book of Illumination 2026-27



Moon Cycle Transformational Arc Dynamics

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New Moon

Imprint of Moon Cycle Theme

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Ordinary World and Setting

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Crescent

Inciting Event - Call to Action

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Days after the Crescent

Alchemy

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Expanded Life Narrative

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Moment of Truth

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Days after the Crescent

Refinement

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