

2021
Astro & Luna
PLANNER GUIDE



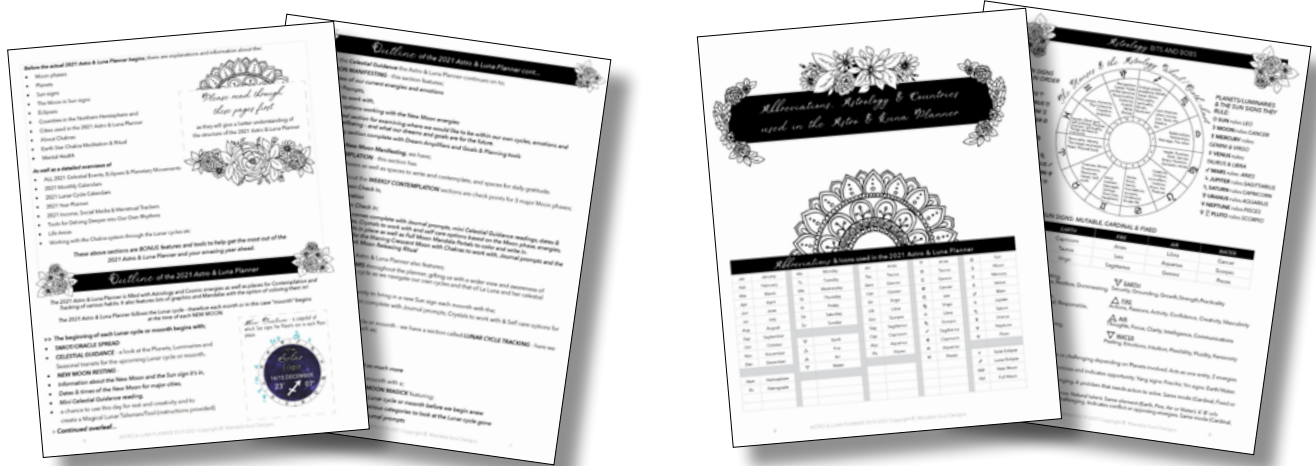
A HOW TO USE GUIDE - TO THE
2021 ASTRO & LUNA PLANNER

Welcome to this How to Use guide for the 2021 Astro & Luna Planner. This guide is to explain the various aspects of the 2021 Astro & Luna Planner and how to use the planner to get the most magic out of it!

The 2021 Astro & Luna Planner works with the Lunar cycles so each new Lunar cycle "moonth" begins at the New Moon. This planner has been designed to help bring our dreams to life and for us to connect with our own rhythms and cycles. It's an empowering way living and following the natural cycles of our world and the rhythm of the cosmos.

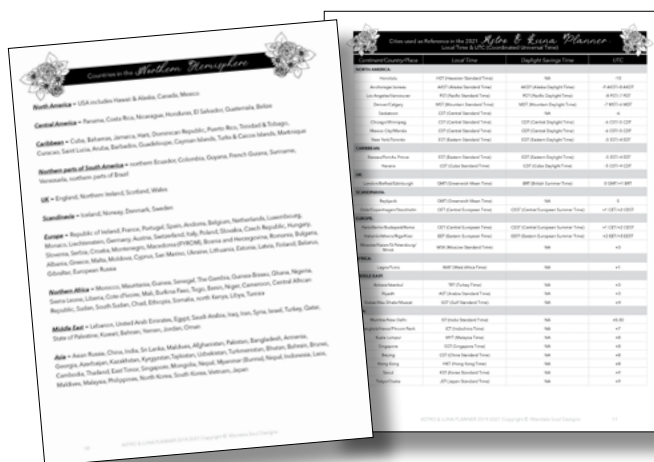
PLEASE NOTE: The beginning bonus pages of the 2021 Astro & Luna Planner are explained in this book from pages 2 - 6. The "actual" PLANNER or PLANNING bit begins on page 65 of the 2021 A&L Planner and is explained in this book from pages 7 - 18.

Without further ado - here's the promised How To guide to the magical 2021 Astro & Luna Planner!



The very beginning of the 2021 Astro & Luna Planner features an overview and outline of the planner. Pages 6-7

There are also some simple explanations of Astrology and abbreviations & icons used in the Planner. Pages 8-9



Furthermore there's a snap shot of the timezones used in the planner. Pages 10-11

There's also a section called Celestial Magick (pages 13 - 20) which features a brief look at the planets, sun signs and a guide to moon phases. These feature:

"Planetary Magic" - a look at each Planet and Luminary's energy and attributes as well as their Retrograde vibe.

"Sun Sign Magic" - A look at each Zodiac signs energy and attributes.

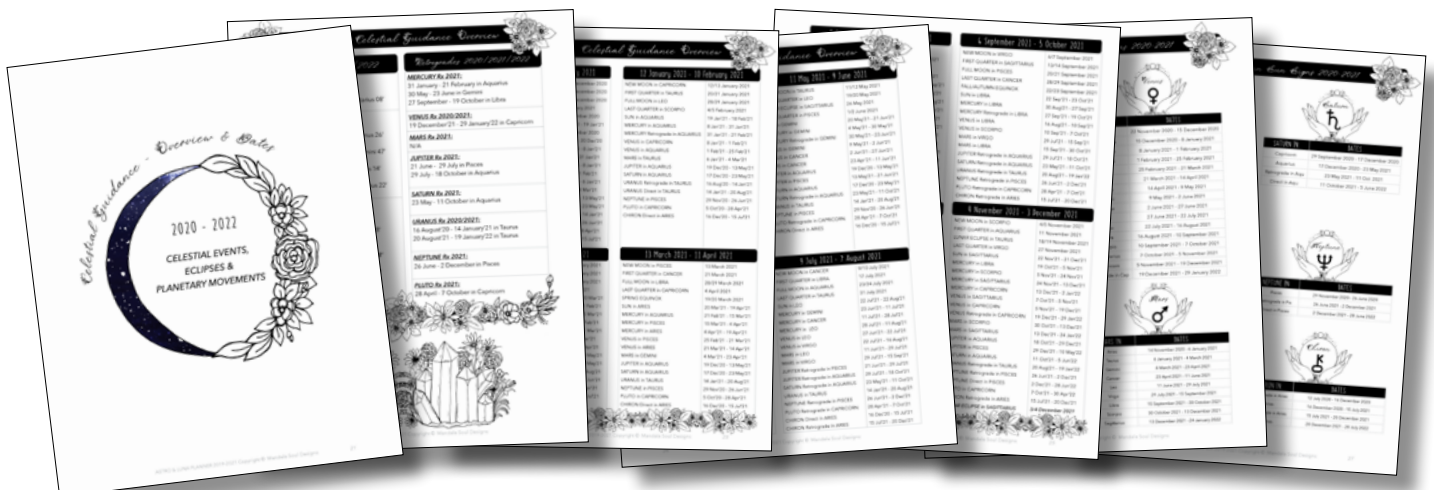
"The Magical Power of Moon phases" - A look at each Moon phase and what they mean.

"When the Moon is in...." - A look at how the Sun signs affect the Moons vibe.

"The Super Powers of Eclipses" - A look at Eclipses and how they work.



After that we come to the YEARLY Celestial Guidance (pages 21 - 27) which features an overview of the Dates for all Celestial events, Eclipses and Planetary movements. We can refer back to these pages if we want to quickly look up an Astrological event.



Beyond the yearly Celestial Guidance we come to the YEARLY 2021 CALENDARS, PLANNER and TRACKERS (pages 29 - 37).

The Calendars are pretty self explanatory - the first page shows the GREGORIAN calendars and months - the second page shows the LUNAR CYCLE *moonths*. We can highlight any important things here, or things like recurring payments, income, bills etc.

On pages 32 and 33 we have the YEARLY Planner.

Pages 34, 35, 36 and 37 we have the Income, Expenses, Social Media and Menstrual Tracker. These are of course optional but are there for those who might feel like they want to work with a yearly tracker.

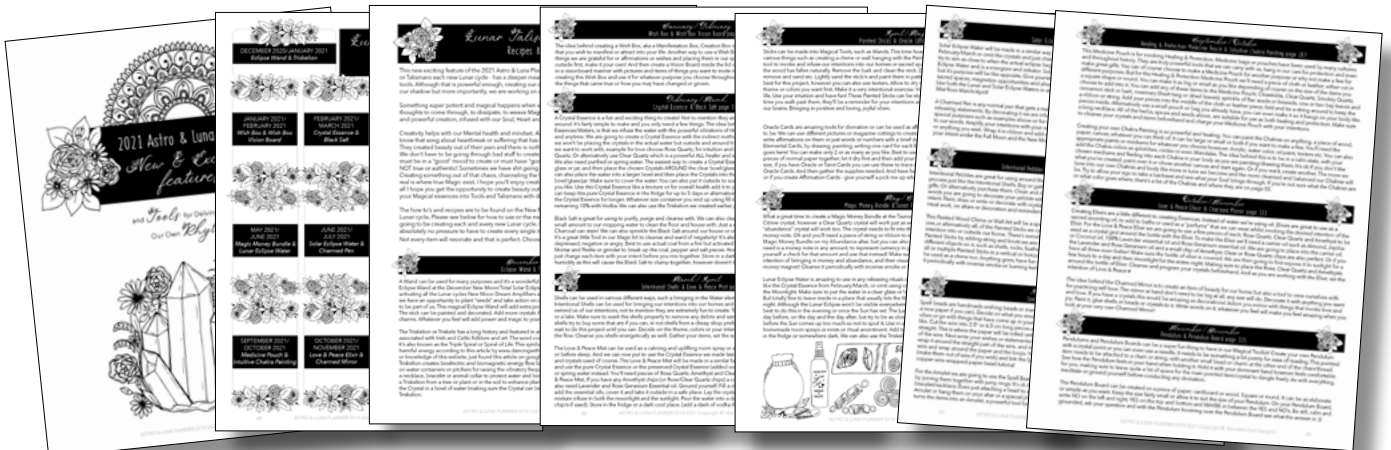
Please note: The 2021 Astro & Luna Planner has a Moon wheel tracker at the end of each Lunar cycle that can be used instead of or as an additional to these trackers.

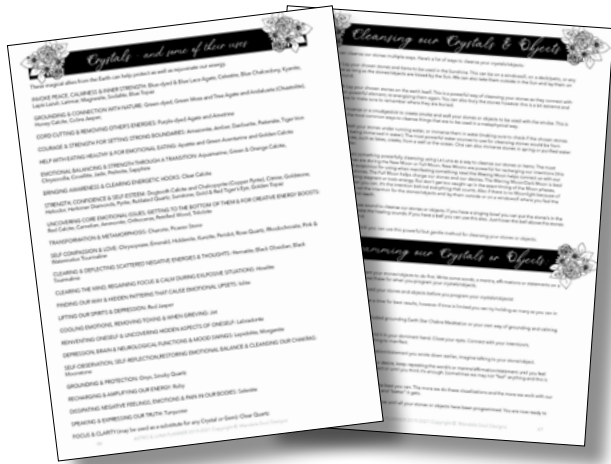


The next section of the 2021 Astro & Luna Planner features all the NEW things in this years planner. These are tools for delving deeper into our own rhythms.

Page 40 to 45 shows the various Lunar Talismans and Tools we can create ourselves each Lunar cycle. These are of course optional but a great way to create a magical and sacred tool each and every Lunar cycle.

All the recipes are on the New Moon Resting pages at the beginning of each Lunar cycle. These pages 40 - 45 explains a little more about the reasoning behind the Lunar Talismans and a little bit of how to make them.





Pages 46 to 47 is a brief guide to Crystals - and some of their uses and how to cleanse and clear them (including other objects) and programming crystals (and other objects.)

The next few pages are some suggestions for things we can do to keep our minds healthy page 48, and on page 49 we have an opportunity to make a list of things that makes us happy that we can keep referring to and to make sure we do regularly throughout each Lunar cycle.

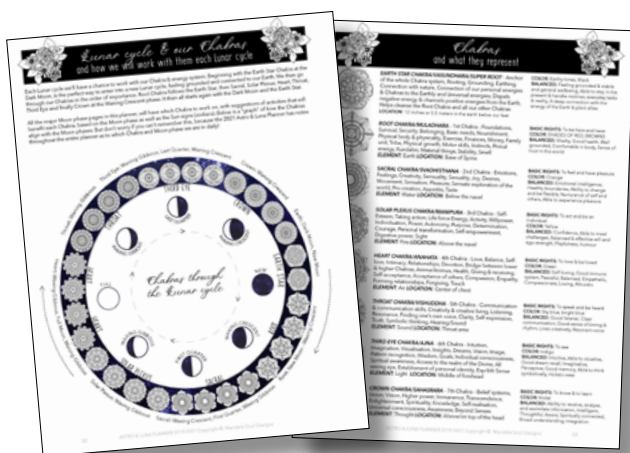


Page 50 is about Seasons of OUR body and soul. Just like the Earth we also go through seasons. This is based upon the teachings from the book by Lauren Aletta from Inner Hue "Into the Woods".



Page 51 we have the Areas of Life Dream Amplifier overview. At each New Moon we have opportunities to set intentions and we can do that with the provided Dream Amplifier Mandalas - featured at each New Moon throughout the 2021 Astro & Luna Planner.

The idea behind this is to break our goals/dreams/intentions into small steps and we can do that by dividing them into different categories or life areas.



In the 2021 Astro & Luna Planner we also have an opportunity to connect with our Chakras or energy centers in our bodies.

Pages 52 and 53 explains this a bit more and shows what Chakras we can connect with during the Lunar cycle.

This will be further shown at each New Moon wheel at the beginning of each new Lunar cycle, at the New Moon Calendar and also in every single Weekly

Contemplation page. (each one of these pages will be explained more in depth later in this guide).

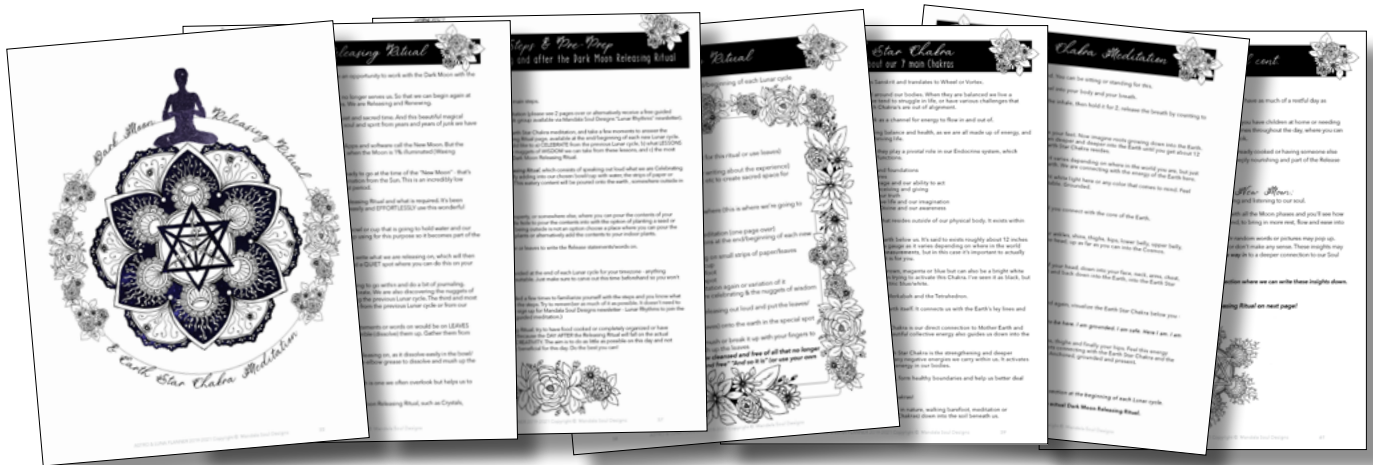
Aura Color Chart

At the beginning of each Lunar cycle, at the time of the New Moon, we are connected to God and our own innermost self. This is a time when we are most receptive to the energy of the universe and the energy of the New Moon. Please use this chart as a guide to color in our energies each New Moon. Manifesting wishes in the color of your own heart.

COLOR	MEANING	IMPLICATION
RED	Passion, Courage, Strength, Health, Leadership, Determination, Physical Energy	Heat, Anger or rejection, Anger, Aggression, Frustration, War, Love
ORANGE	Confidence, Optimism, Vitality, Creativity, Leadership, Self-Confidence, Ambition, Courage, Joy, Fun, the Creative Spirit, Prudence, the Joy of Life	Sarcasm, Disagreement, Lack of energy, Lack of will, Laziness, Apathy
YELLOW	Friendship, Loyalty, Cheerfulness, Optimism, Intellectualism, Self-Confidence, Creativity, Leadership, Joy, Fun, the Creative Spirit, Prudence, the Joy of Life	Mental Health Issues, Anxiety, Depression, Lack of energy, Lack of will, Laziness, Apathy
GREEN	Health, Calmness, Confidence, Self-Confidence, Leadership, Self-Confidence, Ambition, Courage, Joy, Fun, the Creative Spirit, Prudence, the Joy of Life	Disagreement, Lack of energy, Lack of will, Laziness, Apathy
BLUE	Wisdom, Communication, Clarity, Rationality, Precision, Control, Order, Structure, Discipline, Responsibility, Leadership, Self-Confidence, Ambition, Courage, Joy, Fun, the Creative Spirit, Prudence, the Joy of Life	Disagreement, Lack of energy, Lack of will, Laziness, Apathy
INDIGO	Highly Sensitive, Confidence, Self-Confidence, Leadership, Self-Confidence, Ambition, Courage, Joy, Fun, the Creative Spirit, Prudence, the Joy of Life	Disagreement, Lack of energy, Lack of will, Laziness, Apathy
PURPLE	Power, Communication, Leadership, Self-Confidence, Ambition, Courage, Joy, Fun, the Creative Spirit, Prudence, the Joy of Life	Disagreement, Lack of energy, Lack of will, Laziness, Apathy
PINK	Love, Compassion, Kindness	Isolation, Fear
TURQUOISE	Optimal, Healing, Transformation, Protection	Easy Creation Backlogs
GREY		Blocked Energy, Depression, Sadness, Stress, Fear
BROWN		Self-Denial, Lack of Energy
BLACK		Unforgiving, Negativity, Stress
WHITE	Purity, Innocence, Truth, Refreshing, High Spiritual Awareness	Substance Abuse

The Aura color chart on page 54 is in reference to the New Moon Manifesting section where we have an opportunity to color in our energies each New Moon.

More about the New Moon Manifesting later in this guide.



The last thing before the ACTUAL planning bit of the 2021 Astro & Luna Planner begins, is the Dark Moon Releasing Ritual and Earth Star Chakra Meditation.

The pages 55 to 62 explains all about how we can use the Dark Moon period for releasing so we can begin again anew at each New Moon and Lunar cycle.

These pages explains about the Dark Moon Releasing Ritual as well as the steps and pre prep. There's also a written meditation to connect with the Earth Star Chakra and a little about our 7 main Chakras.

And now we head into the actual 2021 Astro & Luna Planner. Explanations of each section of the planner is featured on the next pages.

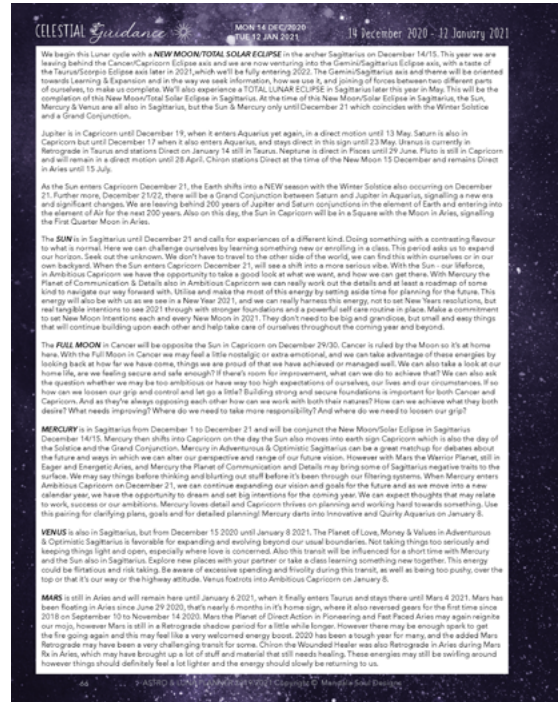
A GUIDE TO EACH SECTION OF THE 2021 ASTRO & LUNA PLANNER



The official 2021 Astro & Luna Planner begins on page 65. Every new Lunar cycle or "moonth" begins with:

A Tarot/Oracle Spread & snapshot of Moon phases - here we can draw cards for the Lunar cycle ahead if we wish.

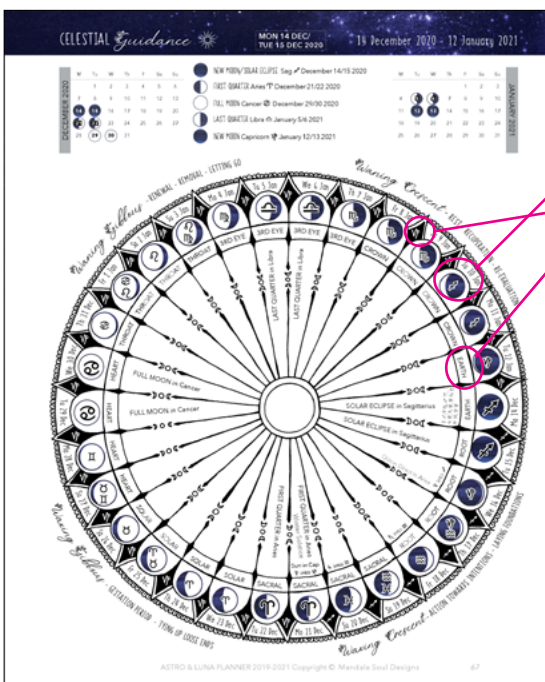
We can use the provided questions with the cards or use them for journaling, or we can make up our own questions or journal prompts as well.



CELESTIAL GUIDANCE - the first page of the Celestial Guidance section (after the Tarot/Oracle draw page - is a look at the Planets, Luminaries and Seasonal transits for the upcoming Lunar cycle or moonth.

We can read through this at the beginning of each new Lunar cycle (new moon) to get an idea of the upcoming energies.

Take what you want and leave the rest.



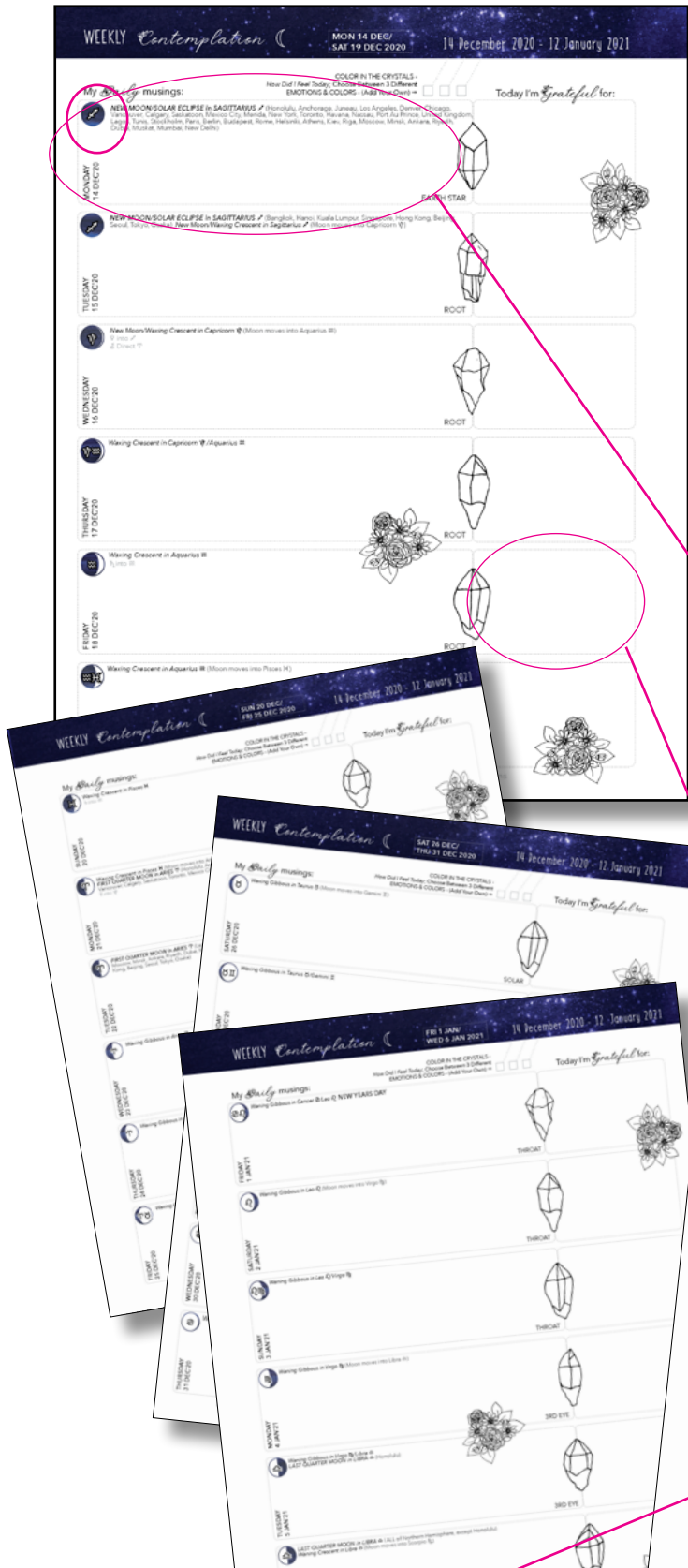
CELESTIAL GUIDANCE on the second page of the Celestial Guidance section - we'll find a Moon wheel.

This is basically an overview of the entire Lunar cycle.

Here we can see the dates, the moon phases and what sign its in, the Sun cycle as well on the outer black diamond shapes, the Chakras we can work on, on any given day, and Planetary events such as Retrogrades or Planets changing signs. We can also see when the Sun changes signs.

We can use this Moon wheel however we wish, or not at all. It's there to see the Lunar cycle in its cyclical form. It's just a different way of "seeing" the Lunar cycle. But we can also use this as a tracker of sorts or a calendar. Color in the wedges or highlight important things.

Above the Moon wheel we can find small normal gregorian calendars - so we can still "see" the "normal" way of counting time as well as the Lunar cycle way. THE 2021 ASTRO & LUNA PLANNER FOLLOWS THE LUNAR CYCLE not the Gregorian calendar - meaning that it begins with the New Moon not the 1st of the month.



The WEEKLY CONTEMPLATION pages will be strewn throughout the 2021 Astro & Luna Planner - they are strategically placed inbetween the major Moon phases - before the New Moon, First Quarter Moon, Full Moon, Last Quarter Moon and before the Waning Crescent Moon pages.

There are 5 Weekly Contemplation pages all up;

The Weekly Contemplation section features:

- Daily Moon phases as well as spaces to write and contemplate, and spaces for daily gratitude.

So as mentioned earlier, the Weekly Contemplation sections are following the major Moon phases pages (New, First Quarter, Full, Last Quarter and Waning Crescent page spreads).

Each box in the Weekly Contemplation have the daily Moon phase and sign its in, as well as any planetary or seasonal updates. Here we can add in appointments, or daily journaling, or daily card draws or anything that takes our fancy.

I personally use these sections as daily journaling/contemplation and for adding in anything important I've done etc.

The daily gratitude box is self explanatory. Here we write in things we are grateful for each day.

The little crystals on these 5 pages - the ones between the daily moonphases/contemplation and the daily gratitude boxes are meant to be for coloring in our emotions.

At the top of the page we can see 3 boxes - here we can choose a color for 3 different emotions. Best is to stick with the same colors and emotions throughout the planner.

At each new Lunar cycle or when we come to this page, we can fill in the colors and emotions in the boxes. Then each day preferably, we can color in the crystal for that day in the colors of our emotions.

This is a wonderful way of tracking and a snap shot of our daily feelings.



NEW MOON RESTING - this page is for the New Moon and the suggested action for this day is to take it easy and rest as opposed to taking action - that comes the day after.

This page and section features:

Information about the New Moon and the Sun sign it's in

Dates & times of the New Moon for major cities

Mini Celestial Guidance reading

a chance to use this day for rest and creativity and to create a Magical Lunar Talisman/Tool (instructions provided) (optional exercise although so powerful for our mental health and to bring in creativity into our lives)

This section we can write how we will rest at the New Moon (optional) or just journal how we are feeling. Anything goes really.

We also have an opportunity to connect with our Earth Star Chakra.

We then continue on to the **NEW MOON MANIFESTING** - this section has 5 pages all up and this first page of the New Moon Manifesting pages consists of:

The Divine Time and Self/Soul care suggestions working with the New Moon energies

Crystals we can work with during the New Moon

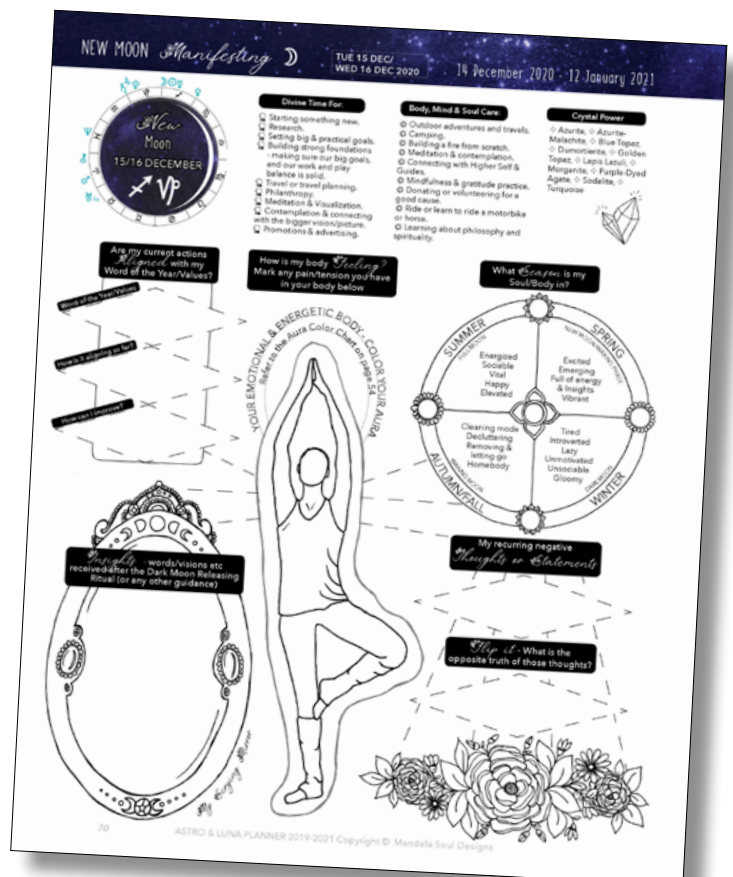
Overview of our current energies and emotions - this section gives us an opportunity to check in with how we are currently FEELING.

We can color in our Aura by looking at the chart on page 54. We can circle/fill in/color in what season we FEEL we are currently in. (more about the Seasons of our bodies on page 50)

Any insights we've received we can add into the scrying mirror.

We can also check in with our word/s of the year or values - to see if we're living in accordance with them.

The Flip the Switch section we can powerfully change our current negative/less desirable/hurtful thought processes into positive and empowering ones. This one is my favourite to do each Lunar cycle!



The 2nd page of the New Moon Manifesting section we have various Journal Prompts with dedicated sections for examining where we would like to be within our own cycles, emotions and general wellbeing - and what our dreams and goals are for the future.

Here we can fill in what our wild free untamed self are yearning for. What our inner child needs. How we can look after our soul and general wellbeing throughout the Lunar cycle. Our mental health as well..what do we think is needed?

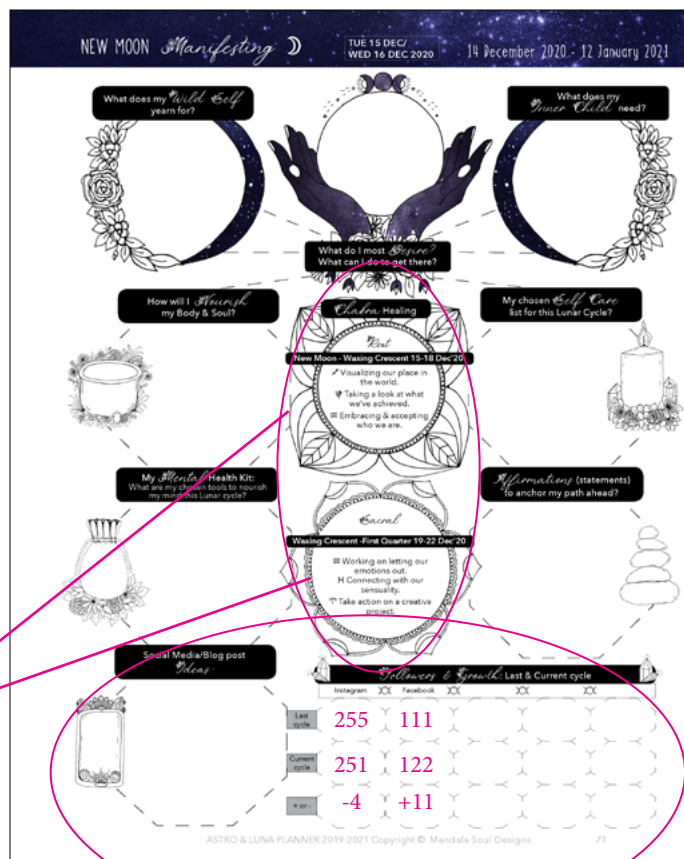
We can write down what comes to our mind OR use the Divine Time or Self/Soul care suggestions on previous page AND/OR also pick things from the Celestial Guidance page or Celestial Guidance from the New Moon page.

(We begin the ACTUAL intention setting on the next 2 pages (more on that next page))

Root & Sacral Chakra balancing - every New Moon and Waxing Crescent moon we can work on our Root and Sacral Chakra.

Here we have an opportunity to connect with and balance our Root and Sacral Chakras. Read what the Chakra Mandalas have written in them - and use the ones that resonate with you - you can do all or just one.

Also if we look at the Lunar Wheel at the beginning of the Lunar cycle pages next to the Celestial Guidance - we can see the days that we can work with the Root Chakra and the Sacral Chakra. (in fact there you'll find the overview of when we can work with which Chakra)



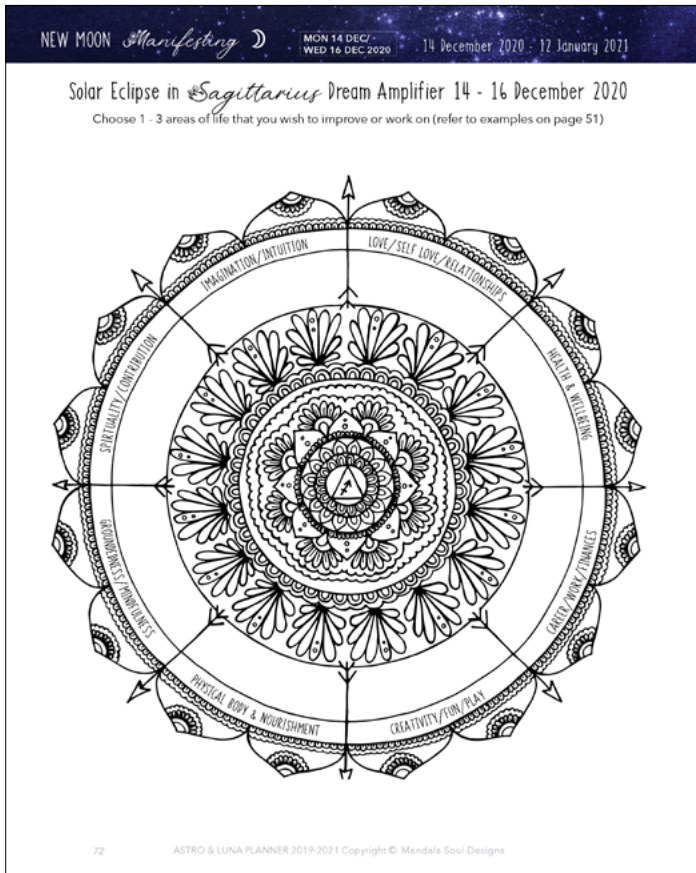
For those of us who like analytics - can track the followers gained each Lunar cycle from various different social media sites etc. I personally also track subscribers to my newsletter.

We can also brainstorm ideas or themes for the posts to make planning and posting a bit clearer and easier.

So when we first begin the planner - we won't have Last cycle's numbers (unless you have the 2020 planner then maybe we do). But as each Lunar cycle progress we can fill in the appropriate fields.

For example - tracking facebook - at the beginning of the New Moon we put down how many current followers we have and if we have data from the previous "current cycle" field from previous Lunar month we add that into "previous cycle". Then we can subtract those two numbers and see the difference.

We can also add this data into the yearly Social Media Tracker on page 36 of the planner.



The third and fourth pages are for:

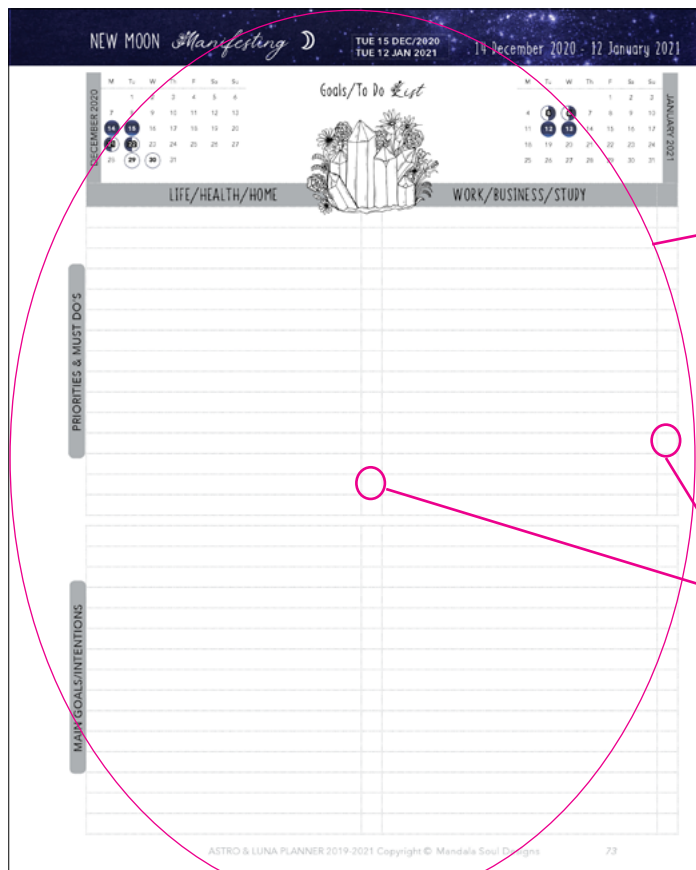
Manifesting and intention setting section complete with New Moon Dream Amplifiers and Goals & Planning tools -

Ok so here we go into the ACTUAL intention/goal/dream setting. We can use the Dream Amplifiers to set intentions on various life categories. Best to pick only a few however I seem to pick quite a few as they overlap sometimes or also because usually I try to break down my goals into small steps.

For example if our goal is to lose weight we would break this down into small steps each Lunar cycle - stop eating sugar or reduce it, mindset work, exercise either begin doing it or if we are already then to change it in some way, add cardio, reduce fat intake etc etc. If for example we want to lose 10 kg's - we can't realistically and healthily do that in one Lunar cycle, so we'll need to give ourselves small realistic goals each new moon.

This can be tweaked each Lunar cycle. But we begin by breaking it down into very small manageable steps first!! This is super important, because when we try to cram in everything at once - we are setting ourselves up for unnecessary high expectations.

Now also we may want to not only lose weight this Lunar cycle we may also want to connect to our guides/higher self and write a blog post. Now we can also fill in these categories in the Dream Amplifier. We may also have other important things happening in our world we need to account for such as parenting, work, biz etc, which we may not need to add into the Dream Amp..so the important thing here is to not overwhelm ourselves!! I hope that makes sense.



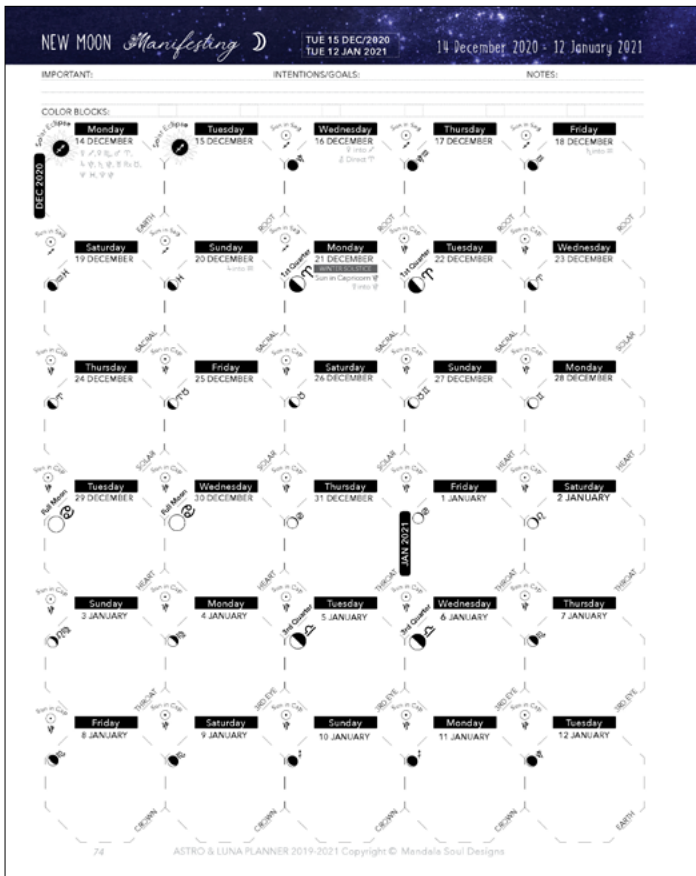
THEN we add the stuff into the Goals/List section.

And breaking it down into as many small steps as possible. We work out which of those steps are absolute priorities and must do's - and we add them into the Priorities/Must Do section in either the life/home/ or work/biz/study sections.

The other not so urgent but still pretty important steps we can add into the Main Goals/Intentions section under the appropriate category.

We can also tick off the stuff we've done.

And the things we didn't get done or eventuate we can either dismiss or bring into the next Lunar cycle.



The final page of the New Moon Manifesting section consists of a calendar where we can add in anything we want whether that is scheduling in various steps from previous pages or appointments we may have etc

This calendar is in the same vein as the Moon wheel. It begins with the New Moon and all the major planetary, seasonal events as well as what sign the Sun is in are displayed in the octagons.

We can also see the daily Moon phases here as well as the different Chakras we can work on through the Lunar month.

There's a place at the top of the page where we can add in any important things we need to do and we can add color to the color blocks corresponding to certain things we are tracking or highlighting and color those octagon shapes for the relevant days.

Strewn between the WEEKLY CONTEMPLATION sections, as mentioned previously, are check points for 3 major Moon phases and one minor;

First Quarter Moon Check in
Full Moon Celebration
Last Quarter Moon Check in and
Waning Crescent Moon

Each Moon phase page comes complete with Journal prompts, mini Celestial Guidance readings, dates & times for major cities, Crystals to work with and Divine Time and Self/Soul care options based on the Moon phase, energies, sun signs and transits in place.

At the First Quarter Moon we also have the option of connecting and working with our Solar Plexus Chakra, and as the moon waxes and goes towards Full we can move onto our Heart Chakra.

The First Quarter Moon page is basically a check in point to see where we are and a reminder for self care practices.

We also have the opportunity to bring in a new Sun sign each month with the SUN EXPLORATION section complete with Journal prompts, Crystals to work with, Divine Time & Self care options for the upcoming Sun cycle.

This page will be found between the First Quarter Moon and the Full Moon.

Here we can read a bit about the Sun sign energy, as well as journal on the journal prompts. There's also Divine time and Self/Soul care suggestions as well as crystals to work with the Sun energy.

SUN Exploration MON 21 DEC 2020 14 December 2020 - 12 January 2021

SUN in Capricorn
21 December 2020 - 19 January 2021

Element: EARTH ♄ // Planet: SATURN ♄
 Modality: (CARDINAL) // Tarot: THE DEVIL

Sun in CAPRICORN energy is DRIVEN, COMPETENT, PURPOSEFUL, DEPENDABLE, PRACTICAL, STRATEGIC

Plan & Commit to Long Term Goals!

Capricorn is ruled by the element Earth and Planet Saturn. This sign is dependable, practical, serious, determined and motivated. Capricorn is known as the most driven and ambitious sign of the zodiac. This sign thrives on accomplishing goals! Capricorn's are in it for the long run, they are hardworking, patient, responsible and work slowly but steadily towards long term goals. They can also be authority figures and make great bosses or leaders. Their down to earth energy gives Capricorn a calm analytical approach to arguments or challenges. They are generally solid as a rock and always there if you need them.

Success or achievement in a general sense is very important for Capricorn. It's the driving force behind all that they do. Capricorn energy is all about achieving in the world in some way. The way they go about it is very Saturnian, they need structure and organization, and being an Earth sign, they are looking for something tangible, real and physical in the world. The challenges for Capricorn is their drive for achieving or being in charge at all cost. They can be controlling, fearful and distrusting. They can also be emotionally unavailable, cold, calculating and doing whatever it takes to get to the top. Capricorn's have a tendency to worry too much and overworking, often forfeiting fun and play.

They are usually the silent, somewhat shy and introverted type and generally don't brag about their achievements. They can be guarded and hard to get to know and it takes a bit to gain their trust. Capricorn's have an innate ability to analyze both situations and people, and can be great with numbers and facts.

Capricorn season also signals the Winter Solstice & we'll see the seasons change December 21.

Divine Time For:

- ☑ Making plans for the future.
- ☑ Revealing goals, plans & projects.
- ☑ Implementing stronger foundations & structures in various aspects of our lives.
- ☑ Working on our limitations & things holding us back.
- ☑ Starting a new business, career or study program.
- ☑ Asking for promotion or applying for a job.
- ☑ Putting in extra effort into a project or job.

Body, Mind & Soul Care:

- ☑ Fun, lighthearted activities - build with lego, play board or card games, build snowmen or lanterns.
- ☑ Laughing and taking it easy.
- ☑ Read a book for fun.
- ☑ Working with & healing our inner children.
- ☑ Unplug from work, technology, news & media.
- ☑ Skiing, winter camping, climbing top of hill or mountain.
- ☑ Implementing stronger boundaries & delegate jobs or chores to others.

Crystal Power

- ☑ Amethyst, ☑ Black Onyx, ☑ Brown Agate, ☑ Green Aventurine, ☑ Red Calcite, ☑ Hematite, ☑ Harker Diamond, ☑ Moonstone Jasper, ☑ Red Jasper, ☑ Lodestone, ☑ Malachite, ☑ Peridot, ☑ Prehnite, ☑ Quartz, ☑ Laser Wands, ☑ Red Tigers Eye

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Winter Solstice & Winter
 Surrender, Rest & Recovery, Healing work, Stripping back, Transformation

At the Winter Solstice, we are the furthest we will be all year from the Sun. The energy is introverted and slow. This is also the marker for the 1st day of Winter and although it's the shortest day of the year, the Winter Solstice signifies the rebirth of the sun as the days will be slowly growing longer and the nights shorter as we are heading towards Spring & Summer. Take this wonderful opportunity to rest and recharge your energy & spirit. Enjoy this quiet time to meditate, journal, inner reflection and dream & plan for the next cycle. This is a powerful time for self reflection & renewal.

Winter is associated with Resting & Reflecting, Yin energy and the Dark Moon phase. It's also a great time for connecting with and working on our Heart, Throat and Third Eye Chakras.

Winter Solstice 21 December 2020

Honolulu	00:02 (HST)
Anchorage	01:02 (AKST)
Los Angeles/Vancouver	02:02 (PST)
Denver/Calgary	03:02 (MST)
Saskatoon	04:02 (CST)
Chicago/Mexico City	05:02 (EST)
New York/Toronto	06:02 (EST)
Heavena	07:02 (BST)
London/Belfast/Edinburgh	10:02 (GMT)
Paris/Berlin/Bucharest/Rome	11:02 (CET)
Madrid	12:02 (CET)
Warsaw	13:02 (CET)
Prague	14:02 (CET)
Sofia/Athens/Kiev/Riga	15:02 (EET)
Moscow/Minsk	16:02 (MSK)
Chennai/Mumbai	17:02 (IST)
Delhi/Norway/Doha	18:02 (GST)
Osaka	18:02 (JST)
Bangkok	18:02 (ICT)
Singapore	18:02 (SST)
Hong Kong	19:02 (HKT)
Tokyo	19:02 (JST)

What in my life feels a little lack lustre? What small steps can I take now and each day throughout the winter months to renew my spirit & glow?

What in my life needs more love? Am I giving myself what I need? How is my relationship with my body? What can't I do to tend to my heart & how does that affect me?

How will I nurture myself through the winter months? What small things can I do to help my body and mind to rest, so that they feel recharged & energized in time for the Spring & Summer months?

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Rituals & Activities for Winter Solstice

Make an Altar with different elements and materials that represents Winter & Renewal to you. Go with your heart and intuition.

Make a plan for the next cycle. What dreams are you wanting to see manifest?

Spend time journaling & take lots of naps.

Practice self love and work on finding your inner light.

Take time for regular meditation and inner reflection.

Read as much as you want or can, spend time to just be and relax.

Create a sacred space for a solo retreat or go somewhere peaceful and quiet.

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When there's a seasonal change such as equinox or solstice this will also be featured somewhere between the First Quarter Moon, Sun Exploration and the Full Moon page.

Here we can check the times for the equinox or solstice, take a look at the suggestions for things we can do during this time and to prep for the months ahead. We can also do some journaling here with the journal prompts provided. At the top of the second page there's option for adding in anything important that we want done in the months ahead or any notes etc. (optional)

At the Full Moon we can continue working on our Heart Chakra and as the moon begins to wane and up to the Last Quarter Moon we can work on our Throat Chakra.

Also at the Full Moon there's a mini Celestial Guidance, Divine Time and Soul/Self care suggestions and crystals we feel called to work with.

We can also find journal prompts to see where we are in life.

On the next page we have the opportunity to release and celebrate with the Full Moon with the Full Moon Mandala portal.

Here we can write what we want to release in the middle of the Mandala and what we're celebrating in the outer ring of the Mandala. Color the Mandala in for some extra magick and mindfulness.

FULL MOON Celebrations TUE 29 DEC / WED 30 DEC 2020 19 December, 2020 - 12 January 2021

Bull Moon 29/30 DECEMBER

This Full Moon falls in the Water sign of Cancer December 29/30. Cancer is caring & nurturing, which makes this a wonderful time for quality self care and even a mini retreat. Indulge in yummy treats, nourishing foods, take a bath or swim, read, watch a romantic comedy, paint or create something from the heart. Anything that will nurture our emotional side.

We can also tap into the opposite energy that is also ruling this Cancer Full Moon - the Capricorn Sun. Ultimately both Cancer and Capricorn yearn for the same things: strong, safe and secure foundations. The way they go about it is different but they aim for similar results in the end. This Cancer Full Moon can help illuminate what we feel are missing in our lives in order for us to feel secure? Cancer Full Moon can help illuminate what we feel are missing in our lives in order for us to feel physically, financially and emotionally secure. What needs changing in order for us to feel secure? Is it our overly high expectations for the perfect life, home, relationship or work? Where can we let go a little and where do we need to take more responsibility?

On the cusp of the New Year 2021, we would further benefit, by taking a look at all we have achieved, created and done thus far. Being grateful and celebrating everything in our lives, the good and the "bad" and the lessons we have learned from them all.

CANCER Magick:
Sensitive, Nurturing, Homebody, Caring, Protective, Moody.
ELEMENT: WATER
PLANT: MOON
MOOD: MIDLITTY
CARDINAL: CARMINAL
TAROT: THE CHARLOT

Crystal Magic:
Bloodstone, Emerald, Howlite, Orange Calcite, Selenite, Moonstone, Watermelon Tourmaline

Chakra: Healing
Heart

Full Moon 29/30 December 20
Heart's communication & talks
Emotional release of grief & past events
Co-dependency work

Full Moon 31 Dec 29.3 and 31
Throat
Talk or write about our emotions
Being grateful for our experiences & allowing them to show
Communicating with our inner children

Chakra: Healing
Throat

UFC 30 DEC @ 03:28
Tue 29 DECEMBER 2020
City Time
Honolulu 13:28
Anchorage Juneau 19:28
Los Angeles Vancouver 20:28
Denver Calgary 21:28
Chicago St. Louis 22:28
New York Toronto 21:28
Mexico City Manila 23:28
Hawaii Honolulu "Aloha" 13:28
Wed 30 DECEMBER 2020
UK 03:28
Lagos/Lux 04:28
Stockholm/Panama/Beirut/Rome/Roskilde 04:28
Helsinki/Almaty/Paris/Reykjavik 05:28
Moscow/Minsk 06:28
Astana/Riyadh 07:28
Dubai/Muscat 08:56
Mumbai/New Delhi 10:28
Bangkok/Hanoi 11:28
Kuala Lumpur/Singapore 11:58
Hong Kong Beijing Seoul/Tokyo/Dakka 12:58

NEW MOON INTENTIONS Check in & Double Work in Area?
How have I been feeling since the FIRST QUARTER MOON in Area?
What CHANGES do I need to make to FEEL more secure in my life? What do I need to take RESPONSIBILITY for?
RELEASE: What EMOTIONS or past MEMORIES do I feel has come to their COMPLETION or are no longer needed or useful?
What am I GRATEFUL for? How can I NURTURE myself during the next 2 weeks?

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FULL MOON Celebrations TUE 29 DEC / WED 30 DEC 2020 19 December, 2020 - 12 January 2021

Full Moon in Cancer Mandala Portal 29/30 December 2020

Write what you're releasing in the middle of the Mandala Portal (cut out the provided "door" on the last page of the planner. (see instructions) & glue the circle part of the "door" to the circle of the Portal below. We can still "peer" into what we have released but the "door" to the Releasing Portal is now closed. Next write what you're Celebrating in the space provided inside the Mandala Portal below. This is what we are acknowledging and accepting.

I RELEASE & LET GO

I CELEBRATE

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Full Moon Mandala Portal

Cut out the provided Portal "door" below. Once you've cut the "door" out fully up around the outer circle with scissors, place a hole in the middle of the circle where the dashed lines meet. Then use a small pair of scissors or sharpener to pierce a hole in the middle of the circle where the dashed lines meet. These should now be 2 small holes. This will be the "door" to the Full Moon Mandala Portal. Use the provided instructions on how to use the Full Moon Mandala Portal. Place the "door" in the middle of the Full Moon Mandala Portal. Let it dry.

We can still "peer" into what we have released, by playing the Releasing Portal, but the door to the Portal is now closed. Decorate and add anything you feel is needed. The more we "play" with it the more power the Magic! And so on.

I heebly RELEASE ALL and so it is ♡

On the last pages of the 2021 Astro & Luna Planner we can find the "portals" and instructions on how to use them on the last pages. (optional)

LAST QUARTER MOON *Check In* TUE 5 JAN / WED 6 JAN 2021 14 December 2020 - 12 January 2021

Libra is ruled by the Air element & Planet Venus. This sign adores all things beauty, love, peace, harmony & balance. Last Quarter Moons are for letting go and release work. And with the Moon in Libra squaring the Sun in Capricorn, both Cardinal signs & the initiators, it's a great time to just start the process at least. Use this period to declutter and let go of things around your home that no longer give you "good vibes" or endocrine where you can.

It's also a great time to reassess what needs balancing in our lives and our relationships and do a bit of "spring" cleaning in these matters. What friendships or partnerships are no longer working out or are in need of stronger boundaries?

Venus - Libra's ruler, is in Adventurous Sagittarius, so this may bring that fun and flirtatious energy back to the fore, that we may have felt at the First Quarter Moon in Aries. Fire and Air go well together and this Libra Moon and Venus in Sagittarius, create a sextile on the 7th, may bring opportunity for love, adventure or for something a bit different in our lives to show up.

Mercury in Capricorn & Pluto in Capricorn will be conjunct on 4/5 January, this may bring with it a sense of urgency and an urgency to speak our truth and stand up for our values and beliefs. However in true Libra style - try to do it in a diplomatic & gentle way!

IBRA Magick:
 Healer/Charm, Diplomatic, idealistic, Teampayer, indecisive
ELEMENT: AIR
PLANET: VENUS
MODALITY: CARDINAL
TAROT: JUSTICE

UTC: 6 JAN @ 09:37
Tue 5 JANUARY 2021

CITY	TIME
Honolulu	23:37
Anchorage/Juneau	00:37
Los Angeles/Vancouver	01:37
Dallas/Calgary	02:37
Chicago/Saskatoon	03:37
New York/Toronto	04:37
Mexico City/Merida	05:37
Havana/Beasari/Port Au Prince	06:37
UK	09:37
Lagos/Tunis	10:37
Stockholm/Paris/Berlin/Rome/Sofia/Prague	10:37
Helsinki/Alaska/Kiev/Riga	11:37
Moscow/Minsk	12:37
Ankara/Riyadh	12:37
Dubai/Muscat	13:37
Mumbai/New Delhi	15:37
Bangkok/Hanoi	16:37
Kuala Lumpur/Singapore	17:37
Hong Kong/Beijing	17:37
Seoul/Tokyo/Osaka	18:37

Decluttering and letting go of things no longer needed.
 Reenergizing and beautifying your home
 Gathering with like minded people
 One on one connections like a romantic date
 Deep conversations
 Letting go of toxic people or friendships
 Speaking our truth and values

Intimate or romantic dates with yourself or a loved one.
 Create a Sacred Space for peace and relaxation
 Go to interesting and beautiful places like Art Galleries and exhibitions
 Messages and Facials
 Indulge in delicious food and drinks
 Buy something special
 Do something different

Apophyllite, Black Obsidian, Blue Lace Agate, Chalcedony, Chrysoprase, Delmarian Jasper, Darbute, Dolomite, Jade, Kunzite, Opal, Rhodnite, Rose Quartz, Watermelon Tourmaline

Chakra Healing
Heart
 Waning Gibbous 31 Dec 20/ 4 Jan 21
 Expressing ourselves through writing
 Creating something just because & letting go of expectations

Third Eye
 Waning Gibbous Last Quarter 4-6 Jan 21
 Draw or color Mandalas
 Visual art & stimulation

New Moon INTENTIONS (Next 10 & 20day Work)
 How have my INTENTIONS set at the NEW MOON/SOLAR ECLIPSE in Sagittarius progressed?
 How is the BALANCE between ADVENTURE & my RESPONSIBILITIES? How can I let more adventure in? Where do I need to be more responsible?
 What area in my HOME is ready for a declutter? What RELATIONSHIP/PARTNERSHIP needs to hear my truth and values or do I need to let go of?
 How have I been FEELING since the FULL MOON in Cancer?

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At the Last Quarter Moon we have the opportunity to work with our Third Eye Chakras and as the moon continues to wane and during the Waning Crescent Moon, and up until the Dark Moon, we can work on balancing our Crown Chakra.

We'll also find the usual here as with the New, First and Full Moon sections - Divine Time, Soul/Self care suggestions, journal prompts, dates and times of the Last Quarter Moon etc.

At the Waning Crescent Moon, as mentioned above we can work on our Crown Chakra.

There are also a few Journal prompts, Divine Time and Soul/Self care suggestions and the dates for the next Dark Moon Releasing Ritual is here also for ease of planning.

There's an opportunity to Release with the Dark Moon with the "Dark Moon Releasing Ritual" provided at the end of each Lunar cycle. We can find more information about what this means, how to do it and the Earth Star Chakra Meditation on pages 55 - 62 of the 2021 Astro & Luna Planner.

More on the Dark Moon Releasing page on next page.

These major Moon phase pages - New Moon, First Quarter, Full Moon, Last Quarter and the minor phases - Waning Crescent Moon are for checking in on our progress, and where we are in life - how we're doing, feeling etc

WANING CRESCENT *Cleansing* THU 7 JAN / MON 11 JAN 2021 14 December 2020 - 12 January 2021

The next **Dark Moon** Releasing Ritual Dates

Ritual Day	The day of the Releasing Ritual	Dark Moon Day - Rest and heal	New Moon Day - Releasing Ritual
CITY	11 JANUARY 21	12 JANUARY 21	13 JANUARY 21
Honolulu			
Anchorage/Juneau			
Los Angeles/Vancouver			
Dallas/Calgary			
Chicago/Saskatoon			
CITY	12 JANUARY 21	13 JANUARY 21	14 JANUARY 21
New York/Toronto			
Mexico City/Merida			
Havana/Beasari/Port Au Prince			
UK			
Lagos/Tunis			
Stockholm/Paris/Berlin/Rome/Sofia/Prague			
Helsinki/Alaska/Kiev/Riga			
Moscow/Minsk			
Ankara/Riyadh			
Dubai/Muscat			
Mumbai/New Delhi			
Bangkok/Hanoi			
Kuala Lumpur/Singapore			
Hong Kong/Beijing			
Seoul/Tokyo/Osaka			

Chakra Healing
Third Eye
 Waning Crescent 7 Jan 21
 Working on developing our intuition by using Tarot/Oracle cards and other divination techniques

Crown
 Waning Crescent 8-11 January 21
 Journaling about our desires & pain
 Examining our belief system

Divine Time
 How have I been FEELING since the LAST QUARTER MOON in Libra?
 How has the WINTER SOLSTICE & Jupiter/Saturn Conjunction AFFECTED me? Have I noticed anything in particular?
 How is my ENERGY right now? And has it increased or decreased since the beginning of the Lunar cycle?

Dark Moon Day
 Investigative work, going deep into what's hidden
 Solving problems & challenges
 Mental health checks, counselling & therapy
 Learning & studying - anything to do with expanding our current knowledge or understanding
 Doing something different or finding new ways of doing something old
 Travelling or exploring new worlds, cultures or scenery

Book, Music & Soul Care
 Meditation & hypnotherapy
 Kundalini awakening or activation
 Mental health checks, counselling & therapy
 Intuitive painting, drawing or poetry
 Connecting with the bigger picture & future aspirations
 Exploring in nature, traveling or taking a trip
 Camping or hiking adventures

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The Dark Moon is completely dark with 28% illumination as the Moon is between the Earth & the Sun, transverse hidden from view (except at a Solar Eclipse).

DARK MOON Magick
3 Days of Rest & Release

It calls for quiet & rest, and is the perfect time for going within, journaling, meditation, mindfulness, and reflect on where we'd like to bring forth in the next Lunar cycle.

Chakra Healing
Earth Star

Dark Moon/New Moon 11-12 Jan 21

Head outdoors if possible, ground with nature & connect with the Earth Star Chakra. Repeat this: I have the right to be here. Alternatively do the Earth Star Chakra Meditation provided at beginning of this Planner.

Please see exact dates for your timezone previous page

Releasing Ritual

The Dark Moon period on 11/12 JANUARY 2021

WHAT YOU'LL NEED:

- A bowl or cup (of any kind)
- Water (for the cup/bowl)
- Pan & Paper (rice paper is perfect for this ritual or use leaves)
- 30 or more undisturbed minutes
- A journal (optional, but handy for writing about the experience)
- Candles, Crystals, incense, music etc to create sacred space for journaling and meditation

TO DO:

- Create a sacred space somewhere (this is where we're going to Meditate and journal)
- Fill bowl/cup with water
- Do the Earth Star Chakra meditation (beginning of planner)
- Journal on provided questions
- Write what you are releasing on small strips of paper/leaves
- Do Earth Star Chakra meditation again
- If possible go outside barefoot
- Go to your chosen sacred spot
- Speak out what you're celebrating & the nuggets of wisdom from lessons learned
- Add the pieces of paper/leaves into the bowl with water, speaking each thing you're releasing out loud
- Pour water (with paper/leaves or spoken words) onto the earth in a special spot you've chosen
- If using paper or leaves, crush or break it up with your fingers to dissolve the paper, crunch up the leaves
- Speak out loud - "I'm now cleansed and free of all that no longer serves me" "I am clean and free" "And so it is" (or use your own words)

Journal Prompts

WHAT WE ARE CELEBRATING & RELEASING

Let's look back on what we've **achieved** this Lunar cycle. What am I celebrating? What am I most proud of? Write down anything that comes to mind.

This time let's look back on what we've **learned** this Lunar cycle. What valuable lessons did I learn? Good or bad - What wisdom did I gain from these lessons? Write down anything that comes to mind.

This time let's look at what we are **releasing**. Don't over think this, stay in a place of calm, connect with your soul. What am I releasing? Write down anything that comes to mind.

Set aside time to create your Dark Moon Releasing Ritual on the date shown previous page. Do the Earth Star Chakra Meditation. Then the Ritual above. Answer the Dark Moon Questions on next page. The very next day, on the actual "New Moon" (check dates previous page) do as little as possible or be immersed in creative projects. Set intentions the next day (the day after "New Moon") when the Moon is 1% or more illuminated.

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We finish off each Lunar cycle or month with a **DARK MOON MAGICK & DARK MOON REFLECTION**.

The Dark Moon Magick page consists of the Dark Moon Releasing Ritual & journal prompts.

This ritual is so powerful - it helps us release and let go of any baggage and stuff and begin anew with the New Moon.

There's a whole heap of information and how to as well as an Earth Star Chakra Meditation on pages 55 - 62.

At the Dark Moon Reflection page we have an opportunity to look back on our Lunar cycle gone, reassess things and to finish off the Lunar cycle or month before we begin anew with the next New moon and Lunar cycle.

This page has various Journal prompts to assess how we predominantly felt during the Lunar cycle, what we achieved, obstacles we might have faced etc.

Below the journal prompts we have the Happiness Scales.

These are for colouring in four important categories to gauge with a quick glance our overall energy levels, how well we filled our cups (looked after and replenished ourselves), how strong our intuition and synchronicity was and the time we spent in nature or gardening that particular Lunar cycle.

MON 11 JAN
TUE 12 JAN 2021

DARK MOON Reflection

11 December 2020 - 12 January 2021

Dark Moon

Reflection

How did I feel? What were the prominent emotions?

What obstacles did I face? How did I feel about them & face them?

How did I do to rest myself? Was it enough? What more can I do?

What was the main reason for those emotions I felt?

What were my main achievements?

What do I feel still needs to be done?

Color in appropriate Levels from 1 to 10 (1 not much - 10 abundant) - add notes or findings below (optional)

Overall energy levels

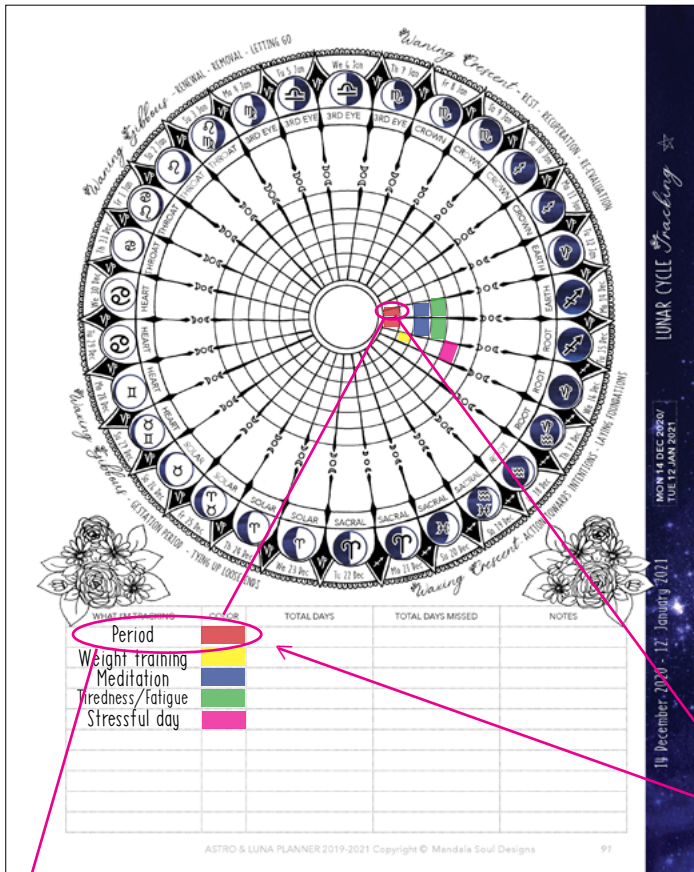
Filling my own cup

Intuition & synchronicity

Time spent in nature or gardens

90

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At the end of each Lunar cycle or month - we have a section called LUNAR CYCLE TRACKING - here we can track whatever we choose such as:

- Energy Levels
- Hormone Cycle
- Meditation and mindfulness
- Movement/Exercise routine and so much more

Basically we fill in what we are tracking in the box below the Moon wheel.

And we choose a color for the thing we are tracking ie green for exercise, yellow for meditation etc whatever it is we're tracking and the color that feels right for us.

Each wedge of the Moon wheel have been divided into little boxes.

These boxes are for coloring in. So we can track the days we have done the thing we're tracking or if we're tracking our energy level or menstrual cycle - we add that in the appropriate days.

The **first thing** we put in the box list below the Moon wheel to track, will then go into the **first** little box closest to the small middle circle of the Moon wheel.

A very basic example of how to use the tracker. As you can see we begin at the New Moon. Then the first thing we're tracking - and if appropriate for that day - we color it in, in the color we've chosen in the box closest to the middle. The second thing we're tracking in this case Weight training - yellow - we color the second box in if we've done weight training that day. And we continue outwards in the Moon wheel and downwards in the list/box.

Stick with the same colors throughout the planner. So it's consistent.

I personally track the days I train, the days I meditate, the days I do hypnotherapy, my period, tiredness, energy, days I'm out in nature etc.

Then at the end of the Lunar cycle - we can add up the days where appropriate such as the total of days bleeding, weight training, meditations, fatigue and stressful days etc. We don't always need to calculate the "total days missed" as this is not always appropriate but can be great for example to see how many days of the Lunar cycle we missed meditating etc

Each have a designated color, and I color in as appropriate in the Moon wheel tracker usually in the evening but sometimes in the morning.

After every Lunar cycle I have a clear idea of how many days I trained, meditated etc and how many days I was tired etc.

We can also fill in our Menstrual cycle in the Yearly Menstrual cycle tracker on page 37, to get a yearly snapshot of our cycle.

The very last page of the planner was supposed to be blank, so that each new Lunar cycle page begins on the **right side** of the book/planner. It's just the way I wanted it laid out.

So instead of leaving this page blank I made this page into a bujo style page with the dots.

I also added a Moon "tracker" which was a leftover tracker from the 2020 Astro & Luna Planner.

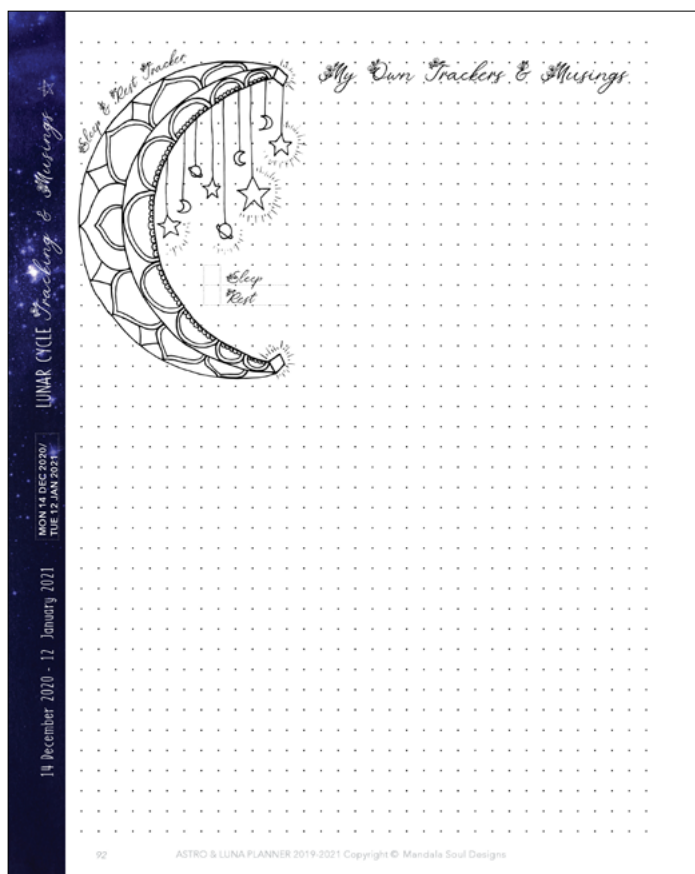
This Crescent Moon can be used to track sleep or rest days, by filling in the various patterns in the Moon with dates and color. Completely optional. Or just color in for the fun of it!

But the idea behind this page is for you to fill in anyway you feel or not at all.

We can add stickers, make our own bujo style trackers, write, journal etc etc.

Anything goes here or leave blank if you want as well!

And that's it! It all begins again!



I hope you are enjoying the 2021 Astro & Luna Planner and that this clarifies all the various pages. So you can make the most of this magical planner!

So much love and big mobs of gratitude
Moni xx

p.s any questions don't hesitate to contact me at hello@mandalasoul designs.com or dm me on:

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Facebook [@mandalasoul designs](https://www.facebook.com/mandalasoul designs)

[For more info check out my website](#)