

HOW TO GUIDE TO THE
2023 ASTRO & LUNA PLANNER
Bridging the world between Magic and Reality.



AVAILABLE FOR BOTH NORTHERN & SOUTHERN HEMISPHERES!

HOW TO USE THE 2023 ASTRO & LUNA PLANNER

This How to Use guide is to explain the various aspects of the 2023 Astro & Luna Planner and how to use the planner to get the most magic out of it!

The 2023 Astro & Luna Planner works with the Synodic months or 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 start of the 2023 Astro & Luna Planner is filled with 96 wonderful bonus pages that will hopefully enrich your life further - before the actual planner section begins!

These beginning bonus pages of the 2023 Astro & Luna Planner are explained in this **How to Use guide** - from pages 2 - 5. The “actual” PLANNING bit begins on page 97 of the 2023 A&L Planner and is explained in this **How to Use guide** from pages 6 - 13.

Without further ado - here’s the How To guide to the magical 2023 Astro & Luna Planner!

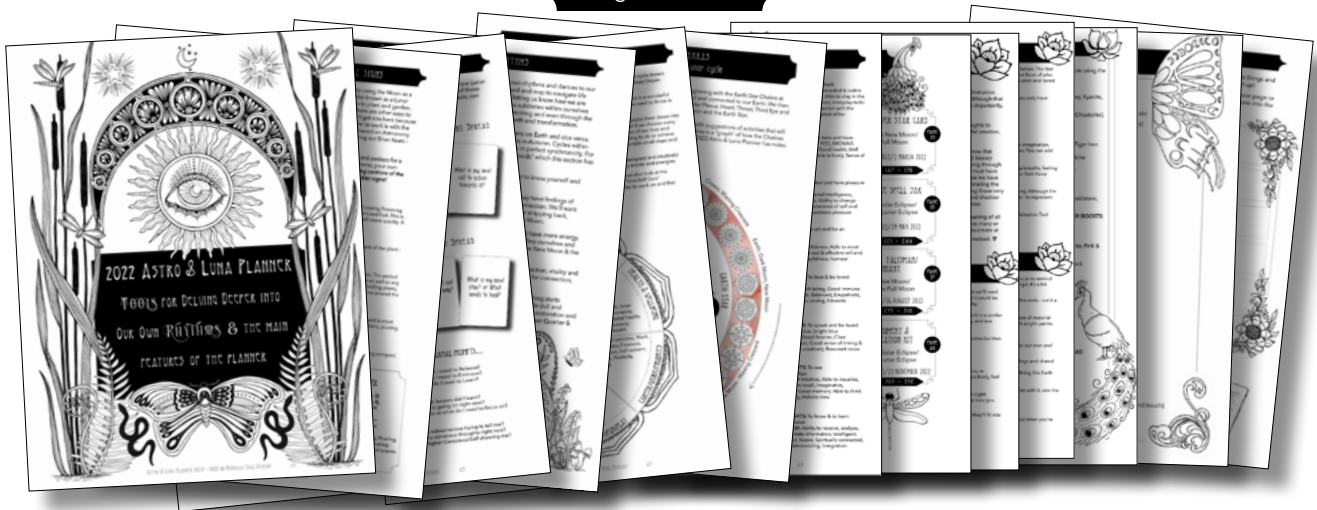
TOOLS FOR DELVING DEEPER INTO OUR OWN RHYTHMS & THE MAIN FEATURES OF THE PLANNER

There are A LOT of bonus pages included in the 2023 Astro & Luna Planner! The actual planning section begins on page 97, meaning there are 96 pages of bonus material before the planner officially begins.

A lot of the pages are self explanatory and but we’ll go more in depth as to how to use the various pages that are part of the planning section, and so therefore I highly recommend that you go through this **How To Use Guide** to become familiar with each aspect of the 2023 Astro & Luna Planner.

Also a lot of the pages are educational and filled with information to enrich and empower us further. And it helps make using the 2023 Astro & Luna Planner much easier to use!

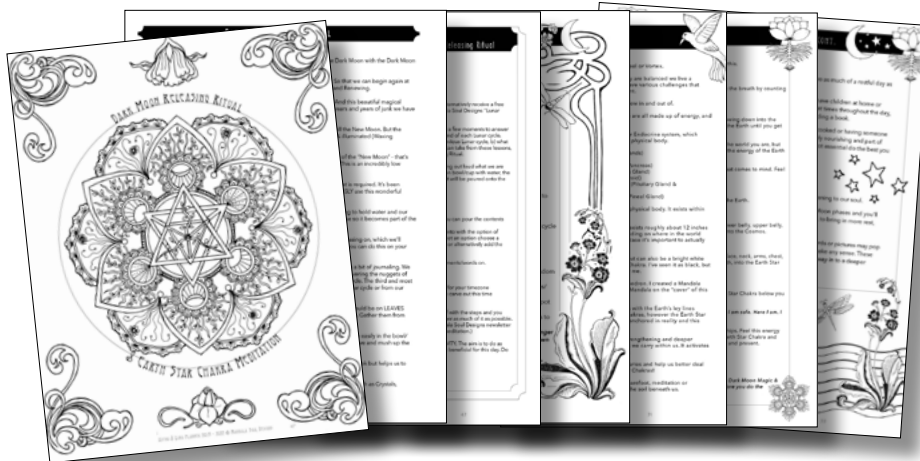
Pages 23 - 46



The “2023 Astro & Luna Planner Tools for Delving Deeper Into Our Own Rhythms & The Main Features Of The Planner” section covers some of the important aspects and layouts of the planner. Please read through this section to help you familiarize with the rhythm of the 2023 Astro & Luna Planner.

We cover things such as - Gardening with the Moon, 3 Card Oracle/Tarot Spreads or Journal prompts, New Moon Dream Amplifiers, Our Seasonal Rhythms, Chakras & How they are incorporated into the planner, ALL the recipes and how to’s of the optional but highly recommended Lunar Divination Tools we have the opportunity of creating each Lunar cycle, and finally the last 2 pages of this section are about our Mental health and things we can do to keep ourselves healthy and 12 things that lights us up!

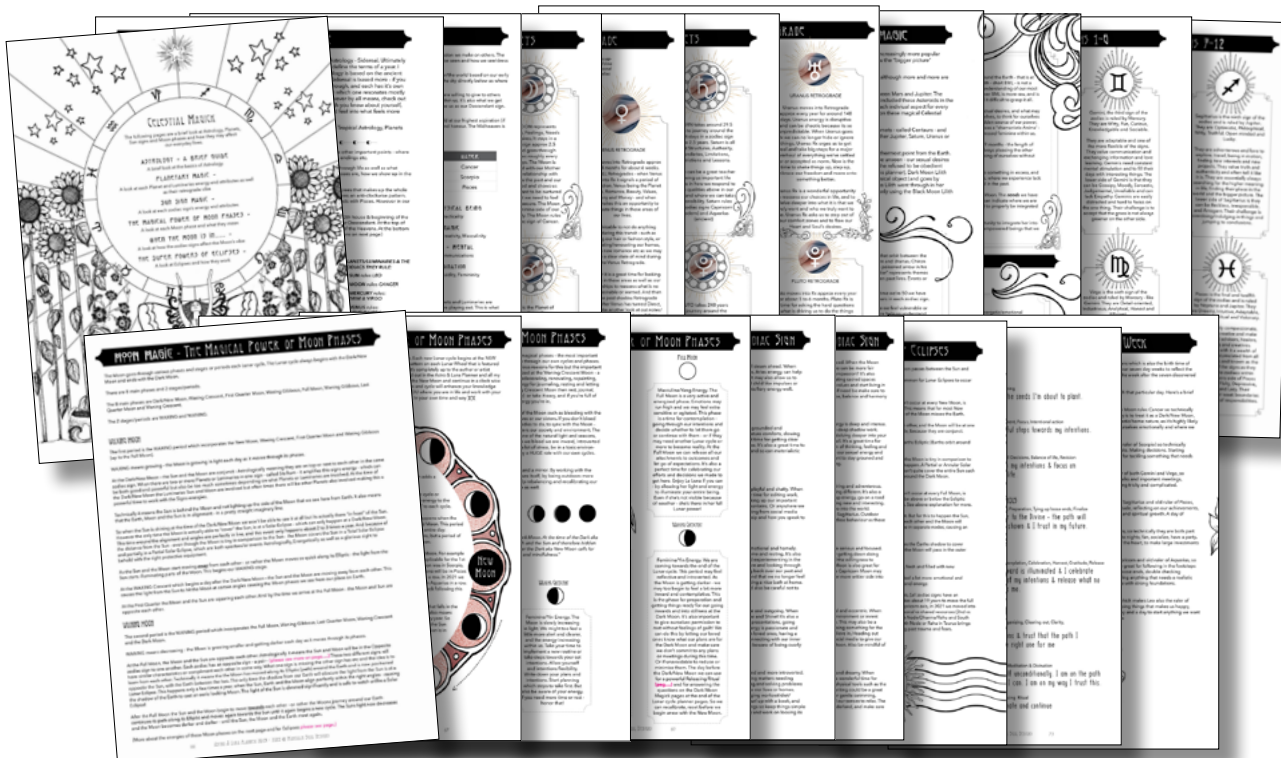
DARK MOON RELEASING RITUAL & EARTH STAR CHAKRA MEDITATION



Next we come to the "Dark Moon Releasing Ritual and the Earth Star Chakra Meditation" section. Everything you need to know about the Dark Moon Releasing Ritual that is incorporated into the 2023 Astro & Luna Planner - At the end of each Lunar cycle we have an opportunity to release and let go at the Dark Moon before a new Lunar cycle begins at the New Moon.

This is such a powerful ritual - simple but so effective in the letting go of energies and baggages we take on, not only throughout our lives but also throughout the Lunar cycle. The Earth Star Chakra Meditation alone is such a necessary part of grounding ourselves into our bodies and reality and is an important part of the 2023 Astro & Luna Planner.

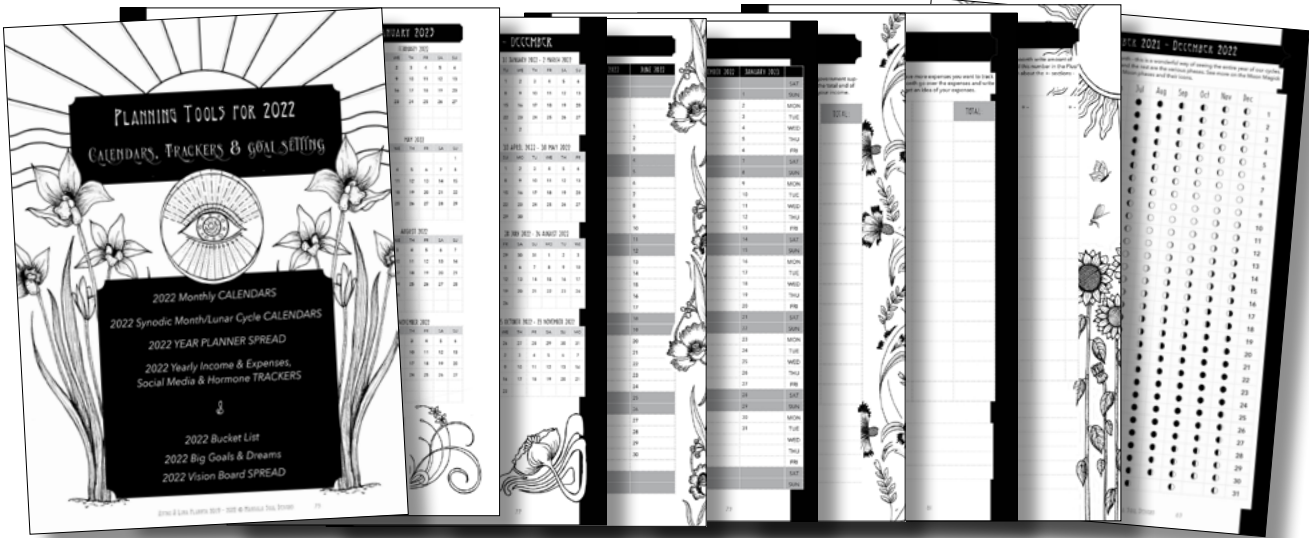
CELESTIAL MAGICK - ASTROLOGY, PLANETARY MAGIC, SUN SIGN MAGIC, MOON PHASES & ECLIPSES



The Celestial Magick section has ALL things Astrology, with information about the basics of Astrology, Planets (& Asteroids) including their Retrograde motion, Sun signs (zodiacs), and everything you need to know about the Moon phases - how to work with them, what they represent and so much more. Including a page of the Planetary Days of the Week!

This section is important as it's basically the foundation of the 2023 Astro & Luna Planner. We're following the Moon cycle and the Astrological energies each Lunar cycle. Please read through this section before beginning the planning section!

PLANNING TOOLS FOR 2023 - CALENDARS, TRACKERS & GOAL SETTING PAGES



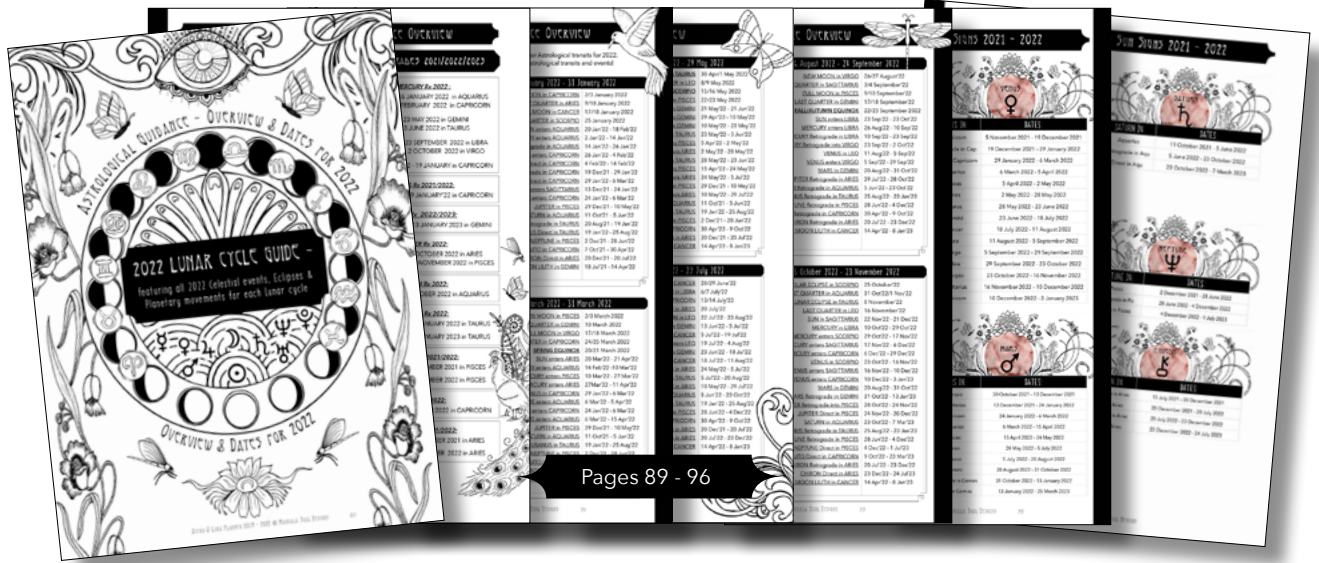
Pages 75 - 88

The all important PLANNING tools for 2023 - all in the one place! Here we'll find Gregorian monthly calendars for 2023, Lunar cycle calendars for 2023, a 2 page YEARLY planner spread for 2023.

And various trackers to track some important things through the year - such as Income, Expenses, Social Media and Menstrual tracker for 2023!

The final 4 pages gives us an opportunity to dream BIG with spreads to add in anything big and bold we want to achieve or do in 2023 and beyond!

2023 LUNAR CYCLE GUIDE & ASTROLOGICAL OVERVIEW & DATES FOR 2023



Pages 89 - 96

This section features ALL the Astrological events & guidance of 2023!!

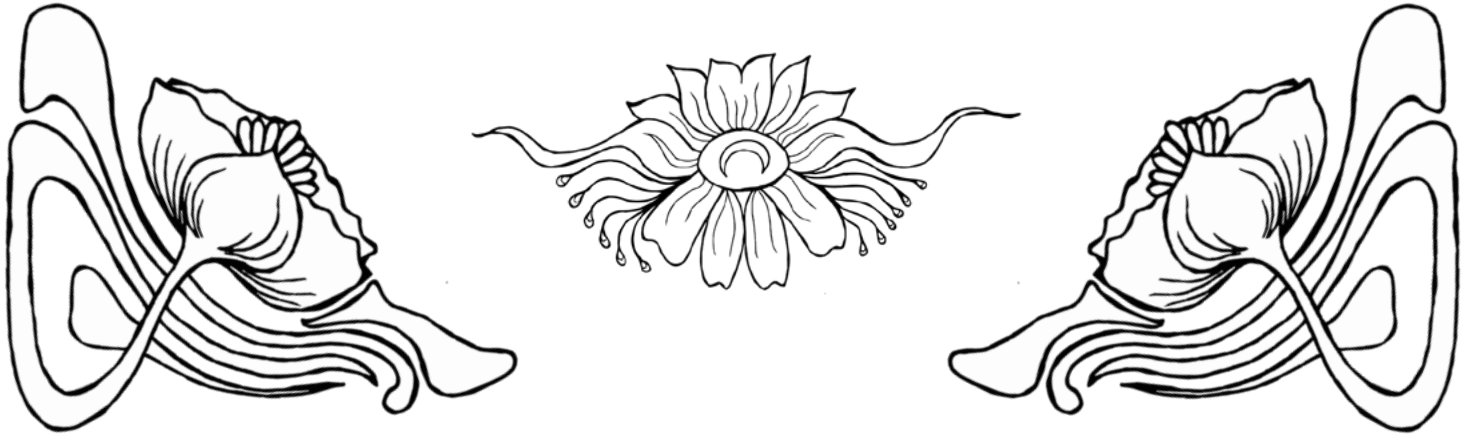
Come back to these pages for a quick glance at each LUNAR CYCLE's Astrological events and Moon phases.

After these important pages the actual 2023 Astro & Luna Planner officially begins!

These pages also have every single Retrograde motion of the Planets for 2023 and beyond!

This next section of the 2023 Astro & Luna Planner HOW TO USE GUIDE - explains every single page of the PLANNING SECTION - the main part of the 2023 Astro & Luna Planner.

Please read through this How to Guide - to get the most of this powerful planner!!



HOW TO USE THE 2023 ASTRO & LUNA PLANNER - PLANNING SECTION

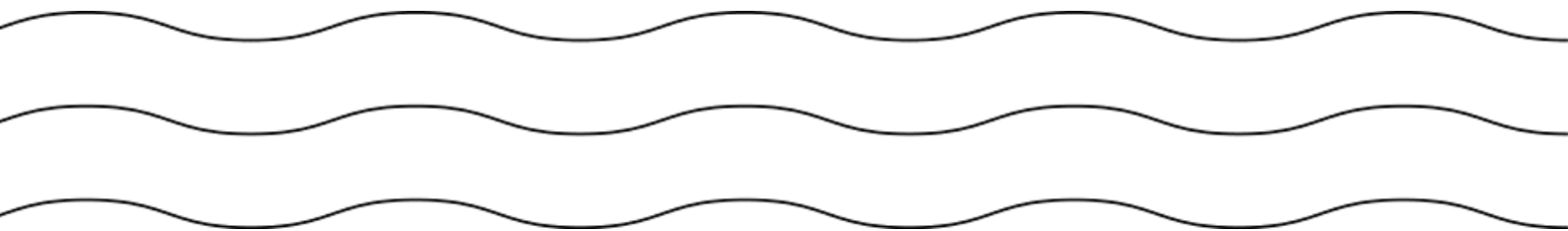
The 2023 Astro & Luna Planner uses the Lunar cycles or the Synodic months - instead of the planner being divided into months such as January, February etc, it's divided into Lunar cycles.

The planner begins at the first New Moon in December - and this is where the 2023 Astro & Luna Planner begins - with the Lunar cycle December'22 - January'23!

There are all up 12 Lunar cycles in the 2023 Astro & Luna Planner.

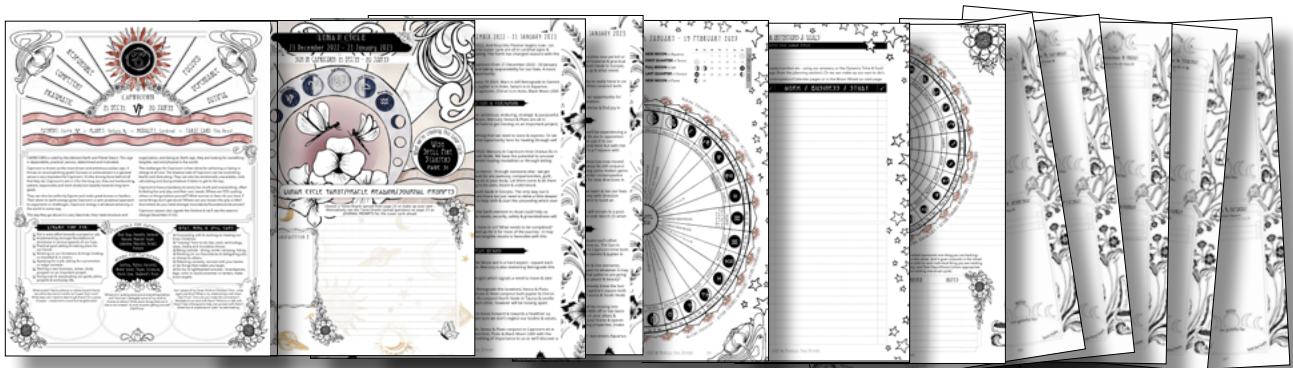
Each Lunar cycle features 26 pages of planning & intention setting! There are "sections" and a certain pattern to these pages. The following couple of pages show the order of the pages and what they mean.

Also included are seasonal changes - with a 2 page spread each seasonal change - Winter Solstice, Spring Equinox, Summer Solstice and Fall/Autumn Equinox.



The very first 11 pages out of those 26 have the Planning & Tracking tools - each page will be explained separately - but below is an overview of the 11 pages that will always be in the same order each Lunar cycle or month. These pages we can come back to throughout the Lunar cycle to fill in and tick off.

The next page shows the continuation of the Lunar cycle pages and now we are heading into the major Moon phases contemplation etc.



Journal prompts to contemplate on & Dynamic Time/Self/Soul Care suggestions for each new zodiac (sun) cycle.

Cover page and overview of the upcoming Lunar cycle - with optional card/journal prompts for the moonth ahead.

Celestial Guidance - a two page spread for the Astrological overview of the upcoming Lunar cycle

Moon wheel Calendar & overview of the Lunar cycle ahead

Goals/To Do List - add your New Moon intentions or any goals/dreams you have for the Lunar cycle ahead & tick off as you go

Moon wheel TRACKER - fill in each day the things you are wishing to track each Lunar cycle

Daily Contemplation, Mood & Gratitude - 5 pages of the entire Lunar cycle all in the one place. Keep coming back to these pages each day - fill in daily musings, appointments, 3 important tasks, color in your mood, and write down things you're grateful for

The rest of the 26 pages - 13 pages after the initial 11 PLANNING/TRACKING & CONTEMPLATION pages featured on the previous page - will feature a page or two for EACH major Moon phase in the Lunar cycle- such as New Moon, First Quarter, Full Moon, Last Quarter & finally the Waning Crescent/Dark Moon phase.

The very last pages of the Lunar cycle is designed to be used as a way to reflect upon the Lunar cycle we've just been through, which is a wonderful way to recap and see where we are before a new Lunar cycle begins.

Each of the 26 pages will be explained more in depth within the next few pages of the How To Use guide.

NEW MOON INTENTION SETTING & SECTION FIRST QUARTER MOON FULL MOON



The New Moon Intention setting section consists of 4 pages. The first page is to be filled out at the Dark/New Moon. The second, third & forth (optional) pages are to be filled out the day after at the New Moon/Waxing Crescent. We can then add in our goals/intentions in the previous PLANNING sections such as the Lunar calendar/Goals/To Do Lists etc.

This page features Chakra guidance & a few journal prompts to contemplate on at First Quarter Moon & option to schedule in some of the Dynamic Time/Self/Soul Care or Chakra healing suggestions.

This year there are 3 pages for the Full Moon - they also feature Chakra guidance & journal prompts to contemplate on & option to schedule in some of the Dynamic Time/Self/Soul Care or Chakra healing suggestions, & to color & fill in the Full Moon Mandala with what we're releasing & celebrating.

LAST QUARTER MOON WANING CRESCENT MOON DARK MOON RITUAL DARK MOON REFLECTION MY SOUL MUSINGS



After the Full Moon pages, we come to the Last Quarter Moon page. This page also features Chakra guidance & a few journal prompts to contemplate on at the Last Quarter Moon & option to schedule in some of the Dynamic Time/Self/Soul Care or Chakra healing suggestions.

We're coming towards the end of the Lunar cycle & this page features the dates for most major cities in both Northern & Southern Hemisphere for the Dark Moon Releasing Ritual - for those that are wishing to do this simple but powerful ritual & as well as planting guide for the Waning Crescent phase.

We've arrived at the Dark Moon & with it the Dark Moon Releasing Ritual for those that are wishing to do this simple but powerful ritual! This page features the 3 questions we ask ourselves before the Dark Moon Releasing Ritual. (There's an in depth explanation about how the Dark Moon Releasing Ritual works & what's needed, including an Earth Star Chakra Meditation on pages 47 - 53)

We've come to the end of the Lunar cycle and this page is our Dark Moon Reflection page. We fill in this page after we've done the Dark Moon Releasing Ritual - or instead of at the very end of the Lunar cycle. This is to check in with ourselves to better gauge where we're at with our energy, cycles and how we we are feeling. This is an important part of learning more about ourselves & to sync in with our own and the natural rhythms of our world.

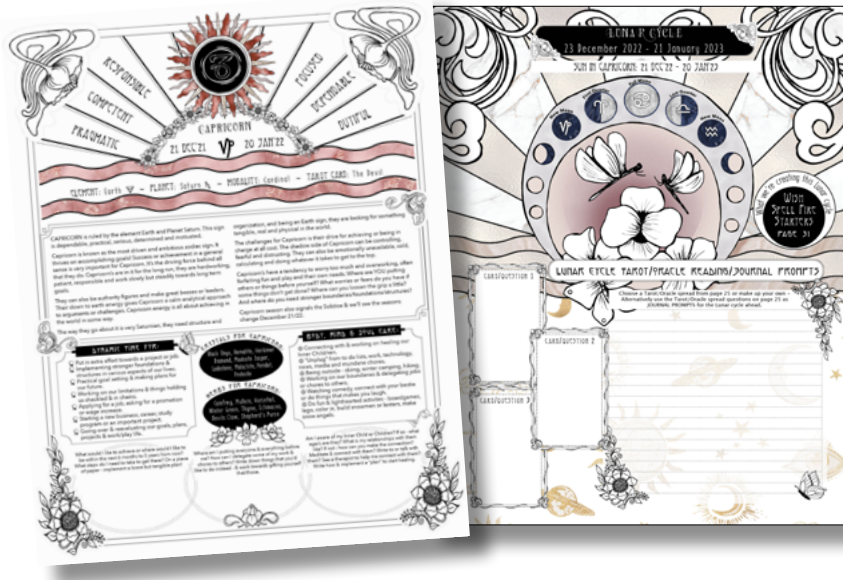
These 2 pages of the Lunar cycle is for adding in anything we desire. Sometimes we just want a page to scribble notes on or journal. We might also feel like drawing, write some affirming statements, add stickers or make our own trackers! Anything goes on these pages & can be filled out anytime throughout the Lunar cycle.

HOW TO USE THE PLANNING SECTION - NEXT PAGE

HOW TO USE THE 2023 ASTRO & LUNA PLANNER - PLANNING SECTION

Breaking down each page of the PLANNING sections of the 2023 Astro & Luna Planner:

SUN CYCLE

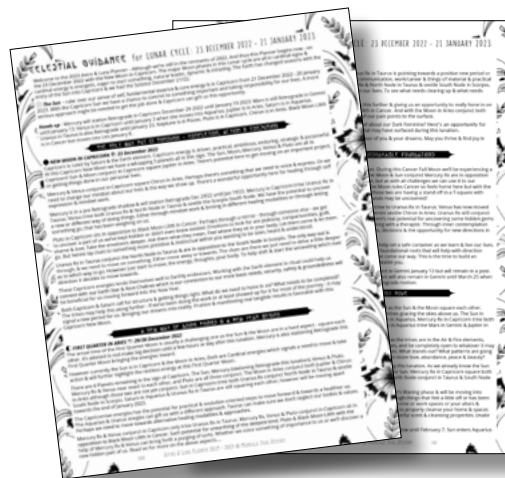


The official 2023 Astro & Luna Planner begins on page 97. Every new Lunar cycle or "moonth" begins with:

A page for the Sun entering a new sign each moonth with journal prompts & contemplation.

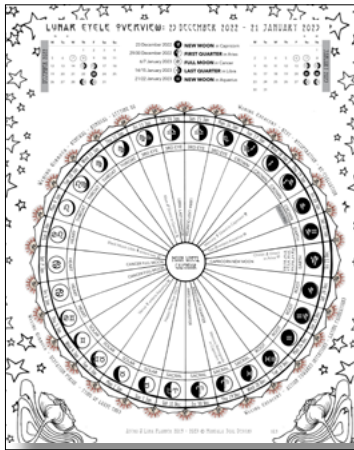
A Tarot/Oracle Spread & snapshot of Moon phases - here we can draw cards for the Lunar cycle ahead if we wish.

Choose a Tarot/Oracle spread from page 25 or make up your own - alternatively use the Tarot/Oracle spread questions on page 25 as journal prompts!



CELESTIAL GUIDANCE - after the Tarot/Oracle spread page - we come to the Celestial Guidance - a two page spread look at each major Moon phase for each Lunar cycle.

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



OVERVIEW OF THE LUNAR CYCLE - on the page next to the Celestial Guidance - we find a Moon wheel - a type of Phenology wheel.

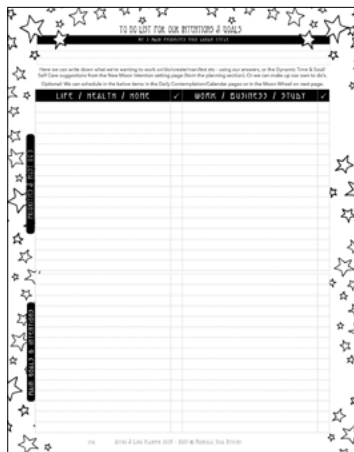
Both the Moon wheel and this page is basically an overview of the entire Lunar cycle ahead.

Here we can see the dates, moon phases and what sign they're in, the Sun cycle as well on the outer small SUNS, the Chakras we can work on each 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. 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 2023 ASTRO & LUNA PLANNER FOLLOWS THE SYNODIC MONTH or LUNAR CYCLE and not the Gregorian calendar - meaning that it begins with the New Moon not the 1st of the month.

GOALS/TO DO LIST



After the Lunar Calendar page we come to the Goals/To Do List page. Here we can write down what we are wanting to work on/do/create/manifest etc - taken from the New Moon Intention setting journal page (New Moon & Waxing Crescent page). Or add in other things you need to do.

If the tasks or the goals/dreams/intentions are BIG, then make sure to break them down into as many small steps as possible.

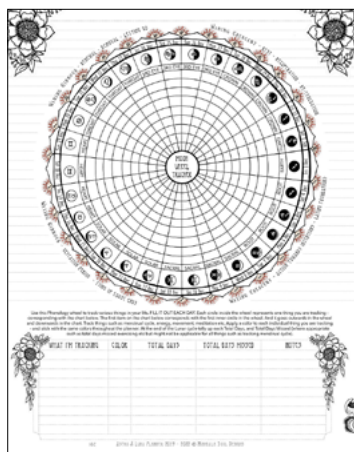
Next we work out which of those steps are absolute priorities and must do's - and we add them into the Priorities/Must Do section in either the life/health/home or work/biz/study sections.

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.

MOON WHEEL TRACKER



The page after the Goals/To Do List - we come to the Lunar cycle TRACKER - which is the same as the Moon Wheel from earlier. However this time we're using it only as a tracker.

We can use this Phenology wheel to track various things in our lives. This tracker is supposed to be FILLED OUT EACH DAY, or as appropriate.

Each circle inside the wheel represents one thing we are tracking - corresponding with the chart below the wheel. The first item on the chart below the wheel, corresponds with the first inner circle in the wheel.

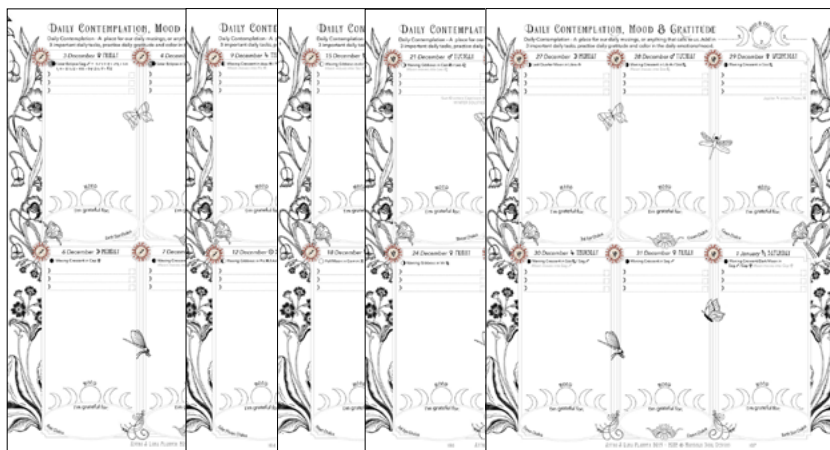
And it goes outwards in the wheel and downwards in the chart.

Track things such as menstrual cycle, energy, movement, meditation etc.

The idea is to apply a colour to each individual thing that we are tracking - and stick with the same colors throughout the planner.

At the end of the Lunar cycle we can tally up all the Total Days, and the Total Days Missed (where appropriate such as total days missed exercising etc but might not be applicable for all things such as tracking menstrual cycle).

5 x DAILY CONTEMPLATION , MOOD & GRATITUDE PAGES



The Daily Gratitude below the Moody Moon phases is self explanatory. Here we write in things we are grateful for each day.

Each day has the Moon phase, the sign it's in and any other Planetary movements or cosmic events, as well as the Chakra that is the highlight of the day (please see each individual Major Moon phase page in the planning section for the daily activities for the Chakras that is represented by the zodiac sign the Moon is in on that day.)

The Moody Moon phases are meant to be for coloring our emotions. At the top of the page we see 3 Moon phases - here we can choose a color for 3 different emotions we are wanting to gauge or track. Stick with the same colors and emotions throughout the planner. Write each emotion/mood on the lines provided and inside the Moon sphere. Each day color in the 5 Moon phases in the daily contemplation box/frame with the emotions felt on that day.

This is a wonderful way of tracking and a snap short of our daily emotions.

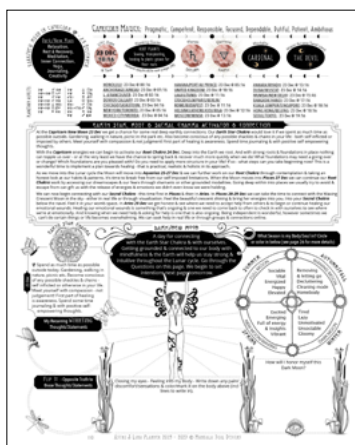


ENTERING INTO THE MAJOR MOON PHASE PAGES - NEW MOON, FIRST QUARTER, FULL MOON, LAST QUARTER & WANING CRESCENT MOON PHASES.

Now we begin the major Moon phase pages - a wonderful way to sync in with the Moons' energies and rhythms.

NEW MOON INTENTION SETTING PAGES x 4

1. DARK/NEW MOON REST PAGE



The first page - Dark/New Moon (or a Solar Eclipse) is the page we fill in on the day of the New Moon. We don't set intentions on this day, but checking in on where we are with our energies and mentally - and this day is designed to be a day of rest and recovery. Of slowing down and getting grounded by working with the Earth Star Chakra!

The top part of this page we have Chakra Guidance - a guide on how we can work with our Chakra system following the Lunar cycle and the zodiac signs. This is a system I developed myself and use with great results. We can also see the energies for the particular zodiac sign the Moon is in - in this instance the Moon is in Capricorn. We can see the modality, the element, the characteristics, and even what type of gardening is favoured on this day working with both the Moon and the zodiac sign.

We can also find the dates & times of the New Moon/Solar Eclipse for most major cities of the entire Northern & Southern Hemispheres!

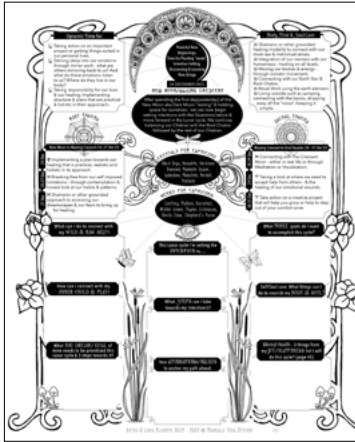
The bottom part of this first page gives us the option of checking in with ourselves, by answering the questions that will further show us where we are mentally and energetically.

We can "see" where we are seasonally as well by filling in the Seasonal Wheel - more on the seasons on page 26. The body can give us clues as to where we generally have pain or carrying extra baggage.

The "Flip the Switch" part (below the Earth Star Chakra suggestions) we can powerfully change our current negative/less desirable/hurtful thought processes into positive and empowering ones. This one is my favorite to do each Lunar cycle!

NEW MOON INTENTION SETTING
PAGES x 4

2. NEW MOON/WAXING CRESCENT
INTENTIONS SETTING PAGE



The 2nd page of the New Moon Intention Setting 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 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 provided Dynamic Time or Self/Soul care suggestions on the top of this page AND/OR also pick things from the Celestial or Chakra Guidance pages.

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

At the New Moon/Waxing Crescent phase we also have the option to also work on balancing our Root & Sacral Chakras. Here we can find suggestions we can do for each day - working with the Moon phase AND the zodiac sign the Moon is travelling through! Use the ones that resonate with you - you can do all or just one - we can also add these into the journal prompt/intention setting boxes on the lower part of the page.

(We can also find which Chakras we can work on by looking at the Moon Wheel calendar and also on the Daily Contemplation, Mood & Gratitude pages - and then go to the corresponding major Moon phase page in the planner, such as this New Moon/Waxing Crescent page)

NEW MOON INTENTION SETTING
PAGES x 4

3. NEW MOON/WAXING CRESCENT
INTENTIONS SETTING PAGE



The third and fourth pages are for:

Manifesting and intention setting section complete with a New Moon Dream Amplifier & a blank/bujo style page to fill in however we wish.

We can use the magical Dream Amplifiers, infused with the energies of the Moon & zodiac sign, to set intentions on various life categories, based on the intentions we set on the previous New Moon/Waxing Crescent page.

We can break each dream/goal/intention into small manageable steps and add them into the respective life categories of the Dream Amplifier. **For more ideas see page 27.**

However if we have set some BIG goals on the previous New Moon/Waxing Crescent Intention setting page, for example to lose 10 kg (22 pounds) - we would break this down into small steps each Lunar cycle - as we can't realistically or healthily do that in one Lunar cycle, so we'll need to give ourselves small realistic goals each new moon, such as mindset & mindfulness work, reducing fat, sugar, increase movement, cardio etc etc.

This is super important, because when we try to cram in everything at once - we are setting ourselves up for unnecessary high expectations.

3. VISION BOARD/MUSINGS PAGE



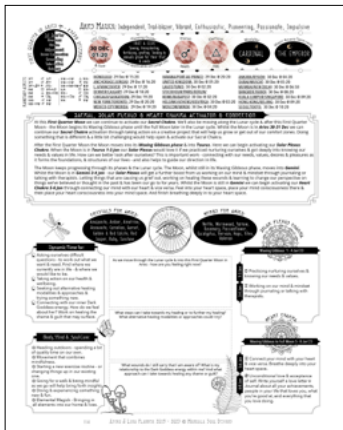
Make sure to add in as much Self/Soul care intentions into the Dream Amplifier as well not to forget to look after ourselves as we continue our Soul growth journey!

We can then add these goals/dreams/intentions into the Goals/To Do List page, or the Moon wheel calendar and/or the Daily Contemplation, Mood & Gratitude pages!

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

Use the 4th page as a vision board, or write about your New Moon intentions, draw, add stickers, make a collage, write a spell or poem - anything goes here. Adding our OWN creative expression can further add that extra oomph and power needed to help manifest our dream life!

FIRST QUARTER MOON

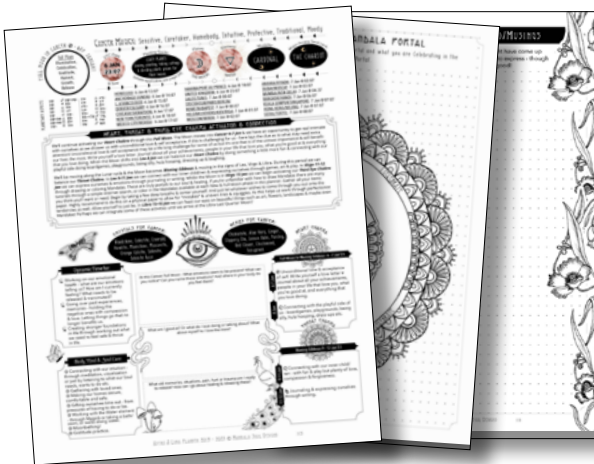


The First Quarter Moon page is basically a half way check in point to see where we are and a reminder for self care practices.

Each major Moon phase page comes complete with Journal prompts, Chakra Guidance, dates & times for major cities, Crystals & herbs to work with, gardening and Dynamic Time and Self/Soul care options all 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.

FULL MOON



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 Chakra Guidance, Dynamic Time and Soul/Self care suggestions and crystals & herbs 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. We also get a blank page to write, draw or anything our hearts desires to do on this page.

LAST QUARTER MOON



At the Last Quarter Moon we have the opportunity to work with our Third Eye Chakra, 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 - Dynamic Time, Self/Soul care suggestions, journal prompts, dates & times for the major cities, crystals & herbs we can work with, gardening with the Moon/zodiac and the Chakra balancing suggestions.

WANING CRESCENT MOON



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

Here we can also find the dates for the next Dark Moon Releasing Ritual 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 47 - 53 of the 2023 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 phase, Waning Crescent Moon, are for checking in on our progress, and where we are in life - how we're doing, feeling etc

DARK MOON RITUAL

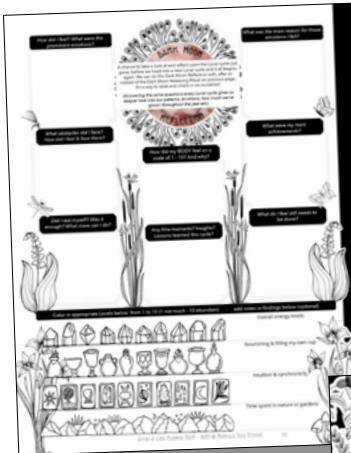


We are near the end of the Lunar cycle and what better way to honor and celebrate this than with a releasing ritual! The Dark Moon Releasing Ritual is a super simple ritual - no fancy equipment needed although this can of course add that extra little oomph to our ritual.

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 47 - 53.

DARK MOON REFLECTION



At the Dark Moon Releasing Ritual page we have an opportunity to look back on our Lunar cycle gone, with the Dark Moon Reflection page, to 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 coloring in, the 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, connection and synchronicity was, and the time we spent in nature or gardening that particular Lunar cycle.

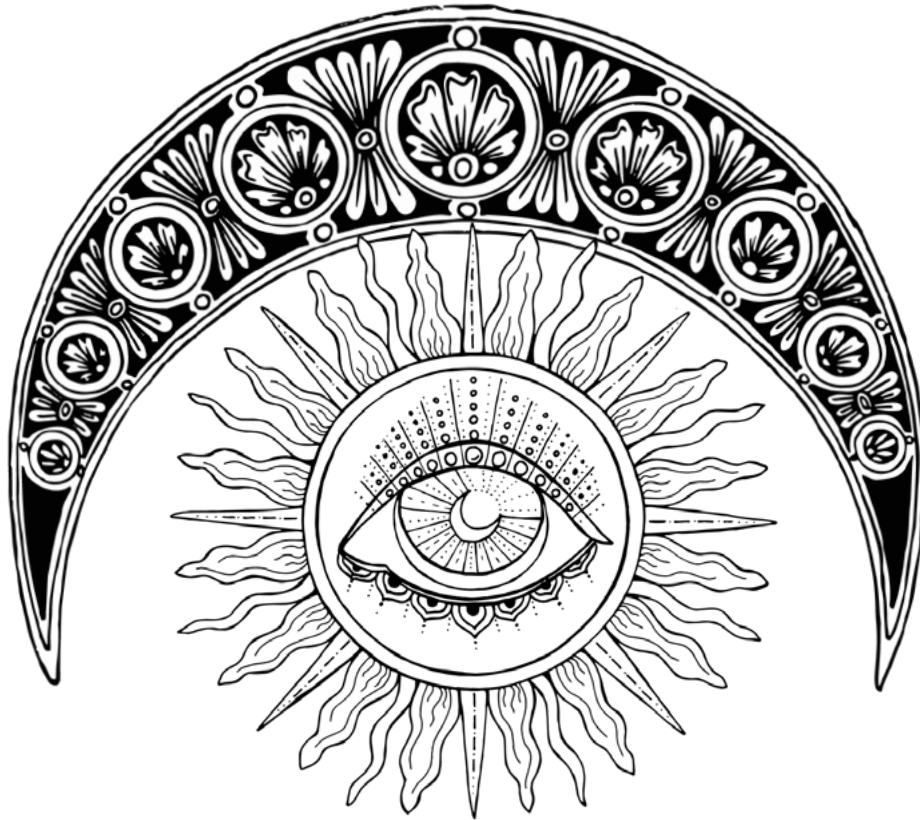
MY SOUL MUSINGS



The very last two pages of the Lunar cycle are for ANYTHING goes.

Just like the bujo style/blank page after the New & Full Moon Dream Amplifiers/Mandalas - we can use these as a vision board, collage, draw, make our own trackers, journal on the Lunar cycle gone or anything that pops into our creative minds.

Use it everyday or at the end of the Lunar cycle only, up to you. Have fun with these pages, make them yours!



I hope you find the 2023 Astro & Luna Planner as magical as it was to create her, and that this clarifies all the various pages. So you can make the most of this magical planner!

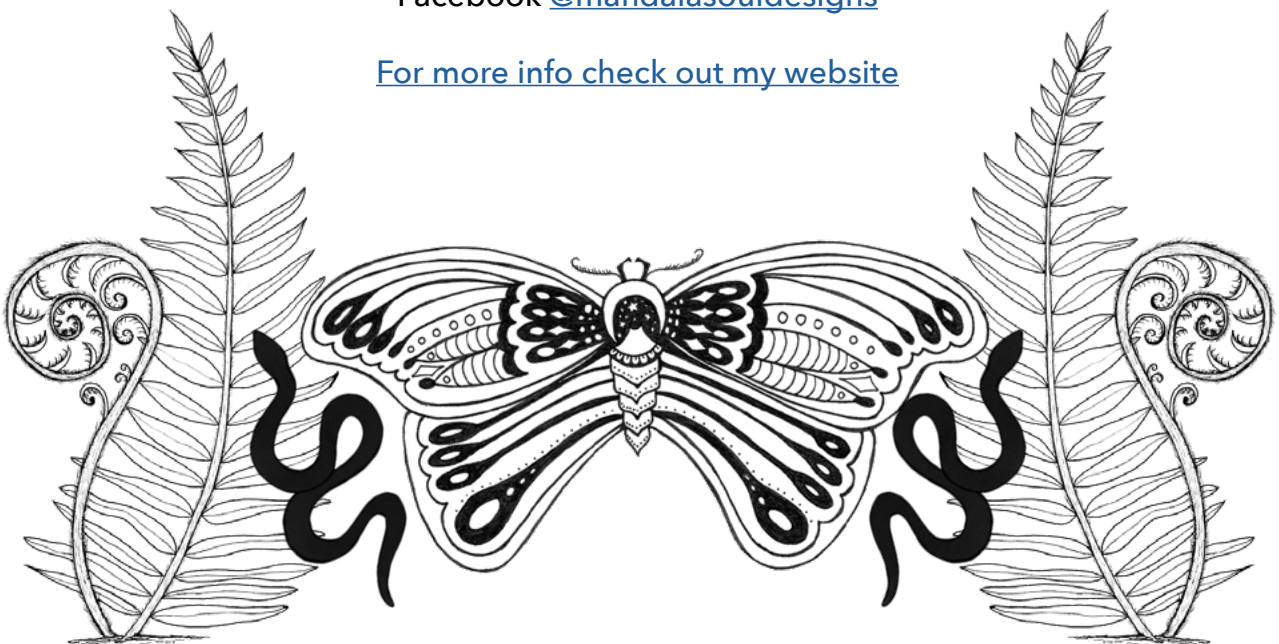
So much love and big mobs of gratitude
Moni xx

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

Instagram [@mandalalsoul designs](https://www.instagram.com/mandalalsoul designs)

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HOW TO GUIDE TO THE
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Bridging the world between Magic and Reality.

