

Moon guide

A journal to connect with yourself



October 2021

Yoga illustrators.



This membership is about you and only you



This means that, even if we offer guidance, you are the only one who can decide what is right for yourself.

Take this guide as a support that you can adapt in many ways to fit perfectly with yourself.

If you want to skip a section, don't feel guilty for missing something out.

The important thing here is to connect with your inner voice, to learn how to listen to it and to build a routine around it.

The moon cycle is an indicator that helps us manage our rhythm between action and nurturing. But the key indicator is what you feel.

Don't forget that if you need, you have a private community on facebook that is here to help you.

I wish you a beautiful moment with your sweet self.



October

Get inspired with our monthly art.





NEW MOON IN LIBRA 06

06 PLUTO GOES INTO DIRECT IN CAPRICORN

VENUS ENTERS SAGITTARIUS 07

SATURN GOES DIRECT IN AQUARIUS 10

JUPITER GOES DIRECT IN AQUARIUS 17

19 MERCURY GOES DIRECT IN LIBRA

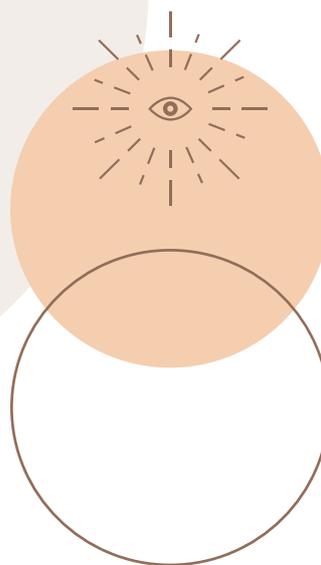
FULL MOON IN ARIES 20

23 SUN ENTERS SCORPIO

30 MARS ENTERS SCORPIO



Major cosmic events





Monthly insight

Ushering in harmony & relaxation.

On Oct 6, we have the New moon in the earth sign of Libra. This lunar cycle encourages us to focus on our relationships. Working to improve our present relations is vital and reconnection is key. We should take advantage of it during this cycle.

Libra season ushers in a sense of harmony & much needed relaxation. But a clean house and hammock are not what Libra is asking for.

Libra asks us to take a look at every relationship. What relationships need your attention more? What ones need to be cut off? What relationships could be opened and healed? This is the harmony and relaxation that's in store for us.

In addition to harmony, Libra also encourages us to embrace change. Remember this is to bring about harmony in our lives. We will need to analyze our patterns. Shift out destructive behaviors & confront our hard truths. We should use this time to tend to our most meaningful relationships and relax into transformative energy.

By the 10th, Saturn, the planet of maturity, responsibility, discipline, and stewardship directs the sign of Aquarius. We will start feeling like we are actually moving forward in the right directions and will stick to our paths with confidence in the coming months.

On Oct 17th, Jupiter directs in Aquarius leaving us feeling dreamy. A calling to expand our minds and explore our surroundings may summon us to new experiences so we can focus on more opportunities for our futures over the coming months.

On Oct 18th, Mercury directs in Libra and concentrating on what really needs balancing and what no longer serves us will come into play in the days to come. The full moon dredges up all kinds of emotional barriers & harmony calls us to cross those barriers. Our best versions are on the other side.

We are continually seeking harmony and balance in our everyday lives. How do we actually achieve this though? Harmony is keeping the light and dark even on scales.

On Oct 20, we have the Full moon in Aries. This gives us the chance to break from the normal and be vulnerable with ourselves. We should dig deep. What makes us uncomfortable? Are there any boundaries that need setting? Harmony is constantly balancing the light and dark. Keeping up with both side to maintain a peace.

Aries is the Cardinal Fire sign of Spring – as well as the first sign of the zodiac. With this full moon, it is important to embody the Aries way. Taking charge, getting things done, becoming the best versions of ourselves are all inspired by Aries fiery ways.

This Aries full moon will charge us with irritation, anger and aggression.

Everyone has their own timeline so this might not be energy you want to touch on. Fiery Aries is not messing around but if you are ready to start filling your cup up, jumping to the next chapter of your life- this is the time to shed the old and bring a balance of new.

On Oct 23 the sun enters the sultry sign of Scorpio making it the best time to not only celebrate this zodiac sign, but to also prepare ourselves for the energy that comes with Scorpio season.

Scorpio is the sign of sensuality, mystery, depth, and creativity. When we experience Scorpio season, we invite these themes into our lives.

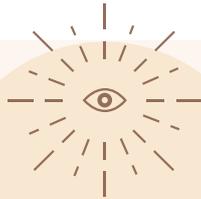
Let's imagine ourselves in this Scorpio season as a tree. Our roots are strong and deep. Our leaves, metaphoric for all areas in our lives, grow, die and grow new leaves. In other words, we grow new experiences, relationships, successes- whatever life gives, we can make room for.

On Oct 30, Mars enters Scorpio and our energy and drive will get much more passionate and focused over the coming weeks. We will strive to dig deeper, find the source, and find creative solutions to our problems that will strengthen our will to get through any situation!

October Tarot Reading



My notes



Your month ahead



I write down the lows of September:

A large, empty rectangular area with a light beige background, intended for writing down the lows of September.



How do you I feel regarding this list?

A large, empty rectangular area with a light beige background, intended for writing down how one feels regarding the list.



How did those lows make me grow?

A large, empty rectangular box with a light beige background, intended for writing a response to the question above.



What would I like to grow out of this month?

A large, empty rectangular box with a light beige background, intended for writing a response to the question above.



Bringing it all together, what are your intentions and goals for October?

A large, empty rectangular box with a light beige background, intended for writing a response to the question above.

Plan your goals



Write down ONE big goal in your personal life and ONE big goal in your professional life. We will follow the principles of SMART goals to make them achievable.

S

SPECIFIC

M

MEASURABLE

A

ACTION-ORIENTED

R

REALISTIC

T

TIME-BASED

GOALS: BE SPECIFIC &
REALISTIC

HOW WILL YOU
MEASURE IT

LIST THE
ACTIONS NEEDED

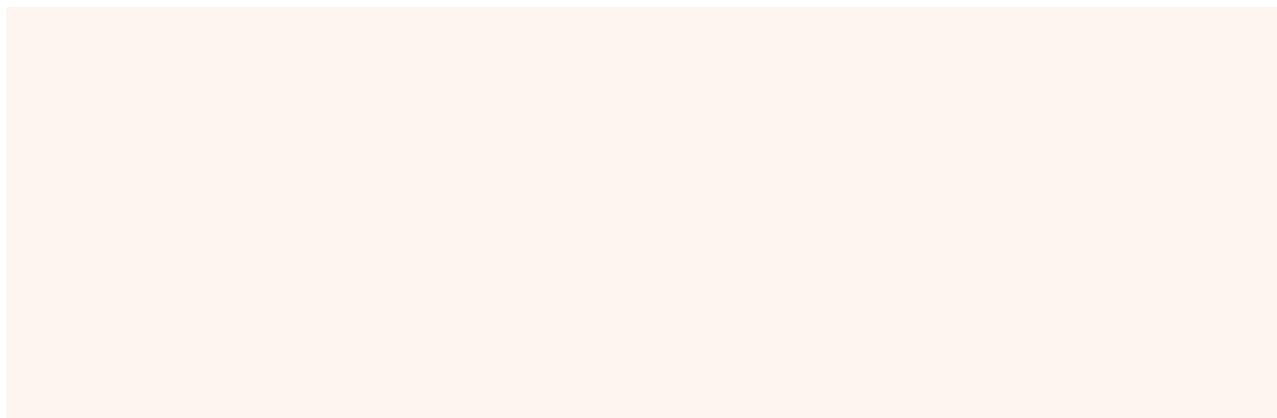
DEADLINE

October Moon Phases

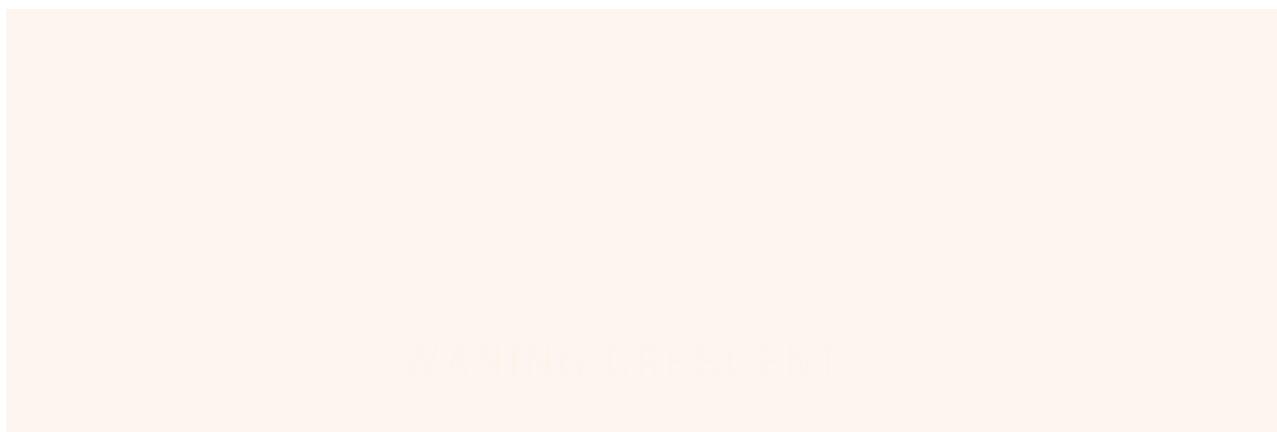


Plan your month according to the moon phases.

- I  WANING CRESCENT
Practice self-care & trust to receive abundance



- 6  NEW MOON
Take some time by yourself and set your intentions

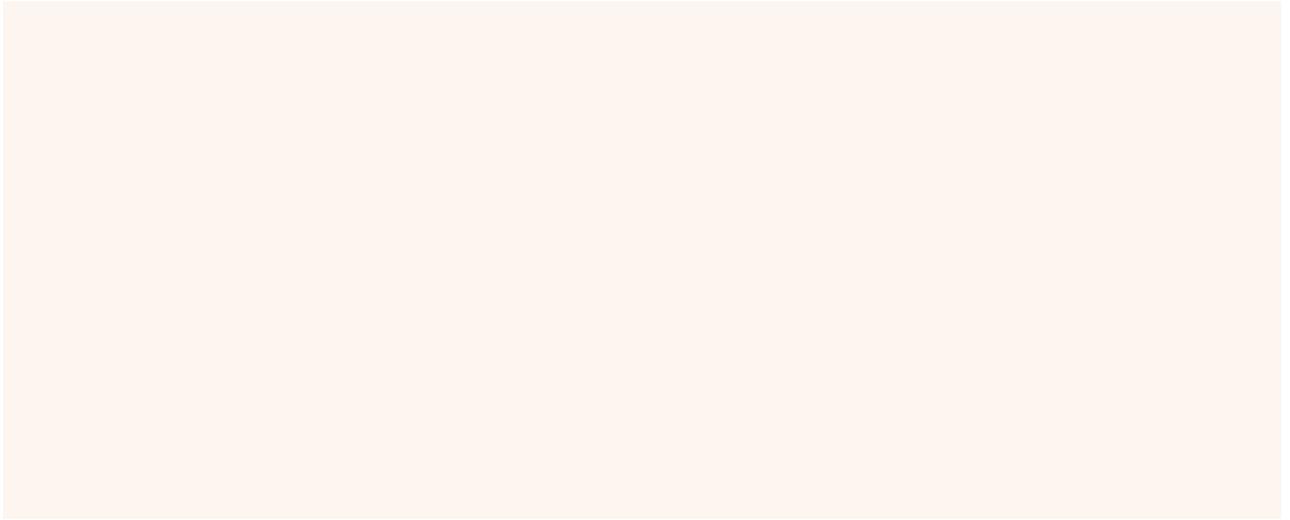


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WAXING CRESCENT

Practice self-care & trust to receive abundance

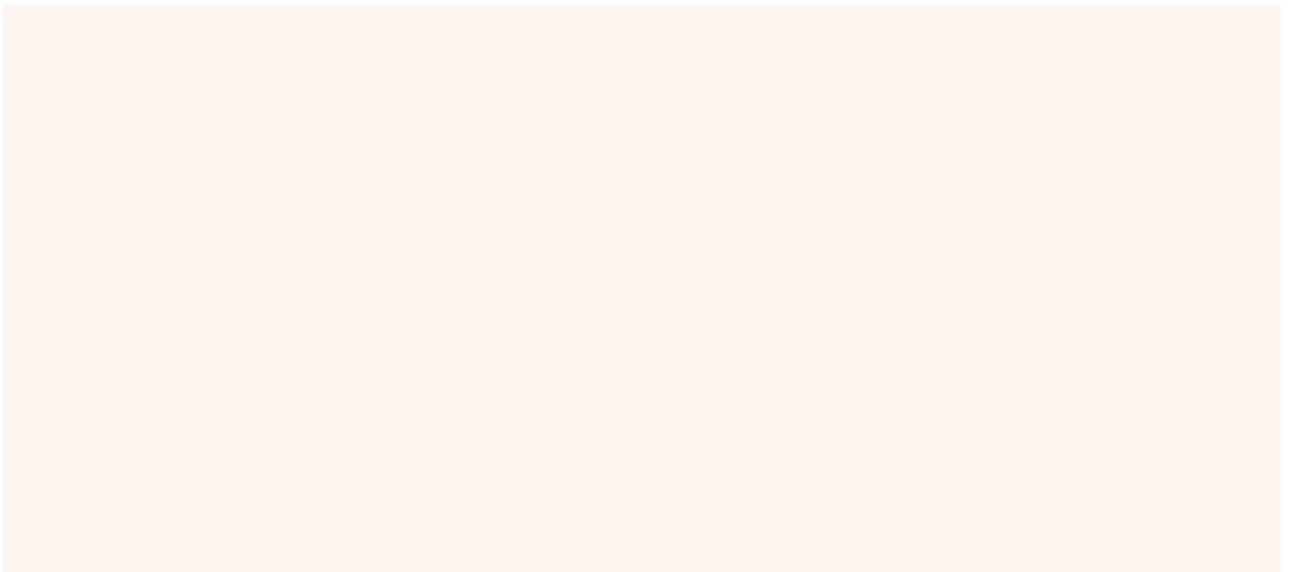


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WAXING GIBBOUS

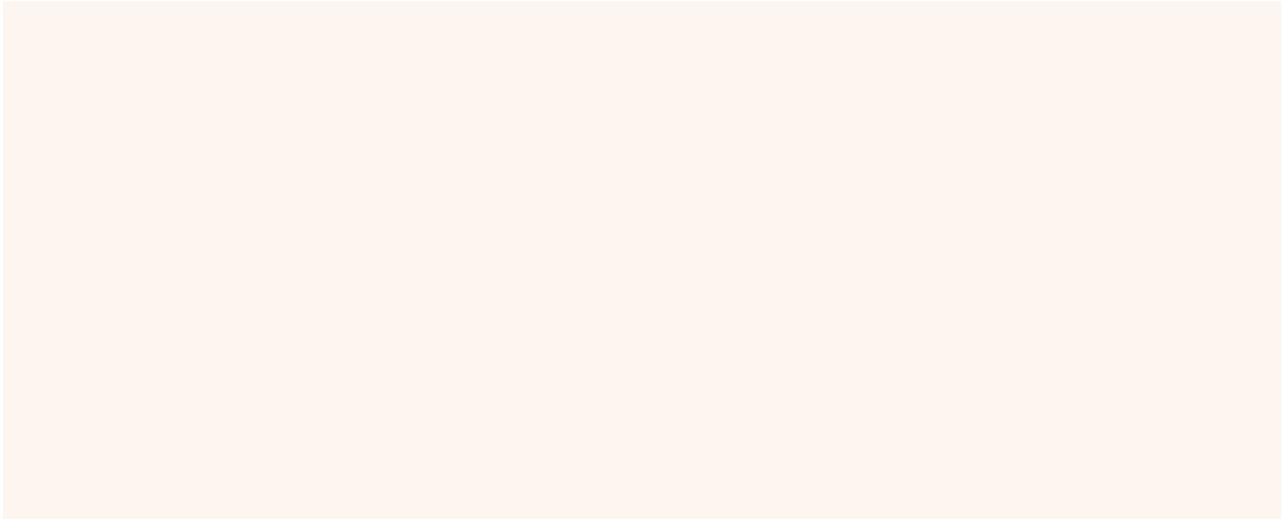
Review and check everything off your to-do list



WANING CRESCENT

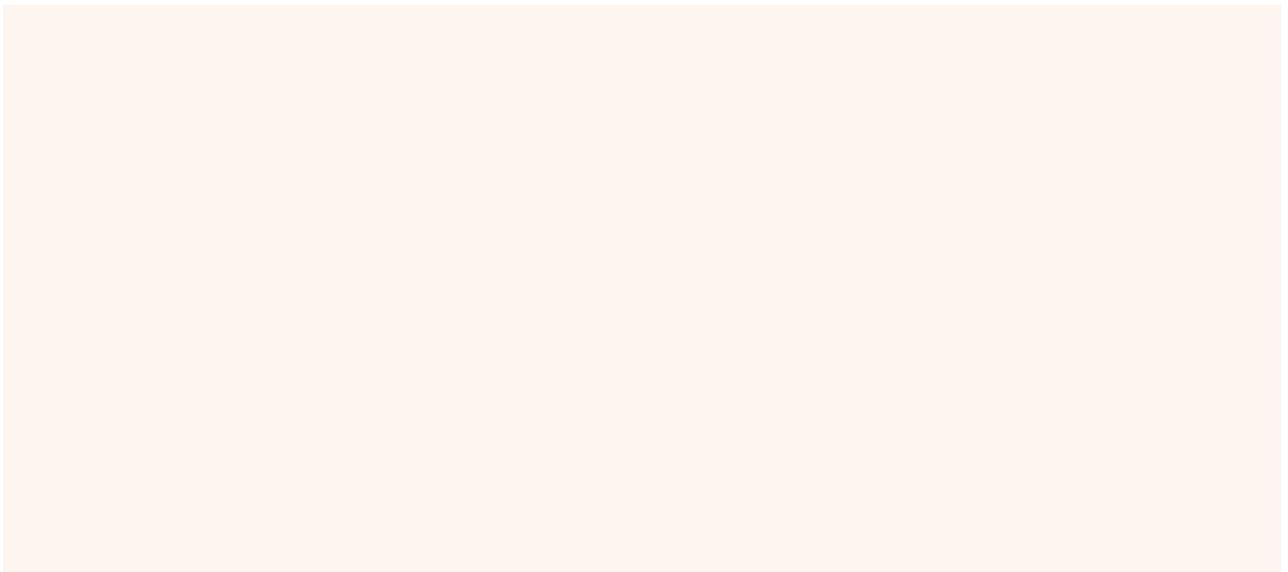
20  FULL MOON

Connect with your emotions & release the tensions



21  WANING GIBBOUS

Release your energy and connect with your soul



WANING CRESCENT