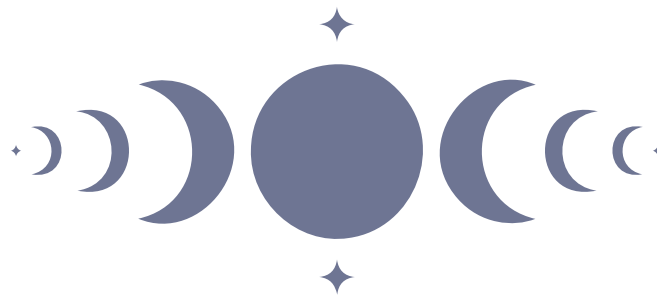


THE MOON & YOU: A GUIDE TO LUNAR ALIGNMENT

Lunar wisdom for soulful healing and empowered living



This guide was created to help you rediscover your rhythm and remember your power. By aligning with the Moon, you'll learn to honor your emotions, trust your intuition, and find steadiness through life's transitions — one phase at a time.

A Guide to Lunar Alignment

ARUNA ASTROLOGY

*by Michelle Sheppard
Astrologer & Intuitive Guide*

A NOTE FROM MICHELLE

Welcome!

I'm so glad you're here.

The Moon has been my compass through every season of change — a reminder that even when life feels uncertain, there's always rhythm, renewal, and light returning. Over the years I've learned that working with her cycles isn't about perfection or prediction; it's about remembering that you, too, are cyclical.

I created this guide to help you rediscover that rhythm within yourself. Whether you're completely new to lunar living or returning to it after a busy season, think of these pages as a soft place to land — a space to listen, reflect, and realign with your inner wisdom.

You don't have to have it all figured out. The Moon will meet you exactly where you are.

The Purpose of This Guide

This isn't a workbook or a checklist; it's an invitation to reconnect.

Inside, you'll find:

- A simple overview of the Moon's phases and how each one supports reflection and growth
- Gentle prompts to help you tune into your needs and intentions
- A journal page to begin your own Lunar Alignment practice

My hope is that this guide helps you find steadiness through change — and a deeper sense of trust in your own timing.

How to Use This Guide

1. Explore the phases. Notice which energies resonate or feel relevant to you right now — there's no wrong answer.
2. Use the journal page to set an intention or simply note what feels present for you this cycle.
3. Return to it each month or whenever you feel called. Over time, you may begin to notice patterns in your mood, energy, or creativity that move with the Moon.

Let this be an experiment in awareness, not perfection. The Moon's wisdom grows clearer each time you pause to listen.

THE MOON AS YOUR MIRROR

The Moon has always reflected more than light.

She mirrors the rhythm of your emotions, the ebb and flow of your energy, and the cycles of change that shape your life.

When life feels uncertain or you've lost your sense of direction, she reminds you that everything moves in phases — beginnings, growth, release, and renewal. Just as she waxes and wanes, so do we. Her rhythm invites us to remember that rest is as sacred as action, and reflection as powerful as momentum.

In astrology, the Moon represents your inner world — your emotions, instincts, and deepest needs. While the Sun speaks to who you are becoming, the Moon reveals who you already are. She guides you inward, helping you understand what nourishes you, what drains you, and what makes you feel safe, seen, and whole.

The Moon also connects you to intuition — that quiet knowing that speaks beneath the noise. When you learn to move with her rhythm, you begin to trust your own inner tides, allowing them to guide you instead of resisting them.

As she travels through each zodiac sign, the Moon highlights different areas of life and emotions. You might feel more expressive when she moves through fire signs, introspective during water moons, lost in thought in air signs, or focused and grounded in earth energy. These shifts are subtle invitations to notice what's stirring within you — to bring awareness to how cosmic movement reflects your own.

Over time, you may see how your moods, creativity, and energy rise and fall in harmony with her rhythm. These patterns aren't coincidences; they're reminders that you are a part of something greater — a living conversation between your inner world and the cosmos.

The Moon reminds us that change is not something to fear, but to flow with. Each phase and sign offers a new opportunity to listen, align, and grow — to honor where you are and trust where you're headed. She is a constant presence in the sky, and within you — illuminating, reflecting, and guiding you home to yourself.

"The Moon is your reminder that you are never lost — only shifting into your next phase."

THE PHASES OF ALIGNMENT

The Moon moves through eight phases each month, and each one carries its own rhythm and wisdom. As she waxes and wanes, she reminds us that life is a dance between action and reflection — between holding on and letting go.

You don't need to track every detail. Simply notice how each phase feels, and allow its rhythm to guide your awareness and intention.

New Moon — Begin Again: A time for quiet reflection and setting intentions. This is fertile ground for new beginnings — a blank canvas where possibility takes root.

Affirmation: I welcome new beginnings with an open heart.

Waxing Crescent — Nurture the New: The first spark of momentum. Take small, inspired steps toward your desires. Trust that the unseen is already unfolding in your favor.

Affirmation: I trust the process and nurture what's growing.

First Quarter — Take Aligned Action: Challenges may arise now, asking for clarity and courage. Move through resistance by choosing what feels most aligned — not what feels easiest.

Affirmation: I act with clarity and confidence.

Waxing Gibbous — Refine and Prepare: Growth is happening, even if you can't yet see the results. Revisit your intentions, fine-tune your plans, and stay focused on what matters.

Affirmation: I refine my vision and stay devoted to my path.

Full Moon — Illuminate and Release: The light is brightest, revealing what has come full circle. Celebrate your progress, express gratitude, and let go of what no longer supports your growth.

Affirmation: I honor my growth and release what's complete.

Waning Gibbous — Reflect and Integrate: A natural time to slow down and process. Notice what you've learned and how you've changed. Share your insights or express them creatively.

Affirmation: I integrate my lessons with grace and gratitude.

Last Quarter — Simplify and Let Go: The final clearing. Release old patterns, commitments, or emotions that feel heavy. Clearing space now allows new energy to flow.

Affirmation: I release what no longer serves and create space for renewal.

Waning Crescent — Rest and Restore: This is the quiet before the next beginning — a sacred pause. Rest deeply, nourish yourself, and allow your energy to renew.

Affirmation: I honor stillness as a sacred part of creation.

Remember: You don't have to start at the New Moon. Begin wherever you are in the cycle and let the rhythm meet you there. Awareness is the first step toward alignment.

REFLECTIONS

The Moon invites us to slow down and listen. Her rhythm reminds us that awareness itself is transformative — that within every cycle, we're given an opportunity to pause, breathe, and realign. Reflection is where clarity begins. It's the space between doing and becoming — where you can hear your own wisdom again. You might be surprised by what arises when you give yourself a moment to simply be with what is.

These prompts are here to support you at any point in the lunar cycle. Use them to connect more deeply with your emotions, intentions, and intuition. You can write freely, choose one question to meditate on, or revisit them at the end of each moon cycle to notice what has shifted. Let this be your space to reconnect with yourself — gently, honestly, and without judgment.

Reflection Prompts

- What am I being called to create, explore, or receive right now?
- What emotions or patterns are rising to the surface for healing or attention?
- What am I ready to release or let go of this cycle?
- Where am I being invited to trust the timing of my life?
- What does alignment feel like in my body, mind, and spirit?
- How can I support myself with more compassion in this phase?
- What small action or intention would help me stay connected to my truth?
- What am I grateful for in this moment?
- How have I grown since the last time I paused to reflect?

Take a few deep breaths before you write. Feel your feet on the ground and notice the rhythm of your breath.

As you move through the prompts, don't rush to find answers — allow your thoughts, emotions, or sensations to unfold naturally. The act of slowing down is the practice.

Remember: There are no wrong answers. The purpose isn't to fix or figure things out — it's simply to listen. As you reflect, notice the themes, emotions, and desires that continue to surface. These are your personal threads of alignment — the whispers of your inner Moon.

"The Moon reminds us that every ending is a beginning in disguise — that even in the dark, you are still becoming."

HOW TO WORK WITH THE MOON

You don't need to be an astrologer to work with the Moon — only curious and willing to listen. Her rhythm offers a natural framework for slowing down, aligning your actions with intention, and cultivating deeper awareness.

The Lunar Alignment Framework

Think of each cycle as an invitation to move through three simple phases of your own:

Observe

Notice where the Moon is in her cycle and how you feel. Are you energized or introspective? Restless or creative? Awareness is the foundation of alignment.

Reflect

Pause to check in with your emotions, body, and intuition. Ask yourself what's growing, shifting, or ready to be released. Use the reflection page as a touchpoint for clarity.

Align

Choose one small, intentional action that supports what you've discovered. Alignment isn't about doing more — it's about acting in harmony with what feels true.

Bringing It into Practice

- **Start small.** Pick one intention per cycle rather than trying to transform everything at once.
- **Journal weekly.** Note how your emotions or energy shift as the Moon changes. Over time, patterns will emerge that help you understand your own rhythm.
- **Honor rest.** Remember, stillness is an essential part of growth. The waning phases are perfect for reflection, not pushing.
- **Connect with ritual.** Light a candle, pull a card, or simply breathe under the night sky — anything that helps you mark time with awareness.

Working with the Moon is less about control and more about communion. As you begin to listen and align, you'll start to notice how life feels a little more fluid — how decisions flow, emotions soften, and clarity returns in its own time.

YOUR LUNAR ALIGNMENT PRACTICE

Now that you've explored the Moon's rhythm and reflected on your own, this page offers inspiration to begin your personal Lunar Alignment practice.

Think of it as a conversation between your inner world and the Moon's wisdom — a gentle way to check in with yourself throughout each cycle.

How to Begin

1. Create your sacred space.
2. Settle somewhere quiet with your journal, a cup of tea, or under the night sky. Light a candle if it helps you feel grounded.
3. Note the details.
4. Begin each entry with the Moon's phase and zodiac sign. This helps you track patterns over time — what you feel, create, or release as the Moon moves through her rhythm.
5. Write freely.
6. You might start with a few of these prompts:
 - What intention am I setting for this cycle?
 - What am I feeling or noticing right now?
 - What feels ready to shift or be released?
 - What action or focus feels aligned this week?
 - What affirmation supports my energy right now?
7. Review and reflect.
8. At the end of the cycle, revisit your entries. Notice what has evolved — where clarity emerged, what softened, what grew.

There's no wrong way to do this. Whether you write every few days or only at the New and Full Moons, the intention is the same: to build trust in your natural rhythm and recognize the wisdom that already lives within you.

"Awareness is the first step — alignment is where transformation begins."

DEEPEN YOUR LUNAR CONNECTION

You now have everything you need to begin working with the Moon on your own — to reconnect with your rhythm, reflect with intention, and honor each phase of your becoming.

But every Moon speaks differently to each of us. Your personal lunar story — how the Moon's rhythm interacts with your birth chart — reveals where growth, healing, and transformation are unfolding for you.

In a Mini Moon Reading, we'll explore how the Moon's current energy aligns with your unique chart, offering clarity around what's shifting, what's being illuminated, and how to move forward in harmony with the energy and your intentions.

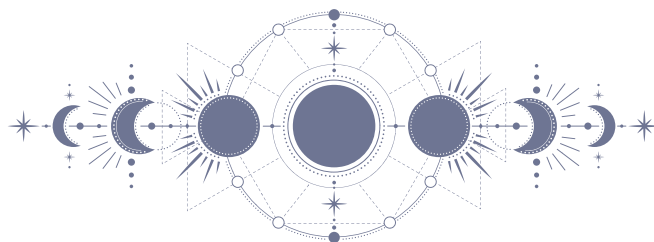
You'll walk away feeling seen, supported, and more deeply connected to your natural flow — ready to move through life with renewed confidence and purpose.

If this guide has stirred something within you — a sense of possibility, curiosity, or remembrance — it's likely the Moon speaking through you.

I'd be honored to help you interpret her message.

Book Your Mini Moon Reading at arunaastrology.com.

With lunar love,
Michelle
Astrologer & Intuitive Guide
arunaastrology.com



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