

Welcome to Moonsurfing's Lunar Journal

Thank you for joining the Moonsurfing Lunar Journaling Circle.

We trust that Moonsurfers appreciate the amount of work Claudia puts into each and every journal and we ask that you please respect the copyright on this material. We have made a conscious decision to keep the cost of the journal at a very low price so all can afford to lunar journal.

Please SAVE and or PRINT your journal now. Once you leave this link, you will not be able to return to it. **Note: use the printer icon or save/disc icon within the Adobe Acrobat window and not the one in your outer browser's window.**

If you do not wish to print this page or the following "how to use" page, set your printer options to print pages 3-19 for printing this month's journal only.

Begin with the general Overview for the month and proceed to the New Moon information. Take one phase at a time. Journaling with the Moon is easier than keeping a daily journal because you only have to check in and write every 3 1/2 days when the Moon shifts into a new phase. As you work with these natural lunar rhythms, rather than pushing the river, you'll find that you're going with the flow. As the monthly magic unfolds, you'll know that this commitment to yourself is well worthwhile.

We encourage you to make this journal your own. Make it as elaborate or as simple as you wish. Print it out on regular three-hole printer paper or on finer stationary. The key here is to use it.

You can keep your journal pages in a three ring binder, make your own binding with ribbon or have it spiral bound at your local print shop. The important idea is to have your pages together in one place so you can refer back to intentions planted in prior cycles.

Journal Cover Suggestion: find a picture (photo or magazine) that represents to you your "New Moon seed intention" for the cycle. Begin to create a collage by adding a picture each month to your cover. At the end of the year you will have an overview of the seed ideas you planted. It will be interesting to see what has come to fruition.



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How to use your Lunar Journal

Read the **O**verview, **H**ealth, and **R**elationship segments which tune you in to the theme for the current phase.

Then proceed to the corresponding journaling page. The *Keywords* in the top upper left portion of the page describe the overall energy of the phase.

“Seed Intention” New Moon time is most effective when you have gone inward to glean the essential wisdom from the previous cycle. This awareness of what you’ve already accomplished helps you envision a possible future and gain clarity on your intentions for the coming cycle. Then at the New Moon, this vision is concentrated and focused into an encapsulated intent that becomes planted deep in your consciousness. It germinates and develops according to your willingness to take action appropriate to each phase throughout the lunar cycle.

“Writing” is a form of instant manifestation. Answering the questions will help you gain clarity while also empowering you to harness the energy of the phase. If keeping a journal is new to you, the space provided for writing may be enough. If journaling is old hat to you, you may want to add additional paper between the pages provided for each phase.

“Feelization” Your feelings provide the unconscious fuel that ignites your New Moon intentions. After you’ve written down your intentions, make some space and quiet time for yourself. Take one intention at a time, close your eyes, and with all your inner senses, feel your intention as if it’s manifesting right in the present moment. Feel the joy of accomplishment and the quickening of your cells as fully as possible. By doing this, you’re actually utilizing the emotional magnetism of the New Moon to create your own magnetic field and you are setting in motion and attracting all that you need to fulfill your dreams. Return to this grateful feeling of manifestation you’ve now encoded into your cells each day and any time you feel off-track or doubt enters concerning your progress. Feel as though your prayer is already answered... and the world will mirror back to you your feelings.

“Acknowledgments” Give yourself some pats on the back. It’s important to acknowledge what you’ve accomplished as you progress through the phases. This builds self-esteem and helps you focus on what you’re creating with a positive attitude...and what you focus on *will expand*.

“Gratitude” The perfectly prepared ground in which you plant and cultivate your goals and intentions is gratitude. In this way you are coming from a place of “having” which produces more of the same. Come into the present moment and appreciate at least one aspect of your life per phase. By doing this, you’ll continually create fertile ground in which your progress can flourish.

Follow these guidelines as you journal your way through each month and you’ll see the patterns of lunar energy unfold and build upon one another. As you grow in awareness, you’ll find yourself continually refining and magically manifesting your intentions.

Leo

Lunar

Cycle

August 12 / Sept. 10, 2007

Monthly Overview

What makes your heart sing? What do you want more than anything? The Sun rules this lunar cycle telling you it's time for you to step out and shine like the star you are! The cosmic currents are giving you a green light to reinvigorate some of your dreams and desires that may have seemed out of reach. Play, passion, self-presentation, and love are themes for you to focus on.

The main message is to live from your heart and take action to share your special gifts and unique talents... your light... with the world. Your focus shifts from the watery nature of your feelings and intuition to the fiery power of your creative passions, your heart's desires, and your need to express love and be loved in return.

The upside is heroic courage and a generous heart fueled by devotion to Source. The downside is the selfishness and negative drama that can occur when you put your ego in the driver's seat.

Five planets including the Moon and Sun are in Leo at the time of the New Moon emphasizing new beginnings in love and personal creative expression. A total lunar eclipse joins the Pisces Full Moon demanding completion of old self-sabotaging habits and patterns that keep you from bringing your dreams down to earth.

Joy is the clearest evidence of the presence of spirit, so enjoy your life. It's time to let go of what others think and follow your path with heart.

Ritual Tools for the Leo Cycle

Quality: Fixed

Element: Fire

Gems: White Diamond, Ruby

Flowers: Red Rose, Magnolia

Colors: (Power) Red and Gold

Book: "The Tibetan Book of Yoga" by Geshe Michael Roach

Affirmation:

I am a magnificent expression of spirit and I love and accept all of myself.

New Moon Overview

With 7 planets in fire signs, situations could really heat up as resources and relationships get a reality check. With all this fire, it's REALLY important that you allow spirit to guide your thoughts, feelings, words, and actions. Remember that a playful sense of humor and a compassionate heart can defuse an over-active ego and help you maintain a fresh perspective.

Your home is still a focal point, but now make it cozy... you know, like a lion's den... so you're ready to entertain friends and lovers. Ask yourself what "roles" you'll be playing as you share your unique gifts and what really deserves to occupy center stage in your life.

Then create and plant intentions that guide you to love yourself, do what you love, and joyfully express your own unique talents.

Health

*Areas of the body emphasized by the Moon in Leo and its ruler the Sun are:
upper back, heart, upper spine, cardiac system.*

Create intentions to ensure the health of your heart both physically and emotionally.

Compliment yourself in the mirror, and put some play in every day... and laugh. It truly is the best medicine. That's your basic prescription for this cycle.

Also, come up with new ways to enjoy your daily routine and responsibilities and find ways to explore and expand your creative talents and passions... even if for only 10 minutes a day. Leo always emphasizes your mane... so change your look and your perspective with a new hairstyle and add a few streaks of a lighter golden or copper shade around your face.

Relationships

Leo is considered to be the sign of love given and this fiery New Moon ignites new beginnings in passion and romance. So if you want more of these in your life, don't be critical, demanding, or possessive... be loving and open-hearted.

Be generous and show appreciation in your relationships without return expectations.

Focusing on solutions and possibilities means that you're present and future-oriented... as opposed to focusing on disappointments from the past. Remember, the greatest gift you can give is an understanding heart, so keep it light and avoid negative drama.

 *If you were born during a New Moon Phase: Ask yourself where you're ready to take a risk and explore some new avenues of creative expression.*

New Moon

Moonrise: dawn

Moonset: sunset

Keywords: new beginnings

19° Leo

4:04 pm pdt / 11:04 gmt

August 12 Sun.

13 Mon.

14 Tues.

15 Wed.

Seed Intentions:

What intentions will guide me to express my creative passions and polish up my image and presentation so I'm ready to share my gifts with the world?

Gratitude:

The fertile soil in which all seed intentions are planted.
I am grateful for:



Crescent Moon Overview

Focus on gathering what you need to move forward on your ideas and intentions. Ask yourself what touches would put your personal signature on your home and make it a cozy place to relax and entertain.

When it comes to your image... think of how you could change your look to put your best self forward and radiate more confidence. Be open to seeing yourself in a new light by playing with different hair styles, clothing and make-up. The idea is to be creative... and have fun.

If you're feeling a bit overwhelmed... focus on one priority at a time.

Health

Areas of the body emphasized by the Moon in Libra and its ruler Venus are :
small of the back, kidneys, endocrine system, glandular activity, female sex organs, venous circulation.


In the Far East, the healthy rejuvenating benefits of green tea have been known for thousands of years. Here's how to make one of my favorite summertime healthy pick-me-ups.

Put a glass or mug in your freezer. Make a cup of hot chai green tea (known to have all sorts of healthy benefits) using two bags for extra strength. Put the tea in the refrigerator or freezer till it's chilled. Now put the tea in a blender, add 1/8-1/4 cup of light organic unsweetened coconut milk, use stevia to sweeten to taste, and add 4-6 ice cubes. Blend. Pour into your frosted glass or mug... take a breather and enjoy.

Relationships

Don't keep your feelings under wraps (living in your head rather than your heart)... that's stressful and besides, those repressed feelings just pile up like little land mines... bound to create unnecessary drama just waiting to explode at some later date.

Actually, minds and hearts are in harmony as this phase begins, so focusing on joining your mind with your heart when having conversations makes it easier to approach unpleasant subjects and find win-win solutions.

 *If you were born during a Crescent Moon phase : Ask yourself how you could make changes that would help you see yourself in a new light with more self-confidence.*

Crescent Moon

Moonrise: mid-morning

Moonset: after sunset

Keywords: assertion, mobilize
resources

8° Libra

2:13 pm pdt

August 16 Thurs.

17 Fri.

18 Sat.

19 Sun.

Challenge: What deserves center stage in my life?
What's holding me back and what am I doing about it?

Resolution: How can I see myself in a new light and build more self-confidence?

GratITUDE:



First Quarter Overview

It's time to take action on your intentions to put your best self forward and shine.

Crystallize your plans, prioritize your resources, and decide what you're willing to do to create the life you desire. You've reached a turning point regarding what you've got to do to move forward, so you may be moving through some old emotional stuff. Intense emotions and fears could show up as power struggles... don't get side-tracked. If fears show up, have compassion for yourself.

Take a deep breath, welcome your higher power, and come into your heart... then you can move forward and you'll know what to take action on first.

Health

*Areas of the body emphasized by the Moon in Scorpio and its ruler Pluto are :
genitals, colon, sex organs, urogenital system, and the body's regenerative processes.*

Life is to be enjoyed, it's true, but remember that moderation is a big key to a strong healthy heart.


You can reduce cravings and give your digestive system a rest by taking a break from white and refined foods and meats along with fried foods for at least 72 hours. Make your meals a colorful rainbow with plenty of fresh produce... especially dark leafy greens and other fresh organic summer vegetables.

I love to make a meal of a great big organic salad at least once a day... you'll satisfy your desire to chew, get roughage to keep you regular, along with a whole slew of naturally-occurring vitamins and minerals. Also, I find I have more energy instead of that post-meal energy let-down.

Relationships

Take action to come from a generous forgiving heart... relax... be more trusting. Keeping fewer secrets and admitting that you feel pretty vulnerable at times opens the door to that increased sense of trust.

And remember that open honest communication paves the way for passion and intimacy. You'll find this actually helps make you a stronger person and a more sensitive lover.

 *If you were born during a First Quarter Phase : Take action to move past fears that keep you from expressing your creativity to the world.*

First **Q**uarter **M**oon

Moonrise: noon

Moonset: midnight

Keywords: crisis in action,
build

27° Scorpio

4:55 pm pdt

August 20 Mon.

21 Tues.

22 Wed.

23 Thurs.

Action: What actions will I take to put my best self forward and let my creative gifts shine?

Acknowledgements: What actions have I already taken?

GratITUDE:



Gibbons Moon Overview

We're building up not only to a volatile Full Moon, but to the 3rd and last eclipse in Pisces since last September!

Ask yourself what more you can do to polish up your creative gifts and your self-image.

Your sense of proportion may be out of whack and you may be feeling a gap between your dreams and your current situation. Feeling overwhelmed or turning molehills into mountains could threaten to sidetrack you, but stay on track by reviewing your progress and targeting one essential step you can take regarding each of your intentions. You can make some real progress if you'll temper your emotions and expectations with reason and positive action.

HHealth *Areas of the body emphasized by the Moon in Capricorn and its ruler Saturn are :
knees, skin, bones, teeth, joints, skeletal system, maturation & aging.*


As the Full Moon Lunar Eclipse approaches, take at least one step to release old habits and beliefs that keep you from opening your heart, lightening up and bringing more joy... more spirit into your daily experience.

Have fun with make-up and brighten up your smile by adding a coral lip gloss to your summer look. Coral colors with more pink and less orange also instantly whiten your teeth and brighten your smile. Give yourself an instant healthy tan with a moisturizing self-tanning lotion... exfoliate your skin first for best results.

Relationships

Have you been focusing on more trust, compassion, and self-acceptance?

Emotions may be up and down along with ideals and expectations as this volatile Full Moon approaches. Problems can be solved by simply being willing to talk about them and stir up new ideas. Remember that everyone else is also feeling the pressure-cooker energies that are being magnified during this phase, so take some extra breaths and open your heart extra wide.

 *If you were born during a Gibbons Moon phase : Take some simple enjoyable self-nurturing steps to polish up your self-image.*

Gibbous Moon

Moonrise: mid afternoon

Moonset: around 3 am

Keywords: analyze, perfect

16° Capricorn

2:54 pm pdt

August 24 Fri.

25 Sat.

26 Sun.

27 Mon.

Review: What simple steps would improve the progress I've made on my New Moon intentions?

So... What can I do to stay more calm and focused?

GratITUDE:

Full Moon Overview

This super-sensitive Full Moon lunar eclipse is set up to trigger a transition and guarantee change... it definitely represents a turning point.

Look back to six months ago on March 18th when the Pisces New Moon rocked your world with a Solar Eclipse. You got in touch with your dreams... and you made a fresh start with your intentions to say goodbye to undermining emotions, escapist habits, and limiting beliefs and create a healthier life spiritually, emotionally, mentally and physically.

This is a very challenging eclipse set-up, but don't drown in drama or old escapist patterns. Lunar eclipses always call for completion, so be flexible and patient as you reflect on how well you've done and the changes you're ready to make.

Faith and compassion are important keys to using this eclipse energy for your highest good. It's time to take a big leap of faith and break through to working smarter not harder, blending inspiration with practical healthy actions, so you can make improvements in all areas of your life.

H *Health* Areas of the body emphasized by the Moon in Pisces and its ruler Neptune are :
feet, body fluids, lymphatic system, reception of supersensible or psychic impulses and pineal gland.

Six months ago you vowed to leave counterproductive habits behind.

Dance became part of your health routine... and it's a great addition to your "play every day" plan. You don't have to go to a club. Dance around the house to some of your favorite music as you get ready for your day...it lifts your spirit and gets your life moving.


And don't forget the calming power of meditation... especially in light of the over-amped energies of this eclipse.

Pisces is ruled by the planet of glamour and illusion...Neptune. So glam it up with touches of gold, copper and bronze on eyes, cheekbones, lips, nails... any or all of these... play and have a ball.

R *Relationships*

Six months ago, a fresh start in your relationships was popped... you had some valuable 'Aha's!' regarding fears and unrealistic expectations in your relationships. Also, counterproductive habits... lingering patterns of co-dependency and old victim stuff came up so you could release them.

Now you can see how your dream of creating fulfilling relationships has flourished... and where there's still work to be done.

 *If you were born during a Full Moon Phase : Reflect on the past six months and acknowledge healthy changes you've made in your life and in your relationships.*

Full Moon

Moonrise: sunset

Moonset: dawn

Keywords: culmination,
revelation

4° Pisces

3:36 am pdt / 10:36 am gmt

August 28 Tues.

29 Wed.

30 Thurs.

Revelations: Where am I ready to take a leap of faith?

Insights: What emotions, habits and patterns must be left behind?

GratITUDE:

Disseminating Moon Overview

Can you feel it? A serious shift is imminent.

Saturn, planet of form, limitation, and responsibility, will be leaving passionate fun-loving Leo after a 2-year stay and will enter practical work-loving Virgo during this phase. Take a moment to celebrate the joys of life and acknowledge the ways in which you're living a more heart-centered life.

As you look over your eclipse revelations and insights, ask yourself what really is no longer useful or healthy and the steps you're taking to release those habits and things. This helps prepare you to take advantage of the powerful solar eclipse accompanying the next New Moon.

Health

Areas of the body emphasized by the Moon in Aries and its ruler Mars are :
head, blood, brain, muscular system, muscular activity, male sex organs, arterial circulation.


If the Full Moon eclipse popped warning signals concerning your health, pay attention and respond to these messages.

You need constructive physical and creative outlets for your energy every day. Be sure to include body treatments and time spent in nature (remember to take your daily walk) as part of your heart health routine. This self-nurturing also helps make it easier to release old undermining behaviors and replace them with life-affirming choices.

Relationships

If feelings have been hurt or opinions have been at odds, don't be stubborn. Clear the air, but remember to be kind and compassionate. Sharing loving touches and sensual pleasures can stimulate healing so passion can be rekindled.

You'll find that patience, hope, and a willingness to share ideas will go a long way toward creating harmony.

 *If you were born during a Disseminating Phase : Ask yourself how you can broaden your perspective and make your ideals more workable in the real world.*

Disseminating Moon

Moonrise: mid-evening

Moonset: mid-morning

Keywords: distribute, share

22° Aries

11:01 am pdt

August 31 Fri.

Sept. 1 Sat.

2 Sun.

Shared Insights:

What ideas and insights are coming to me as a result of the recent Full Moon Eclipse?

Understanding Gained: What changes do I need to make?


Gratitude:



ast uarter verview

Nervous... explosive... these are possible manifestations of energy as this phase begins. Try not to fly off the handle... instead, expect the unexpected and breathe. These stressful energies are telling you that you MUST make necessary changes... starting with your attitude.

Your head and heart may be at odds making you feel unreasonable... but you can lighten up and expand your consciousness by keeping an open mind, coming into your heart, and listening to your intuition. This alone will create a shift in your attitude.

ealth *Areas of the body emphasized by the Moon in Gemini and its ruler Mercury are :*
shoulders, arms, lungs, hands, nerves, central nervous system, respiration & the nervous system.

As you take stock of your health progress, ask yourself what you've got to shift and release to have a healthier attitude and a more balanced life.


If you're feeling a bit out-of-control, stop wherever you are, drop your shoulders, feel your feet, shake your hands, and soften your knees. Then breathe into your heart and as you exhale, feel the tension released from your whole body.

If you'd like to do more to blend breath awareness and heart health, be sure to check out Tibetan Heart Yoga in the "The Tibetan Book of Yoga"... the recommended book for this cycle. It's the yogic tradition followed by the Dalai Lamas and it's wonderful.

elationships

Hearts and heads could be at odds and you may try to think your personal feelings away.

If you shy away from sharing your feelings or hugs and physical contact, ask yourself why. If it's a reaction to old fears or conditioning... be willing to release that old programming and come into your heart. This, plus a willingness to discuss personal matters in a reasonable manner, can shift your attitude and produce win-win scenarios.

 *If you were born during a Last Quarter Moon Phase : Accept the choices you've made and you'll find it easier to shift your attitude and make those necessary changes.*

Last Quarter Moon

Moonrise: midnight

Moonset: noon

Keywords: crisis in
consciousness, revise

11° Gemini
7:32 pm pdt

Sept. 3 Mon.

4 Tues.

5 Wed.

6 Thurs.

Attitude **S**hift: What shift in consciousness would help me make the changes I want and need to make?

New **C**onsciousness: What's my new attitude for growth and success?

GratITUDE:

Balsamic Moon Overview

You've polished up your personal image and presentation. Now you're ready to put your best self forward and really shine as you share your passions and talents with the world. Reflect on your progress and the importance of joy, passion, creative self-expression, and love in your life.

As you look back on this cycle, acknowledge your heart-centered progress. Notice where you could benefit from some thoughtful re-organization. Then you'll be using your energy well as you prepare to put your creative heartfelt passions into service at the time of the Virgo New Moon Solar Eclipse.

HHealth *Areas of the body emphasized by the Moon in Cancer and its ruler the Moon are :*
breasts, stomach, uterus, upper alimentary system, digestion & lactation, womb.

I hope you've played and laughed and really brought more joy and loving self-acceptance into your daily life.


Take time to recharge by kicking back in that wonderful nurturing spa atmosphere you created in your bathroom during the last cycle. As you unwind, light candles to remind yourself of the animating spark of spirit that lives in your heart... and incorporate roses (one of the highest floral vibrations and the flower assigned to Leo) into your bath or shower environment.

Relationships

Both the Moon and Venus are in romantic passionate Leo as this phase begins, so open your heart and enjoy life as fully as possible.

If you've shown your appreciation and admiration for your partner and friends during this lunar cycle, then things are looking up.

As this cycle winds down, kick back, lighten up, and remain open to the experiences and ideas others wish to share. You'll ease tension and pave the way for better teamwork.

 *If you were born during a Balsamic Moon Phase : Reflect on the heart-centered wisdom that helps you put the creative self-expression of this lunar cycle into service for others.*

Balsamic Moon

Moonrise: 3 am

Moonset: mid/afternoon

Keywords: collect the wisdom
envision the future

29° Cancer

9:23 am pdt

Sept. 7 Fri.

8 Sat.

9 Sun.

10 Mon.

Wisdom Gained:

How has my self-confidence infused my daily life with more love and compassion?

How will I put my gifts, passions, and talents into a context of service during the upcoming Virgo lunar cycle?

Acknowledgments:

What heart-centered desires and creative passions have I made progress on during this lunar cycle?

Gratitude:

