

How to Use an Astro or Moon Diary or Journal



PDF Handout

From the Moon Magic Tarot Channel



Manifest with the Moon Astro-Moon Diary & Journal 2023



Manifest with the Moon Astro-Moon Diary 2023

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For extra Moon information & webinars follow Jenny on social media

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From the Manifest with the Moon Astro-Moon Diary & Journal 2023
From the I Choose Love Series
The Pathway of the Spiritual Warrior



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Manifest with the Moon Astro-Moon Diary & Journal 2023
From the I Choose Love Series
The Pathway of the Spiritual Warrior

Manifest with the Moon Astro-Moon Diary & Journal
The Art of Manifestation Astro-Moon Diary & Journal
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The Art of Manifestation

Having worked as an Accredited UK registered Counsellor for over 28 years, I have had the privilege to walk alongside literally hundreds of people, who despite facing major stuff in their personal lives, through deep diving into their own psychology and emotions, were able to overcome their difficulties and move their lives forward, and so I have a passion to explore any tools that can help us to transform and manifest, and this is what started my own magical journey of learning to manifest with the Moon.

Manifestation isn't just about imagining and dreaming about the life you want; you will also need to take actions so that your dreams can find form, and whilst some things can arrive very quickly, other things take time, spiraling through many phases of the manifestation process.

It seems to me that manifestation follows a natural cyclical pattern and when I started to seriously follow the phases of the Moon, I realized that the influence of the incoming Lunar flow of energy perfectly mirrored the different stages of manifestation.

As I explored the Moon phases further I found that the influence of the zodiac sign that the Moon was passing through also had a noticeable effect on the way that I was thinking and feeling.

Learning how the Lunar energy was effecting me personally changed my take on manifestation completely and opened up a whole new way of living... more effectively... more fruitfully... more productively... more peacefully... and more spiritually... in fact, all aspects of my life, both personally and professionally, have changed for the better!

So, let's take a look at the phases of manifestation, and then the phases of the Moon, the parallel is amazing!

The Phases of Manifestation

1. You decide you want something, and you give yourself permission to believe in this possibility and to dream.
2. Now you will need to take some sort of steps towards this, whether big or small... and commit to moving forwards and doing what it takes.
3. Review and ongoing evaluation will be needed, manifestation happens one step at a time!
4. Excitement and energy builds... you commit, you invest, and you persevere.
5. As progress unfolds, whether in your external actions or deep within our own psyche, the universe will show you what is needed to keep your energy flowing. So, you'll need to observe and listen... what is working and what isn't? And then actively use this information to validate your purpose and direction... and if needed, cleanse and release so you can commit fully to the journey ahead.
6. Holding a clarity of mind, you are now wiser and stronger, you continue with steady progress.
7. In steady momentum, trusting that the universe knows your fullest potential and holds a higher vision that is greater than you could possibly imagine, remember to pause, and evaluate along the way... there is always opportunity to make adjustments and tweak the details.
8. As your pathway emerges and your dreams begin to take form, remember to slow down, and enjoy the journey. Life is for living and being too fixed on the future can actually slow your manifestations down! Be balanced... slow and steady wins the race... and periods of stillness will often open avenues of new potential.

And a new cycle begins... you listen to your desires and give yourself permission to believe and to dream. Some of your manifestations will be ongoing, with a new phase building on the foundation of the last... whilst others will be completely new, fresh ideas born of experiences that forge new desires.

The Phases of the Moon

1. The New Moon is traditionally associated with the setting of wishes and intentions and the energy naturally invites you to dream of possibilities.
2. In the phase of the Crescent Moon the seeds that emerged at the New Moon call to be heard. In manifestation, we are both doers and deciders... it's time to respond and be proactive in taking steps, however small or large.
3. The First Quarter Moon is a time of evaluation, so look carefully at the scope of your ideas and use this energy to focus on the actions that are most important at this moment in time... review and formulate your goals for the rest of the month.
4. In the Gibbous Moon phase energy is building, passions are high, and dreams call to be made real. Enjoy the excitement of anticipation but remain present and grounded. Commit, invest, and persevere.
5. The brightness and power of the highly charged Full Moon energy brings a space of authenticity where all is revealed and illuminated, so notice and listen, particularly to any situations that seem to demand your attention. The energy of this phase of the Moon brings a wonderful opportunity to notice, to listen, to reflect, and then to release and let go, clearing the way to move forwards.
6. The Disseminating Moon phase invites authentic empowerment. Be steady in your actions and in your doings, stand in your power and be your true self with joy, gratitude, and humility, and affirm your dedication to your pathway.
7. The energy of the Last Quarter Moon invites you to walk your talk, so stand back and review, and make sure your plans, actions, and decisions are congruent with all that you wish to see in the world, and if need be, tweak and adjust.
8. The Balsamic Moon asks you to trust. Hold your vision, and yet simultaneously let go of any attachment to specific outcomes. This is a time of preparation and nurture. Validate, acknowledge, and cherish all your achievements and as this Lunar cycle comes to its completion prepare the ground for your own deliverance and the beginning of a new cycle of opportunity.

And a new cycle begins... you listen to your desires and give yourself permission to believe and to dream. Some of your manifestations will be ongoing, with a new phase building on the foundation of the last... whilst others will be completely new, fresh ideas born of experiences that forge new desires.

The Moon in the Zodiac Signs



Moon in Aries.

At this emotionally powerful time, use the energy to be assertive and to initiate your ideas. Say how it is and take action.

Moon in Taurus.

Grounded, sensual, and earthy, use this energy to attune yourself with the natural rhythms of nature. A great time for walking meditations.

Moon in Gemini.

A time of communication, reaching out and connecting with others, use this energy for networking and socializing.

Moon in Cancer.

A wonderful time to be at home, share food and be in the company of family and close friends. Use this energy to nourish your soul, spending time with those you love.

Moon in Leo.

Sing, laugh, express yourself and find your voice. Use this energy to feel alive and embrace the joy of self-discovery and self-expression. We are never too old to play!

Moon in Virgo.

This energy supports us in attending to any work that requires dedication, structure, order and precision. Approach your tasks with willingness and a desire to serve.

Moon in Libra.

The energy of this Moon calls us to seek harmony and to find balance. This is a time to share and to discover ourselves through our relationships and the company of others.

Moon in Scorpio.

A time to journey inwards, this energy connects us to the depths of our unconscious and can bring deep emotions to the surface. Be sure to listen to yourself and take your yearnings seriously.

Moon in Sagittarius.

The energy of this Moon invites us to vision in an optimistic future, full of hope and possibility. A great time to expand our horizons and dream big!

Moon in Capricorn.

The energy of this Moon invites us to take pragmatic, practical actions to manifest our ideas into form. Get building and embrace the joy of doing.

Moon in Aquarius.

A time to collaborate, share ideas and work together. The energy of this Moon invites you to align your individual contribution with a higher vision of greater purpose that will also serve the collective Soul of humanity.

Moon in Pisces.

A time to dream and a time to heal. Open yourself to divine inspiration and allow yourself to be guided. The energy of this Moon brings illumination, fuelling imagination and creativity.

VOC - Void of Course Moon



As the Moon travels around our planet from our viewpoint here on Earth, she passes through each of the 12 signs of the zodiac. When the Moon is 'Void of Course', (VOC) it means that she is transitioning through the space in between two different signs. This can last for minutes, or sometimes several hours.

As she travels through each of the Zodiac signs her energy is channeled through the energetic resonance or personality of that sign. However, when she is Void of Course, there is a kind of energetic pause where her energy is no longer affected or guided by the influence of a particular sign.

I have noticed that this space of 'in betweenness' affects people in quite different and uniquely individual ways, depending on how they are feeling and what is taking place in the immediacy of their lives at any given time.

For some, this space in between can feel quite liberating, creating a natural channel for insights, illuminations, and even increased motivation to flow through. However, for others, particularly during periods of extreme change and transition, the void of course Moon can feel a bit unanchored and directionless.

I have personally found it really helpful to notice how the void of course space affects me and incredibly empowering to be aware ahead of time of any particularly long void of course periods.

For up-to-date Void of Course Moon information follow Jenny on social media

- <https://www.youtube.com/c/MoonMagicWeeklyTarot>
- <https://www.facebook.com/MoonMagicJennyFlorence>
- <https://www.instagram.com/moonmagicjennyflorence/>

Manifest with the Moon Astro-Moon Diary 2023



Pages from the 2023 Diary

Desires, Goals, and Intentions for January 2023

A large, empty rectangular box with a thin black border, intended for the user to write their desires, goals, and intentions for January 2023.

Every life experience, the good, the bad and everything in between, is actually an entry point into newer and higher levels of consciousness.

Welcome to January 2023



January 2023. Completions and New Beginnings.

The year of 2023 begins with the Moon in her Waxing Gibbous phase, building in energy and momentum, which peaks at the Full Moon in Cancer on January 6th / 7th inviting you to listen and observe. The Super New Moon in Aquarius, also Lunar Imbolc in the northern hemisphere, on January 21st / 22nd invites transformation and re-birth... and with turbo charged momentum... so, from a Lunar perspective, you may well notice a very tangible shift between the old and the new with areas of your world coming to the fore that support the completions of 2022 whilst simultaneously creating new directions and a new focus for your dreams, goals, and ambitions of 2023.

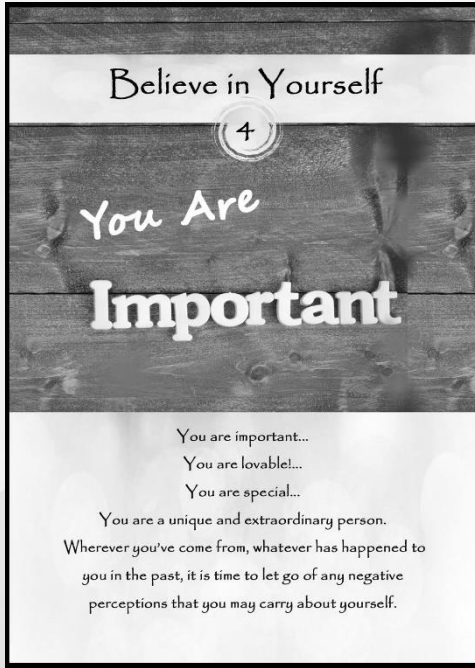
In terms of manifestation, with the month beginning with Mercury, Mars, and Uranus still in retrograde, the overall astro-dynamics of January invite you to steady up and set aside pockets of real time to review where you are right now, tie up any loose ends, deal with any unfinished business, and with clean energy and a refreshed viewpoint, lean into a space of new potentials.

The flow of energy through the month is distinct...

- Consolidation and evaluation...
- Get still and get clear...
- Hold a realistic vision...
- Respond rather than re-act...
- Transformation is key...
- Karmic directions...
- Go with the flow...
- Let the Universe guide you...

Our Cards this month of Believe in Yourself and Nurture alongside Kano the Rune of Openings and Ehwaz, the Rune of Movement, invite you to hold steady, release any inner blocks to progress, nurture rather than push, and work with the natural flow and momentum, as we shift into a space of new unfolding.

Cards and Runes January 2023



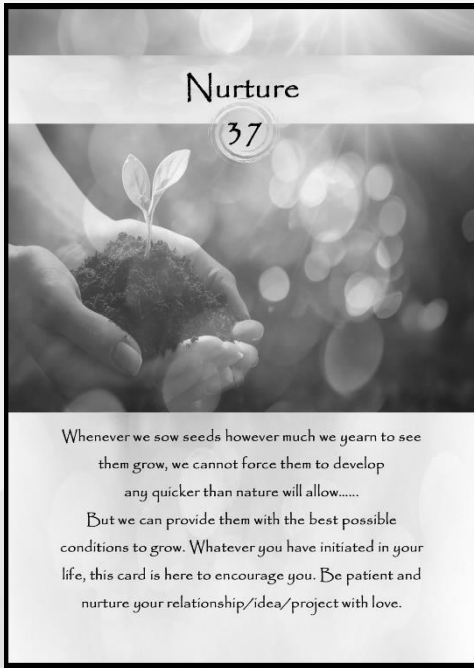
Kano the Rune of Openings indicates a time of potential for renewed clarity bringing clear intentions and significant personal empowerment. Combined with the card of Believe in Yourself you are invited to let go of any internal beliefs that have previously held you back and see yourself as the source of change in your life.

Additional messages and guidance.

Low self-esteem is far more common than you might believe. A great many people struggle to believe in themselves, holding deep seated negative or limiting beliefs about themselves. These perspectives stem from earlier experiences, usually in childhood.

If you have faced difficulties in your formative years then this is completely understandable, however it is essential in adult life that we challenge these inner beliefs and empower ourselves to move beyond these limitations. Let go of any negative perceptions that you may carry about yourself and if necessary, seek counselling or coaching to support you in this process.

Cards and Runes January 2023



Ehwaz the Rune of Movement indicates the bettering of any situation and is an indication of a significant period of transition that validates your progress and suggests movement, growth, and the gathering of momentum which combined with the Card of Nurture invites you to invest in your future plans and ambitions with confidence and determination.

Additional messages and guidance.

Drawing this card is an indication that you have sown seeds and may be experiencing a degree of frustration and impatience, potentially leading to self-doubt as to whether or not your relationship/idea/project is going to develop and move forwards as you hope.

This card brings reassurance that you have made a wise choice and a wise investment and that your hard work is going to pay off. Whatever you have begun, you are called to be patient and to nurture your situation with love. Your hopes and your dreams are developing more quickly than you realize.

Moon Phases January 2023



The Waxing Gibbous Moon – from December 31st - January 5th passing through Aries, Taurus, Gemini, and into Cancer.

Despite beginning the year with both Mercury and Mars in retrograde positions, which can herald interruptions and disruption, the overall energy during this Moon phase is remarkably flowing. Steady and yet dynamic! There are a couple of spikes of greater intensity around the 2nd and the 5th, so in your manifestation progress the Lunar flow favors perseverance with consistent steady action whilst simultaneously remaining flexible. Be responsive if any unexpected situations and circumstances arise, even if they interrupt your flow and create disruption, they are here to initiate evaluation and review, highlighting any areas where adjustments are needed.



The Full Moon - January 6th / 7th - 16° 21' Cancer.

A Full Moon illuminates to help you see the right way forward and this can involve letting go and/or making adjustments. Today's Full Moon in Cancer sits directly opposite Mercury in retrograde, naturally inviting you to slow down and observe. A Cancer Moon puts you in touch with emotions, highlighting areas of life related to nurture, care, (including self-care) family, and home, and this Moon is emotionally intense. So, use this powerful time to consciously slow down, listen, observe, and review. Take an inventory of your personal life, right here and right now. Honor your feelings, commit to a pathway of healthy self-care and the letting go of anything that inhibits this process, and pledge to a year of manifestations that spring from the heart rather than the head.

Full Moon Global Timings:

Los Angeles, USA	Fri, 6 Jan 2023 at 15:07 PST
New York, USA	Fri, 6 Jan 2023 at 18:07 EST
Reykjavik, Iceland	Fri, 6 Jan 2023 at 23:07 GMT
London, United Kingdom	Fri, 6 Jan 2023 at 23:07 GMT
Paris, France	Sat, 7 Jan 2023 at 00:07 CET
Cape Town, South Africa	Sat, 7 Jan 2023 at 01:07 SAST
Delhi, India	Sat, 7 Jan 2023 at 04:37 IST
Perth, Australia	Sat, 7 Jan 2023 at 07:07 AWST
Tokyo, Japan	Sat, 7 Jan 2023 at 08:07 JST
Sydney, Australia	Sat, 7 Jan 2023 at 10:07 AEDT
Auckland, New Zealand	Sat, 7 Jan 2023 at 12:07 NZDT
Greenwich Mean Time, GMT	Fri, 6 Jan 2023 at 23:07 GMT



The Disseminating or Waning Gibbous Moon – from January 8th – 13th passing through Leo, Virgo, and into Libra.

For me, in terms of successful manifesting, the overall flow of Lunar energy during this period requires clarity of intent. There is a spike of energy on the 10th which fosters very solid growth but could also require you to face facts and get real! If this is the case, then use this information to inform you, and invest your time and energy wisely. Mercury is still in retrograde, so hold your longer-term vision, and be steady on your course.

This is a good time to lay foundations and to lay them well with attention to detail. A solid foundation creates a resilient and durable future. Mars stands still on 12th, but we also see a spike of Lunar energy that could be quite emotionally intense, so if you feel a bit wobbly, just ride the waves and flow into the energy of the 13th which suggests the potential for a significant shift forwards, fostering rebalance, realignment, and calmer waters.



The Last Quarter Moon – January 14th / 15th – Libra.

The Last Quarter Moon invites you to step up, walk your talk, and be the change that you wish to see in the world. The overall Lunar dynamics at this Last Quarter Moon in Libra suggest an intensity, moving from a space of sudden evaluation to a place where action is called for, almost with a sense of urgency. Events that surface may well demand a response, particularly in situations that feel unjust or unfair. In terms of spiritual Soul growth, these events are here to strengthen and build a resilient and durable inner foundation based on personal congruence and authenticity. So, in short... whatever is happening in your world, step up and be yourself, with openness, honesty, and integrity and the Universe will support you.



The Balsamic Moon or Waning Crescent Moon – from January 16th – 20th passing through Scorpio, Sagittarius, and into Capricorn.

This Moon phase begins with a distinctly karmic flavor! During this period, you may well be shown opportunities to shift your perspectives, so you can view all sides of the story and keep the bigger picture in mind, creating new ways of seeing, doing and being. With the Sun entering Aquarius on the 20th, you may well be shown everything you need to know to create sound and dynamic New Moon wishes and intentions for the first New Moon of 2023 on January 21st. This coming New Moon is a Moon of ambition, rebirth and emergence so fasten your seatbelts and use this Balsamic Waning Moon phase to get clear. This is an important time for observation, reflection, and preparation.



The Super New Moon - January 21st / 22nd - 1° 32' Aquarius.

The dynamics of this first New Moon of 2023 are extraordinarily powerful in terms of transformation and momentum! It is also the Moon of the Lunar Imbolc in the northern hemisphere. The Sun and the Moon unite and join forces with the transformational energy of Pluto suggesting profound opportunities for re-birth. The collaboration of these three then sit directly opposite Lilith who fights for the underdog and calls us to address any issues of injustice and inequality! This dynamic is then infused with the fiery go-getting energy of Mars and the expansive energy of Jupiter. So, what does this all actually mean...

If things are going well in your world and you have been working to create dynamic change then the energy today supports you wholeheartedly! Expect swift and powerful openings. However, things that are not running quite so smoothly could come to a head with circumstances that ask for change and a swift response. This is a good time to touch base with the messages from our Cards and Runes this month... nurture rather than push, and work with the natural flow and momentum!

New Moon Global Timings:

Los Angeles, USA	Sat, 21 Jan 2023 at 12:53 PST
New York, USA	Sat, 21 Jan 2023 at 15:53 EST
Reykjavik, Iceland	Sat, 21 Jan 2023 at 20:53 GMT
London, United Kingdom	Sat, 21 Jan 2023 at 20:53 GMT
Paris, France	Sat, 21 Jan 2023 at 21:53 CET
Cape Town, South Africa	Sat, 21 Jan 2023 at 22:53 SAST
Delhi, India	Sun, 22 Jan 2023 at 02:23 IST
Perth, Australia	Sun, 22 Jan 2023 at 04:53 AWST
Tokyo, Japan	Sun, 22 Jan 2023 at 05:53 JST
Sydney, Australia	Sun, 22 Jan 2023 at 07:53 AEDT
Auckland, New Zealand	Sun, 22 Jan 2023 at 09:53 NZDT
Greenwich Mean Time, GMT	Sat, 21 Jan 2023 at 20:53 GMT



The Waxing Crescent Moon – from January 23rd – 27th passing through Aquarius, Pisces, and into Aries.

Following such an intense and dynamic New Moon, and with the sometimes-erratic energy of Uranus now standing still after a long period of retrograde energy, initially the Lunar influence of this phase is remarkably steady, suggesting consistent emergence and progression, so invest in your manifestations at a reliable pace. As the Moon moves through Pisces the Lunar influence is productively dreamy so if you have trouble holding your focus, then ease back until clarity arrives. When the Moon passes into Aries the flow and pace looks to speed up and accelerate.



The First Quarter Moon – January 28th - Taurus.

Today the Moon aligns with the karmic influence of the Nodes. This collaboration is said to bring guidance that supports you in finding your direction, purpose, and calling. Given that the Lunar energy at the Quarter Moon positions offers a natural point of review and evaluation, whatever is happening in your world, pay particular attention to any signs and synchronicities and take them seriously.



The Waxing Gibbous Moon – from January 29th into February passing through Taurus into Gemini.

We finish January with the Moon moving into her Waxing Gibbous phase and building in strength and momentum. For the best part of this Moon phase the energy gates are open... so get into the flow and don't hold back! If you find a brief hiccup or hurdle on the 30th just lean into the energy and trust there is a purpose to this, it will soon pass as we move into February.

December 2022

26 Monday

Aquarius / VOC



Boxing Day

Waxing Crescent Moon Phase

27 Tuesday

VOC / Pisces



Bank Holiday - UK Christmas Day Substitute

28 Wednesday

Pisces



29 Thursday

Pisces / VOC / Aries



Mercury Retrograde Begins

Waxing Crescent Moon Phase Ends

30 Friday

Aries



First Quarter Moon Aries

December 2022 / January 2023

Journaling and Notes



31 Saturday

Aries / VOC / Taurus



New Year's Eve

Waxing Gibbous Moon Phase Begins

1 Sunday

Taurus



New Year's Day

January 2023

2 Monday

Taurus / VOC



Bank Holiday - UK New Year's Day Substitute

3 Tuesday

VOC / Gemini



4 Wednesday

Gemini



5 Thursday

Gemini / VOC / Cancer



Waxing Gibbous Moon Phase Ends

6 Friday

Cancer



Full Moon 16°21' Cancer

January 2023

Journaling and Notes

7 Saturday
Cancer / VOC



Full Moon 16°21' Cancer

8 Sunday
VOC / Leo



Waning Gibbous Moon Phase Begins

January 2023

9 Monday
Leo



10 Tuesday
Leo / VOC / Virgo



11 Wednesday
Virgo



12 Thursday
Virgo / VOC



Mars Retrograde Ends

13 Friday
VOC / Libra



Waning Gibbous Moon Phase Ends

January 2023

Journaling and Notes

14 Saturday
Libra



Last Quarter Moon Libra

15 Sunday
Libra / VOC / Scorpio



Last Quarter Moon Libra

January 2023

16 Monday

Scorpio

Martin Luther King Jr. Day - USA
Waning Crescent Moon Phase Begins



17 Tuesday

Scorpio / VOC / Sagittarius



18 Wednesday

Sagittarius

Mercury Retrograde Ends



19 Thursday

Sagittarius / VOC / Capricorn



20 Friday

Capricorn

Sun Enters Aquarius
Waning Crescent Moon Phase Ends



January 2023

Journaling and Notes

21 Saturday

Capricorn / VOC / Aquarius

Lunar Imbolc – Northern Hemisphere

Super New Moon 1°32' Aquarius

22 Sunday

Aquarius

Lunar Imbolc – Northern Hemisphere

Super New Moon 1°32' Aquarius

Uranus Retrograde Ends



January 2023

23 Monday

Aquarius / VOC / Pisces



Waxing Crescent Moon Phase Begins

24 Tuesday

Pisces



25 Wednesday

Pisces / VOC Aries



26 Thursday

Aries



Australia Day

27 Friday

Aries / VOC / Taurus



Waxing Crescent Moon Phase Ends

January 2023

Journaling and Notes

28 Saturday

Taurus



First Quarter Moon Taurus

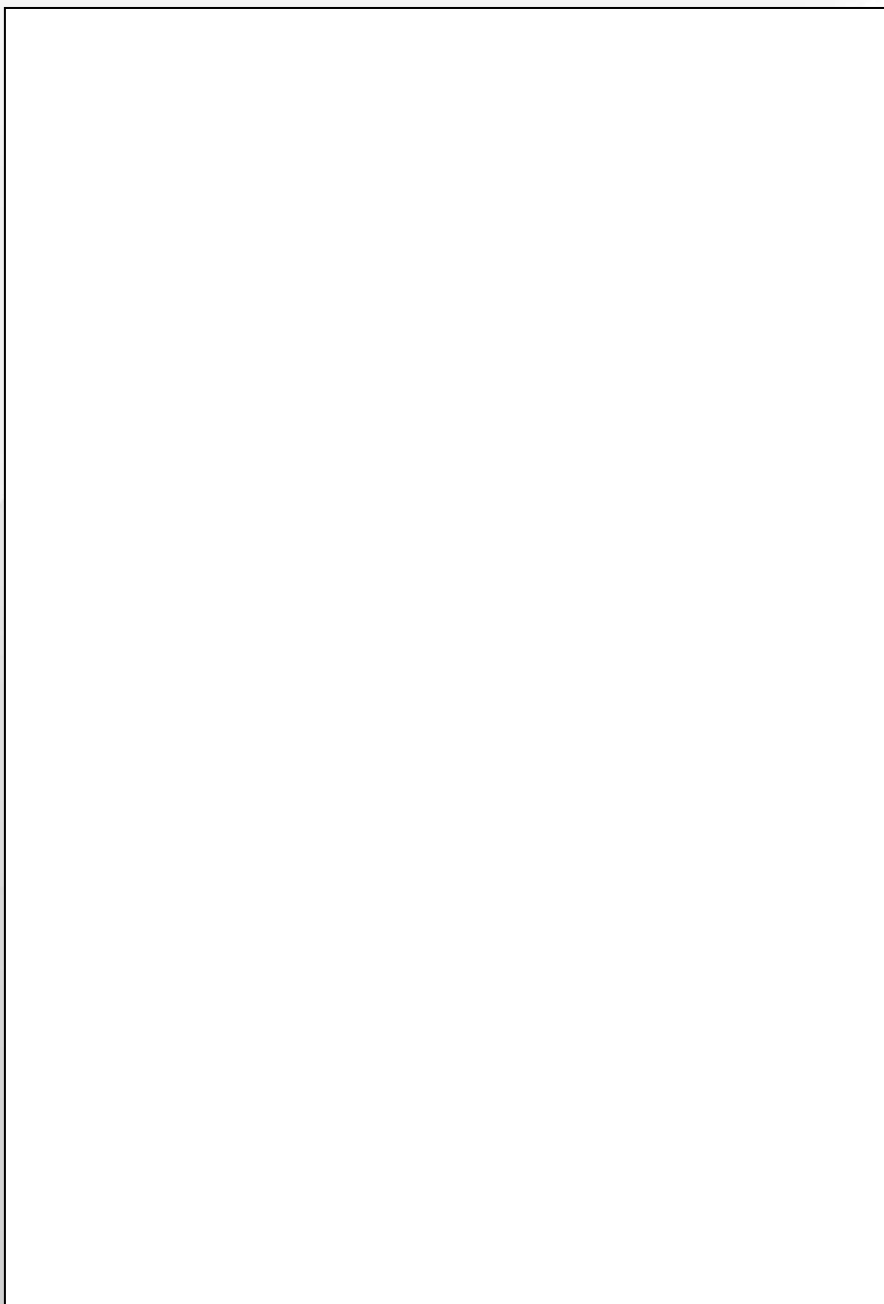
29 Sunday

Taurus



Waxing Gibbous Moon Phase Begins

Desires, Goals, and Intentions for February 2023

A large, empty rectangular box with a thin black border, intended for the user to write their desires, goals, and intentions for February 2023.

Welcome to February 2023



February 2023. Moving Things Forward.

From a Lunar perspective, February feels like a month that offers the potential for consistent progress with pockets of Lunar flow that bring moments of reflection and greater clarity, intermixed with surges of renewal to further progress. To make the very best of these influences I would suggest reading through the Moon Phases ahead of time and plan around these pockets of progress wherever your timetable allows.

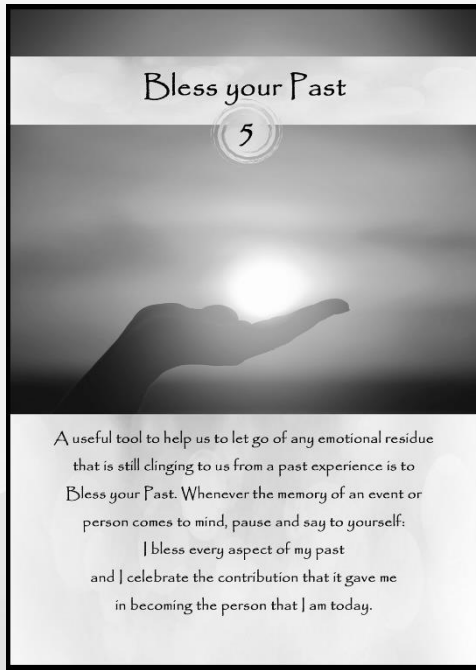
The month begins with the Earth celebrations of Imbolc in the northern hemisphere and Lammas in the southern hemisphere on the 1st, both festivals of fertility that recognize turning points of potential with a desire to honor what we have right now whilst understanding the value of investing in future prosperity.

The Full Moon in Leo on February 5th/6th invites you to align your ambitions with a vision of wholeness, not only with your fellow human beings, but in celebration of your inter-connectedness with the entire web of life! This is a Moon that invites balance and harmony and the Lunar energy at this time may well illuminate any areas of discord, inviting you to take forward thinking measures aimed to restore balance in the here and now and as an investment for future generations to come.

The Super New Moon in Pisces on February 19th/20th supports this wholeheartedly, bringing an incredible day of positive flowing Lunar energy that is primed to support any manifestations that connect with purpose, calling, and a higher vision.

Our Cards this month of Bless your Past, and Open Yourself to Possibility, combined with Nauthiz, the Rune of Constraint, and Kano the Rune of Openings, invite you to be pro-active whilst simultaneously reflective in releasing any residue of unhelpful past experiences and open yourself to possibility. Be meticulous and pay attention to the details knowing that what you invest in now is building the foundation of your future.

Cards and Runes February 2023



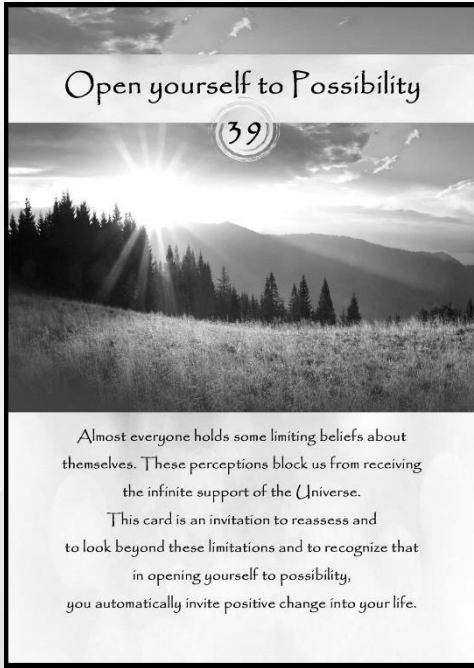
When Nauthiz the Rune of Constraint shows up, it invites you to understand the relationship between your inner and your outer reality and combined with the card of Bless your Past, suggests that any residue of history that is still lingering needs to be reframed so it no longer carries any emotional weight from within.

Additional messages and guidance.

Difficult experiences leave their mark! And whilst physical scars will heal, it is the emotional ones that remain, often resurfacing in the form of repetitive memories and thinking patterns that are laden with powerful emotions, such as fear, anger, resentment, or guilt.

If we continue to go over a past event again and again within our mind, we are fueling the emotional resonance of that event, causing it to continue to cling to us, holding us back and potentially sabotaging our growth and our ability to move forwards in the present time.

Cards and Runes February 2023



Kano the Rune of Openings shows up for a second month in a row and indicates a time of renewed clarity and significant personal empowerment. Alongside the Card of Open Yourself to Possibility this indicates a time when potential shifts may occur, opening doorways of opportunity for you.

Additional messages and guidance.

Is your vision clouded by self-doubt? Do you lack faith in your abilities? Do you suffer from a lack of confidence that holds you back when opportunities are presented to you?

To be available to receive opportunities from the universe we must first align ourselves with possibility. Every day we face a multitude of choices and decisions, each of which is shaping the future of our tomorrow.

This card asks you to remove any perceptions or attitudes that cloud your vision and hold you back from being open to the infinite source of possibility that the universe wishes for you.

Moon Phases February 2023



The Waxing Gibbous Moon – from January 29th – February 4th passing through Taurus, Gemini, Cancer, and into Leo.

For the best part of this Moon phase the energy gates are open, however, as the Waxing Moon is building in strength, from the 3rd February the overall astro-dynamics do begin to heat up with some significant spikes of Lunar energy coming in. So, if your manifestations are gathering momentum then surf the waves and let the surge of energy move you forwards... but if you are facing any form of indecision or uncertainty, then put down your anchor, and let the current of the Universe show you the way.



The Full Moon - February 5th / 6th - 16° 40' Leo.

The theme of this Full Moon is the creation of balance and harmony and the celebration of inter-connectedness, not only with one another as a collective family of human beings, but of our inter-connectedness with the entire web of life! The Lunar influence of this Moon calls you to be pro-active in recognizing any areas of discord, whether personally, locally, or globally, and to take clear- and forward-thinking measures aimed to restore balance not only in the here and now but as an investment for future generations to come. This Moon also promises to illuminate any personal internal thinking patterns and emotional states of being that impact the way that you engage with the world at large. So, in manifestation the influence of this Moon will help you to adjust your own personal energy in ways that will not only magnetize and draw your desires to you, but also benefit the world at large.

Full Moon Global Timings:

Los Angeles, USA	Sun, 5 Feb 2023 at 10:28 PST
New York, USA	Sun, 5 Feb 2023 at 13:28 EST
Reykjavik, Iceland	Sun, 5 Feb 2023 at 18:28 GMT
London, United Kingdom	Sun, 5 Feb 2023 at 18:28 GMT
Paris, France	Sun, 5 Feb 2023 at 19:28 CET
Cape Town, South Africa	Sun, 5 Feb 2023 at 20:28 SAST
Delhi, India	Sun, 5 Feb 2023 at 23:58 IST
Perth, Australia	Mon, 6 Feb 2023 at 02:28 AWST
Tokyo, Japan	Mon, 6 Feb 2023 at 03:28 JST
Sydney, Australia	Mon, 6 Feb 2023 at 05:28 AEDT
Auckland, New Zealand	Mon, 6 Feb 2023 at 07:28 NZDT
Greenwich Mean Time, GMT	Sun, 5 Feb 2023 at 18:28 GMT



The Disseminating or Waning Gibbous Moon – from February 7th – 12th passing through Leo, Virgo, Libra, and into Scorpio.

The overall Lunar influence during this Moon phase suggests renewed motivation that springs from clarity and self-awareness. The flow of energy is consistent and supports steady perseverance. Take a methodical approach and pay attention to details. Although this is a time to move forwards and invest in taking real actions to bring your manifestations into being, this is not a time to cut corners or seek a quick fix. With a steady focus, by the 11th and 12th you may well see sudden opportunities that reinforce and validate your progress.



The Last Quarter Moon – February 13th – Scorpio.

The overall astro-dynamics today are lovely, and the energy supports a solid space of review with constructive actions to consolidate your progress. Interestingly as the day progresses the energy does begin to heat up bringing a sense of pressure to address any underlying issues that may have previously been overlooked, so if something calls to you from the heart, pause and listen! This is a day that invites you to identify the things that really matter to you and make adjustments in your manifestations to prioritize these aspects of your life, the small things as well as the big stuff!



The Balsamic Moon or Waning Crescent Moon – from February 14th – 18th passing through Sagittarius, Capricorn, and into Aquarius.

The astro-dynamics during this Moon phase brings a cycle of energy that highlights your passions and desires, and then shows you any obstacles in your way, with opportunity to put them down and lay them to rest. You can then then circle back to the focus of your desires, potentially free from hinderance. This flow of Lunar potential begins on Valentine's Day, so place your truest desires at the top of your list and commit to them. Between the 14th and the 18th the Lunar influence supports, healing, resolution, and expansion in real terms, and then on the 18th the passions of Valentine's Day return with the potential for you to move ahead and manifest your desires into form.



The Super New Moon - February 19th / 20th - 1° 21' Pisces.

The energy of today's New Moon is incredibly positive! A Pisces New Moon naturally invites you to enter a space of dreamtime enhancing any wishes that are attuned with emotional sensitivity, inspired by the imagination, and connected with your Spiritual awareness.

The Sun and Moon also join forces with the structured solid energy of Saturn, so this is an amazing day not only to set wishes, but also to create and commit fully to intentions that connect you with your purpose, your calling, and a higher vision. If you have been experiencing any difficulties around procrastination, perseverance, or any aspect of self-sabotage, this is an amazing Moon to make a personal commitment to yourself to shift beyond these limitations.

New Moon Global Timings:

Los Angeles, USA	Sun, 19 Feb 2023 at 23:05 PST
New York, USA	Mon, 20 Feb 2023 at 02:05 EST
Reykjavik, Iceland	Mon, 20 Feb 2023 at 07:05 GMT
London, United Kingdom	Mon, 20 Feb 2023 at 07:05 GMT
Paris, France	Mon, 20 Feb 2023 at 08:05 CET
Cape Town, South Africa	Mon, 20 Feb 2023 at 09:05 SAST
Delhi, India	Mon, 20 Feb 2023 at 12:35 IST
Perth, Australia	Mon, 20 Feb 2023 at 15:05 AWST
Tokyo, Japan	Mon, 20 Feb 2023 at 16:05 JST
Sydney, Australia	Mon, 20 Feb 2023 at 18:05 AEDT
Auckland, New Zealand	Mon, 20 Feb 2023 at 20:05 NZDT
Greenwich Mean Time, GMT	Mon, 20 Feb 2023 at 07:05 GMT



The Waxing Crescent Moon – from February 21st – 26th passing through Pisces, Aries, and Taurus.

The positivity is still flowing as our beautiful Moon begins a new phase of momentum and the Lunar influence during this period is in itself, yet another little mini cycle of manifestation and the flow is very distinct. It goes like this...

A spike of energy fires you up... leading to a dynamic that promotes and supports different ways of thinking and communicating... be aware of unexpected signs, signals and synchronicities and communications that go beyond the obvious... this fuels flow and momentum... leading to expansion of ideas, release, and transformation... leading to an alignment of karmic openings... wow... and breathe!



The First Quarter Moon – February 27th - Gemini.

This is a day when the Lunar flow supports positive evaluation! If ideas, thoughts, and insights flood into your world today, the purpose is to bring you all the information you need to view any situation from all angles and all possible perspectives. Whatever your schedule demands today, try to make some space for conscious reflection. And if you are experiencing any indecision or uncertainty, let the situation unfold, there may well be more information needed before deciding how to proceed.



The Waxing Gibbous Moon – from February 28th into March passing through Gemini.

The building energy of the Waxing Moon brings a pretty steady Lunar flow. Overall, this period promotes consistent growth, the gathering of momentum, and manifestation through persistent and reliable action. So, as we move into March, in your manifestations, be steadfast... and enjoy the journey!

January / February 2023

30 Monday

Taurus / VOC / Gemini



31 Tuesday

Gemini



1 Wednesday

Gemini / VOC / Cancer



Lunar Imbolc

Festivals of Imbolc Northern Hemisphere - Lammast Southern Hemisphere

2 Thursday

Cancer



3 Friday

Cancer





4 Saturday

Cancer / VOC / Leo



Waxing Gibbous Moon Phase Ends

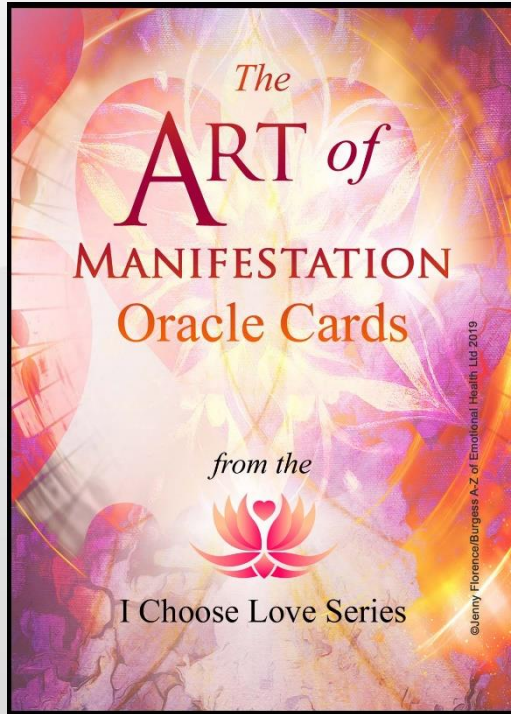
5 Sunday

Leo



Full Moon 16°40' Leo

The Art of Manifestation Oracle Cards



The Art of Manifestation Oracle Cards featured in this diary are available to buy on Amazon.

Manifest with the Moon



Astro-Moon Journal 2023

The Moon and Your Spiritual Journey

Science tells us that what we are thinking and feeling, right here and right now is creating, and influencing the shape of our world, both now and into the future. Everything is made of energy, and even your thoughts are affecting the resonance of the energy that is you and the energy that is around you. And this is where science and spirituality meet, science shows that we are all made of the same stuff, and for centuries, spiritual and wisdom traditions have taught exactly the same.

But life doesn't always run smoothly... and when the tough stuff lands it can be really hard to keep your cool and hold onto a positive outlook., let alone feel as though you have any influence over the circumstances that are going on around you.

Having worked as an Accredited UK registered Counsellor for over 28 years, I know from real hands on experience that people can navigate through and beyond difficulties and challenges, and regardless of what has taken place and is taking place in their lives, come out thriving and on top of their game.

I'm also one of those people whose always had a strong connection with nature, it's a big part of my world and so in my search to discover anything and everything that can help people to navigate life better and with greater empowerment, learning about and listening to the influence of the Moon was a natural progression for me... and I can genuinely tell you that discovering how the Lunar energy was affecting me personally has been a life transforming experience. In fact, every aspect of my world has changed for the better!

Living in alignment with the Moon is a truly magical experience, it puts you in touch with the natural world and actually teaches you listen to your own real experience, to find your own rhythm, and when the big stuff happens, even if you have a wobble, the knowledge of the Moon will throw you an anchor, get you regrounded and put you back on track.

As a part of my Lunar investigations, I started to read about the Celtic and Pagan Tree Lore traditions and the stories and teachings that associate specific trees and their qualities with the different Moon cycles of the year, and I was then introduced to the thirteen Native American tribal Clan Moon Mothers through the writings of Jamie Sams. These teachings absolutely blew me away and took my understanding of Moon magic to a whole new level. Despite coming from opposite sides of the planet, the psychological and emotional layers of learning from the Tree Lore of Celtic and Pagan traditions aligned perfectly with the Soul evolution lessons within the tribal teachings.

And there's more... as I started to explore and read about these monthly teachings, I was absolutely stunned to realize that the stuff that was showing up in my life during each of the Lunar cycles connected perfectly with the life lessons and Soul growth that were being presented and was bringing me exactly the perspectives that I needed to find the undercurrent of deeper learning, regardless of what was going on... and I was not alone in this! Even within the uniqueness of different people's individual situations, I was seeing exactly the same kinds of life lessons mirrored in my friends, my family, and my counselling clients alike!

And so, I began to see the Moon as a great teacher, whose monthly 'tutorial' could help me to view the challenges and the ups and downs of my world through a completely different lens. It was as though the Moon had become the mentor of my Soul supporting my human evolution and the highest growth possible from within any situation.

Within this journal you will find a collaboration of the learning I embraced from the tribal and wisdom traditions that honor living with respect and in relationship with nature and the Earth, underpinned by the psychological and emotional understanding that I have gained from many years of working therapeutically.

I am deeply indebted to the extraordinary work of Jamie Sams, whose gifted storytelling and profound wisdom opened up a whole new layer of growth and learning that for me has been lifechanging. I also wish to honor the work of Jan Spiller whose insightful work enabled me to really connect with the empowerment of the New and Full Moons.

At the end of this journal I have compiled a reading list of all of the books that have informed my learning and united my spiritual beliefs with my therapeutic experience, and compounded my belief that every life experience, the good, the bad and everything in between, is actually an entry point into newer and higher levels of consciousness.



How to Use this Journal

This journal will teach you about the Soul growth associated with thirteen Moons of the year, enhancing your ability to become a conscious and active participant in manifesting the world that you wish to create, not only for yourself, but for future generations yet to come.

Although technically every New Moon marks the beginning of a new Lunar phase of guidance, I have found there is a natural flow between the teachings, rather like a handover from one tutor to another with the influence of each Moon tutorial building upon the last. And as we don't always get thirteen New Moon's in every year there is always a natural crossover in the Lunar energy as each Moon cycle is also strongly associated with a particular calendar month and the Earth festivals of that season.

This journal has thirteen sections that align with the Moon timings of this particular year. During each Moon phase the Lunar influence is always stronger and heightened at the time of the New and Full Moons with the Quarter Moons bringing a natural focus point of evaluation and reflection, and so the journal is laid out around these Lunar focal points, with dedicated space to write your New Moon Wishes and Intentions, your Full Moon revelations and insights, and your Quarter Moon reflections and reviews. And in between I've added extra clear and lined pages to journal and record your thoughts, your dreams, and your experiences.

The journal also draws on the natural properties of a particular stone or crystal that aligns with the Lunar energy each month, with information about how these natural healers of the Earth can aid and support you.

At the beginning of this book, I've given detailed information about the influence of the New, Full, and Quarter Moons, Solar and Lunar Eclipses, and information about the eight Earth festivals. And at the end of the journal, I have included a reading list of all the books that I have personally found most helpful. Enjoy!

For anyone who wants to engage with every possible aspect of Moon Magic, you may also wish to use the Manifest with the Moon Astro-Moon Diary which will teach you how to listen to the influence of the Moon on a day-to-day basis, with guided astrological information for all the Moon phases during every calendar month.

Both of these books will teach you to align with the rhythms and cycles of the natural world, enhance your ability to listen to and trust your own real experiences, and with deepening intuition open the pathway for your highest potential learning and Soul evolution.

The Earth Festivals

The Natural Turning of the Seasons Celebrations and Ceremony

All of the Earth festivals are in essence a turning point and a natural marker in time, it is as though the Earth herself pauses for breath and the space between heaven and earth becomes fluid, translucent, and free of clutter.

These shifts in time and space open up access to higher levels of consciousness and awareness and I have found that if you slow down enough during the four-day window that surrounds these pivotal shifts in energy, you can literally ‘feel’ the point of turn and the space of new emergence. It is a truly magical experience, and the perfect time to create ceremonies of intent for the coming season.

Over a four-day period, with two days either side of these powerful shifts, you may well experience much higher levels of intuition with a heightened ability to channel and connect with source energy, divine inspiration, and the greater collective consciousness.

In manifestation this is an incredible time to bring about shifts that free you from limiting beliefs, giving you a jump-start and a revitalization of energy and momentum.

No wonder our ancestors celebrated these markers in time in ceremony at sacred sites offering appreciation and gratitude to the Earth. This planet is our home, and this beautiful Earth gives to us unconditionally, ultimately providing us with everything that we need to physically live. Without her we cannot exist. The Earth festivals are an amazing opportunity to celebrate and honor your connection with the earth and all that she gives you right down to those core basic, simple, and yet essential things that sustain your very existence.

The Earth that you walk upon, the air you breath, the fire in your hearts and the water that not only sustains all of life but is so intimately connected with the energy and influence of our beautiful Moon. And providing your intent is genuine and your appreciation comes from the heart this actually creates a win/win situation!

Energetically, gratitude and appreciation are key tools in the law of attraction, holding a very high vibrational energy. When you offer genuine thanks to the Earth, you not only feed and fuel the energy and resonance of the Earth, but you also align yourself with the magnetic force of gratitude which will actually turbo charge your own wishes, desires, and manifestations.

Earth Festival Dates 2023

- Imbolc Northern Hemisphere – Lammas Southern Hemisphere. 1st February.
- Spring Equinox Northern Hemisphere – Autumn Equinox Southern Hemisphere. 20th March.
- Beltane Northern Hemisphere – Samhain Southern Hemisphere. 1st May.
- Summer Solstice Northern Hemisphere – Winter Solstice Southern Hemisphere. 21st June.
- Lammas Northern Hemisphere – Imbolc Southern Hemisphere. 1st August.
- Autumn Equinox Northern Hemisphere – Spring Equinox Southern Hemisphere. 23rd September.
- Samhain Northern Hemisphere – Beltane Southern Hemisphere. 31st October.
- Winter Solstice Northern Hemisphere – Summer Solstice Southern Hemisphere. 22nd December.



The Thirteenth Moon Phase of 2022 moving into 2023

December 2022 / January 2023

The Tree Lore of Elder and the Thirteenth Moon Becomes Her Vision

In the Stillness your Soul calls for Unity, Wholeness, and a Vision for the Future.

We begin this year still within the influence of the Thirteenth Moon Phase of Becomes Her Vision, completing the Full cycle of thirteen Moons from the previous year. This Moon is aligned with the energy of Elder and in Tree Lore, she is the grandmother of trees and the keeper of the divine feminine. Traditional folk stories say that if you sleep under an Elder Tree at night you will journey between the worlds and see the Truth in all things... including the truth of yourself!

This is a time to integrate your learning from the previous twelve Moons in preparation for a new cycle of Soul growth and personal evolution. This Moon invites you to face yourself in all your wonderful humanness, your ups, and your downs... and from a place of profound honesty, look back over the previous year. So, celebrate all the good stuff but also take time to notice the things that you would like to be different.

When we set New Year resolutions, we often list the things that we intend to give up so we can free ourselves from limiting habits. The influence of this Moon is here to show you what you need to see so that you can then attend to the details and move beyond previous limitations. I see it as entering a month long spiritual therapy session with a wonderfully compassionate and yet very tough therapist who is prepared to hold me to account knowing that facing myself will become the greatest source of my empowerment.

If you are someone who tends to pick yourself to pieces then please don't! Noticing is always the starting point of any form of conscious change... and for a human life to be lived to the fullest, there will be many challenges... but at a level of Soul growth, each and every one is an entry point into newer and higher levels of consciousness! Learning to live through conscious choice with awareness of our contribution to the whole involves a lifetime of study... so enjoy the journey. For me this Moon time is a humbling reminder that how we each live radiates beyond the immediacy of our own lives, affecting all who we come into contact with and also stretching into the future, impacting on generations yet to come. When we embrace the pathway to wholeness through individual expression and yet also strive for oneness, the illusion of separateness disappears in the face of the truth and love of all prevails.

Moon Dates December 2022 into January 2023

**The Thirteenth Moon Phase of 2022 moving into 2023
Elder Moon. Becomes Her Vision.**

New Moon in Capricorn - December 23

First Quarter Moon in Aries - December 30

Full Moon in Cancer - January 6/7

Last Quarter Moon in Libra - January 14/15

New Moon in Aquarius - January 21/22



Rose Quartz.

Aligning with the Thirteenth Moon Phase Becomes her Vision.

The highest vibration of love.

Rose Quartz is a stone of universal love. It is said to restore trust and to bring about peace and harmony, healing relationship wounds not only between ourselves and others but also in our relationship with ourselves.

Its highest vibration of love is said to encourage unconditional love in all forms, its energy purifying and opening the heart Chakra, promoting love, self-love, friendship, deep inner healing, and feelings of peace. It is also said to dispel negativity and protect against any form of environmental pollution, including the negative energy and attitudes of other people around you, replacing it with loving vibrations.

In the Stillness your Soul calls for Unity, Wholeness, and a Vision for the Future.

The Full Moon - January 6th / 7th - 16° 21' Cancer

In astrology Cancer is ruled by our beautiful Moon and so the influence of a Full Moon in Cancer is all about the ebb and flow of emotions and the feminine qualities of sensitivity, vulnerability, intuition, healing, and nurture.

The Full Moon in Cancer invites you to become an observer of your life and to notice what you need to change and release so you can build and nurture a solid strong internal foundation of self-esteem built on true self-value and a mutuality of respect, so if during this Moon time you find yourself feeling particularly emotionally sensitive with buttons easily pressed and emotional responses triggered please trust that this comes with purpose.

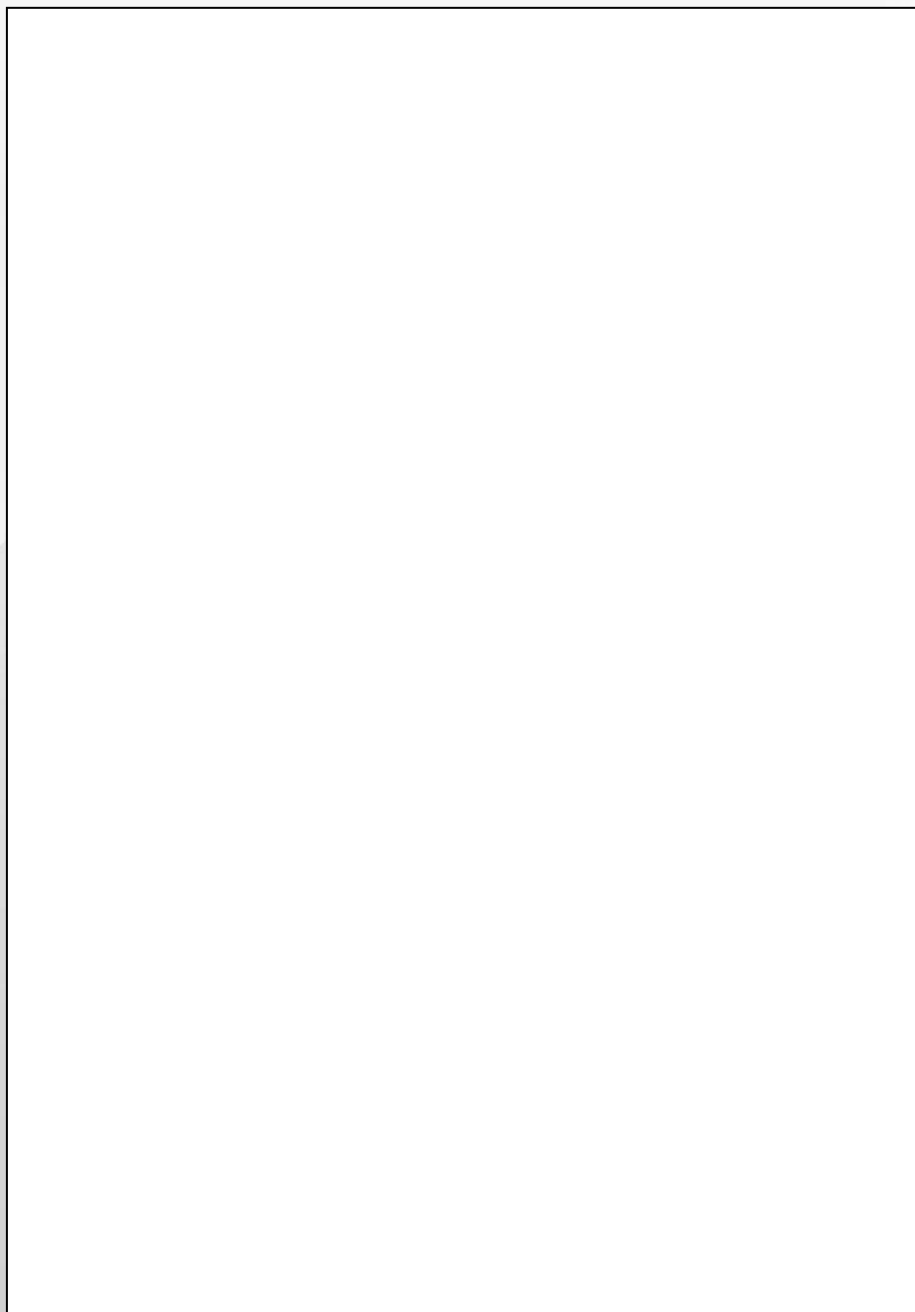
A Cancer Full Moon often illuminates the undercurrents of your emotional world including any residue of past experiences that need healing and resolution so you can successfully lay the past to rest, clearing the way for new beginnings of steady growth, nurture, and kindness, to carry you into a New Year of opportunity and possibility. Use this powerful time to identify any aspects of your emotional world that need to change and center yourself in a space of healing and regeneration making space for the new to emerge.

Each month place some rainwater or spring water in a bowl and leave it out overnight to absorb the energy of the Full Moon. Do NOT use a plastic bowl! Use glass or earthenware or any container whose fundamental ingredients come from a natural source. Collect the water afterwards and store it in a jar. You can also place your Crystals outside overnight to recharge in the powerful light of the Moon. Use this Moon Water in any of your ceremonies where you wish to bring healing, or are seeking emotional clarity or emotional release, or need to re-establish balance.

Full Moon Global Timings:

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| • Los Angeles, USA | Fri, 6 Jan 2023 at 15:07 PST |
| • New York, USA | Fri, 6 Jan 2023 at 18:07 EST |
| • Reykjavik, Iceland | Fri, 6 Jan 2023 at 23:07 GMT |
| • London, United Kingdom | Fri, 6 Jan 2023 at 23:07 GMT |
| • Paris, France | Sat, 7 Jan 2023 at 00:07 CET |
| • Cape Town, South Africa | Sat, 7 Jan 2023 at 01:07 SAST |
| • Delhi, India | Sat, 7 Jan 2023 at 04:37 IST |
| • Perth, Australia | Sat, 7 Jan 2023 at 07:07 AWST |
| • Tokyo, Japan | Sat, 7 Jan 2023 at 08:07 JST |
| • Sydney, Australia | Sat, 7 Jan 2023 at 10:07 AEDT |
| • Auckland, New Zealand | Sat, 7 Jan 2023 at 12:07 NZDT |
| • Greenwich Mean Time, GMT | Fri, 6 Jan 2023 at 23:07 GMT |

My Full Moon Insights and Illuminations




The Thirteenth Moon Phase 2022/2023 - Elder Moon - Becomes Her Vision

My Last Quarter Moon Thoughts and Evaluations

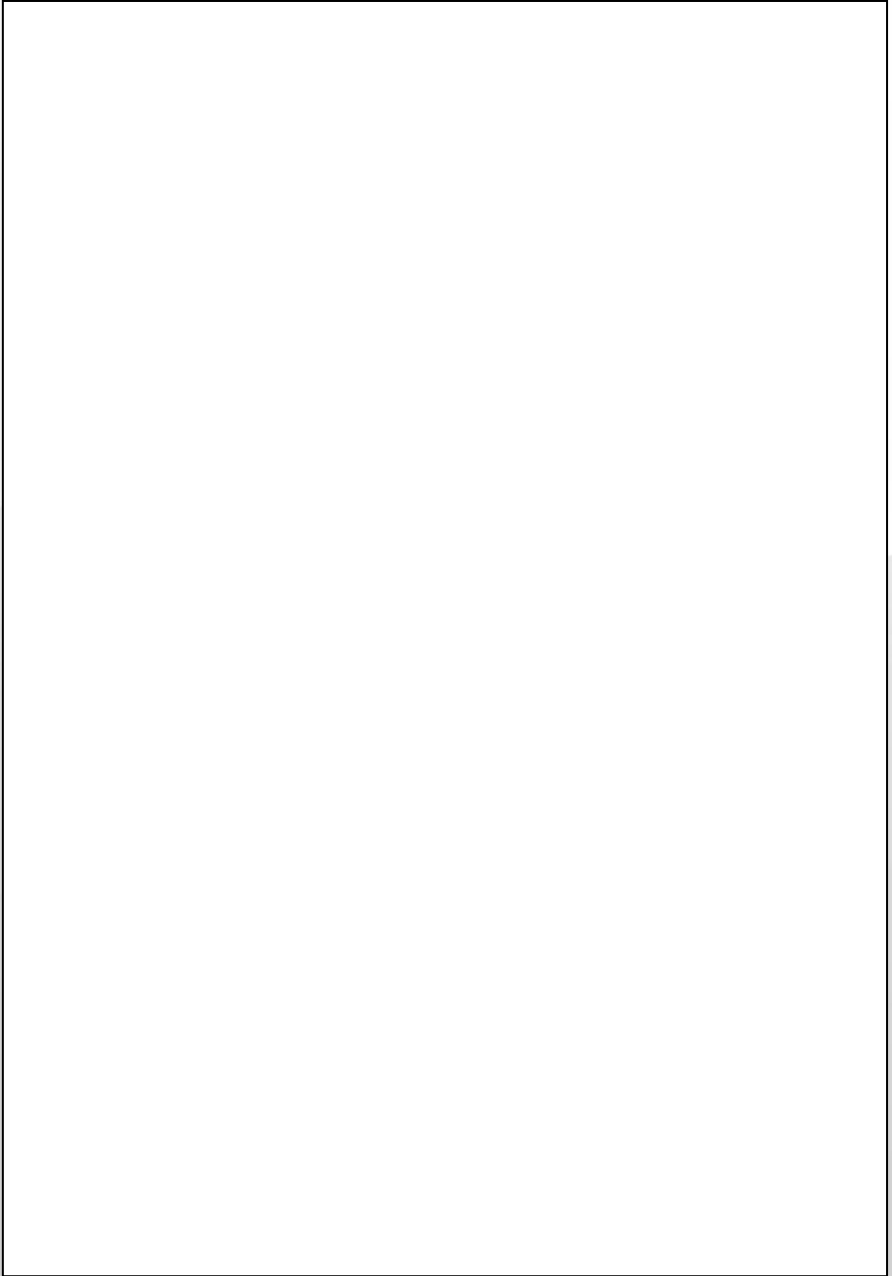
The Last Quarter Moon – January 14th / 15th – Libra

The Last Quarter Moon invites you to consolidate your progress and evaluate. Are any unwanted patterns still repeating? Are your plans, actions, and decisions congruent with all that you wish to be and all that you wish to see in the world?

A large, empty rectangular box with a thin black border, intended for journaling or writing reflections on the moon phase.

The last quarter Moon marks a turning point and a shift in momentum. This is a magnificent time to journal in anticipation of setting clear and deeply personal New Moon wishes and intentions.

Journaling and Notes



The Thirteenth Moon Phase 2022/2023 - Elder Moon - Becomes Her Vision

Desires and Goals for the Coming Moon Month

A large, empty rectangular box with a thin black border, intended for the user to write their desires and goals for the coming moon month. The box is centered on the page and occupies most of the vertical space below the title.

Every life experience, the good, the bad and everything in between, is actually an entry point into newer and higher levels of consciousness.

The First Moon Phase of 2023

January 2023 / February 2023

The Tree Lore of Birch and the First Moon Talks with Relations

You are energy... I am energy... everything in this magnificent Universe is made of the same stuff... all interconnected... all one and the same!

In January we move into the Moon time of Birch who in Tree Lore is the keeper of new beginnings and Talks with Relations. Following a forest fire the Birch is the first tree to seed itself, investing and committing fully to establish the beginnings of a whole new community. This is a tree whose teachings recognize that we each have a unique part to play and that every contribution brings value to the whole.

The wisdom of Talks with Relations taught me that everything is alive and that we are an integral part of the web of life. Her story explains how to live without judgement or competitive comparison and urges us to value difference as a source of profound learning. She teaches us that when we honor and respect all of life, we are also honoring ourselves.

During this Moon I found that many situations in my personal world were focused on family, community, and my closest relationships, and whilst some of the connections were amazing and wonderful, others were not so easy! The influence of Talks with Relations inspires a change of perspective, particularly within relationships recognizing that we all have a unique part to play.

So during this Moon time, to take time to consciously appreciate the unique pathways and contributions that everyone is making... even people who are difficult and challenging! Ironically these are the people who often teach us the most, contributing massively to our Soul growth and personal evolution... and appreciation holds a very high vibration! Now let's extend your relationships beyond your fellow human beings... connecting through love and respect with all your relations, not just your fellow human beings, but every living thing, opens up a depth of spiritual communication that is truly life changing. When you become still enough to truly listen, you open yourself to an incredible source of guidance and support and this level of connectedness will help you to maintain perspective and inspire you to act with the wellbeing of the whole in mind.

During this Moon time invest in periods of stillness... especially at the turning point of Imbolc and Lamas, both festivals of fertility that call for investment and commitment, and if you need support reach out to all your relations and ask for it.

Moon Dates January 2023 into February 2023

**The First Moon Phase of 2023
Birch Moon. Talks with Relations.**

**Super New Moon in Aquarius - January 21/22
First Quarter Moon in Taurus - January 28
Imbolc Northern Hemisphere – February 1
Lammas Southern Hemisphere – February 1
Full Moon in Leo - February 5/6
Last Quarter Moon in Scorpio - February 13
Super New Moon in Pisces - February 19/20**



**Amazonite.
Aligning with the First Moon Phase Talks with Relations.
Inviting respect, equality, and truth.**

For me, Amazonite feels akin to the Tarot Card of Justice. It has a sense of gravity about it, calling us to stand in truth and walk a pathway of justice, equality, and fairness. And yet despite its powerful presence it radiates calm, coupled with an inner peace and an inner sense of deep wellbeing, fostering genuine self-esteem built on a foundation of honor and integrity.

It is said that the energy of Amazonite enables us to stand back and view our situation from all angles, supporting us in becoming an objective observer of life. Associated with the Heart Chakra it is said to enhance our ability to manifest through a deep connectedness with the universal love that flows through all of life.

You are energy... I am energy... everything in this magnificent Universe is made of the same stuff... all interconnected... all one and the same!

The Super New Moon - January 21st / 22nd - 1° 32' Aquarius

The energy of an Aquarius New Moon is the perfect time to make wishes and intentions that hold a higher vision for humanity, and the timing of this Moon lends itself perfectly to focus on bringing higher love, and greater purpose to all areas of your personal life as well as a vision of peace for the greater collective. Because this is the Moon of Lunar Imbolc in the Northern Hemisphere, marking a pivotal turn of Earth magic, this is a time when the overall energy flow is absolutely loaded with fertility.

So use this New Moon to make wishes that support and enhance your vision for the coming year and start to get really specific about the details!

If your life is already feeling on track then lean into a space of excited anticipation... align your desires with a purpose that stretches beyond your own immediate needs... dare to dream big... and then set your wishes accordingly!

If however, there is any form of uncertainty or apprehension about your pathway, or events and circumstances seem to be pushing you to evaluate and restructure some aspect of your life, then empty your mind of pre-conceptions... lean into the higher energy of potential contribution and service... and set wishes that ask for illumination and guidance.

In your New Moon ceremonies write down your 10 wishes and open yourself to receive the guidance that you need to highlight the next steps on your pathway of manifestation.

To engage with the New Moon energy at its most powerful, be sure to write your wishes down during the 8 hours following the exact time of the New Moon in your location.

New Moon Global Timings:

- Los Angeles, USA Sat, 21 Jan 2023 at 12:53 PST
- New York, USA Sat, 21 Jan 2023 at 15:53 EST
- Reykjavik, Iceland Sat, 21 Jan 2023 at 20:53 GMT
- London, United Kingdom Sat, 21 Jan 2023 at 20:53 GMT
- Paris, France Sat, 21 Jan 2023 at 21:53 CET
- Cape Town, South Africa Sat, 21 Jan 2023 at 22:53 SAST
- Delhi, India Sun, 22 Jan 2023 at 02:23 IST
- Perth, Australia Sun, 22 Jan 2023 at 04:53 AWST
- Tokyo, Japan Sun, 22 Jan 2023 at 05:53 JST
- Sydney, Australia Sun, 22 Jan 2023 at 07:53 AEDT
- Auckland, New Zealand Sun, 22 Jan 2023 at 09:53 NZDT
- Greenwich Mean Time, GMT Sat, 21 Jan 2023 at 20:53 GMT

My Ten New Moon Wishes

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*The First Moon Phase - Birch Moon – Talks with Relations
My Wishes and Dreams*

My Ten New Moon Intentions


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*The First Moon Phase - Birch Moon – Talks with Relations
My Intentions Are...*

My First Quarter Moon Thoughts and Reviews

The First Quarter Moon – January 28th - Taurus

The energy of the Moon is now building and gathering momentum... we see her getting bigger and bigger by the day, so this is a great time to consider how and where you intend to channel and invest this growing expanding energy.



Look at where you are in your manifestations and your personal learning. What is showing up in your world right now? What is calling for your attention, and what do you need to prioritize? Where should you apply your greatest focus?

The Full Moon - February 5th / 6th - 16° 40' Leo

Also known as Wolf Moon, Old Moon, and Cold Moon

A Full Moon in Leo naturally invites you to embrace exactly where you are, right here and right now, and to get present. I think that one of the best ways to use this energy is to lean into a space of celebration, take time out to play and to recharge your batteries, whilst also making a note of all that is shown to you at this time.

So if your world is feeling on track then celebrate, shout it to the world... or at very least to yourself... surf the waves or lie on the beach and take in the rays... whatever chills you out and works for you. But if any aspect of your life feels unsatisfactory then listen up and take your passions seriously! The Leo energy is here to help you to identify whatever is holding you back, whether this is internal stuff or situations that are taking place around you.

If you are experiencing any kind of conflict between your ego mind and the desires of your heart, the influence of Leo will support you in finding the courage to connect with your inner voice and to break free from any inappropriate restrictions and limitations that are getting in the way, both inner and outer.

Each month place some rainwater or spring water in a bowl and leave it out overnight to absorb the energy of the Full Moon. Do NOT use a plastic bowl! Use glass or earthenware or any container whose fundamental ingredients come from a natural source. Collect the water afterwards and store it in a jar. Use this Moon Water in ceremonies of celebration, commitment, and joy and also in situations where you are overcoming restrictions, being bold, seeking courage or needing to find your voice.

Full Moon Global Timings:

- | | |
|----------------------------|-------------------------------|
| • Los Angeles, USA | Sun, 5 Feb 2023 at 10:28 PST |
| • New York, USA | Sun, 5 Feb 2023 at 13:28 EST |
| • Reykjavik, Iceland | Sun, 5 Feb 2023 at 18:28 GMT |
| • London, United Kingdom | Sun, 5 Feb 2023 at 18:28 GMT |
| • Paris, France | Sun, 5 Feb 2023 at 19:28 CET |
| • Cape Town, South Africa | Sun, 5 Feb 2023 at 20:28 SAST |
| • Delhi, India | Sun, 5 Feb 2023 at 23:58 IST |
| • Perth, Australia | Mon, 6 Feb 2023 at 02:28 AWST |
| • Tokyo, Japan | Mon, 6 Feb 2023 at 03:28 JST |
| • Sydney, Australia | Mon, 6 Feb 2023 at 05:28 AEDT |
| • Auckland, New Zealand | Mon, 6 Feb 2023 at 07:28 NZDT |
| • Greenwich Mean Time, GMT | Sun, 5 Feb 2023 at 18:28 GMT |

My Full Moon Insights and Illuminations
Also known as Wolf Moon, Old Moon, and Cold Moon


A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write their insights and illuminations related to the Full Moon phase.

The First Moon Phase - Birch Moon – Talks with Relations

My Last Quarter Moon Thoughts and Evaluations

The Last Quarter Moon – February 13th – Scorpio

The Last Quarter Moon invites you to consolidate your progress and evaluate. Are any unwanted patterns still repeating? Are your plans, actions, and decisions congruent with all that you wish to be and all that you wish to see in the world?

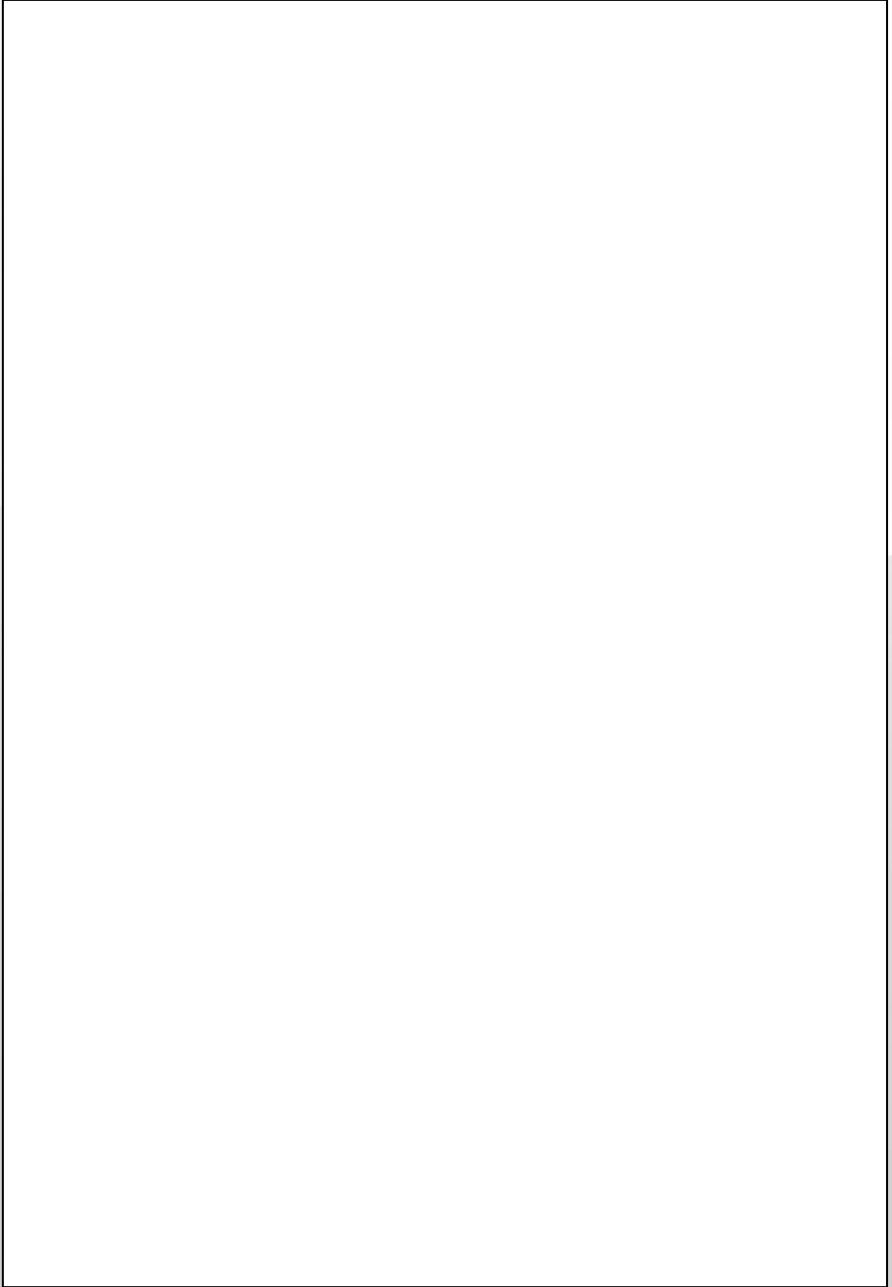
A large, empty rectangular box with a thin black border, intended for journaling or writing reflections on the moon phase.

The last quarter Moon marks a turning point and a shift in momentum. This is a magnificent time to journal in anticipation of setting clear and deeply personal New Moon wishes and intentions.

Journaling and Notes

Living with love and respect for all of life will bring an abundance of love and respect straight back to you.

Journaling and Notes

A large, empty rectangular box with a thin black border, intended for journaling and notes. The box is centered on the page and occupies most of the vertical space below the title and above the footer.

The First Moon Phase - Birch Moon – Talks with Relations

Desires and Goals for the Coming Moon Month

A large, empty rectangular box with a thin black border, intended for the user to write their desires and goals for the coming moon month. The box is centered on the page and occupies most of the vertical space below the title.

Every life experience, the good, the bad and everything in between, is actually an entry point into newer and higher levels of consciousness.

The Second Moon Phase of 2023

February 2023 / March 2023

The Tree Lore of Rowan and the Second Moon Wisdom Keeper

***Find Liberation through Learning... Transform your Past Experiences into Wisdom...
and Become Fully Present to both Give and Receive.***

In this month of learning we move to the influence of Rowan, the Tree of Life, whose qualities are associated with courage, wisdom, and protection, and the Moon of Wisdom Keeper. In the last Moon month, with respect and appreciation, you affirmed your relationship with all your relations and all of life. In this Moon time you get to look at the stuff that could be getting in the way of you staying on track. It's time to process your past experiences and transform them into wisdom and awareness, and the energy of Rowan bring the courage and safety to do this. If you find yourself having a wobble, try carrying a Rowan leaf with you. (Although please ask the tree first!)

You cannot change the past, but you can learn from it. Pretty much everyone I have ever met has some sort of internal belief or block within them that springs from the past, coloring their perceptions and attitudes. This is the stuff of humanness. The Moon of Wisdom Keeper invites you to honor the past without being bound by it. This Moon time brought me experiences that reminded me of the importance of keeping history alive, not in ways that caused me to remain entrenched or stuck in the past, but in ways that helped me to grow from past experiences. I also deepened my acceptance of the pathways of others, with an understanding of how much I could learn from the point of views of others.

When we can learn from every experience, even the most challenging ones, we become liberated from past perceptions and limitations, and can embrace the future with greater vision. I don't know about you, but the people I admire and respect the most are people who genuinely live with honor and integrity. They never use fear or manipulation as tools to wield power but lead through example... and often very quietly! Interestingly, all of these people have had to deal to deal with some pretty big stuff in their lives, and yet despite these experiences, they are better, stronger, and wiser. They are an inspiration and show that we all have this potential within us.

So, make a personal choice to become your own hero or heroine... slow down, learn to listen, and become an observer, particularly of your internal world and your own responses. See yourself as the source of change within your own world and as you release inner blocks and become stronger and wiser you will be a role model to others who struggle with similar issues.

Moon Dates February 2023 into March 2023

**The Second Moon Phase of 2023
Rowan Moon. Wisdom Keeper.**

Super New Moon in Pisces - February 19/20

First Quarter Moon in Gemini - February 27

Full Moon in Virgo - March 7/8

Last Quarter Moon in Sagittarius - March 15

New Moon in Aries - March 21/22



Green Calcite.

Aligning with the Second Moon Phase Wisdom Keeper.

Remembering brings healing and resolution.

Green Calcite is sometimes known as a memory stone. Aligning with the Heart Chakra and the Higher Heart Chakra, its energy supports healing within the emotional, spiritual, physical, and mental realms, thus offering opportunity to assist in the resolution of any historic or challenging memories, freeing us from the past through awareness and understanding.

I find that when I sit with this gorgeous crystal, I automatically begin to view my situation differently, and in overriding past perspectives, I can hold past memories in a far more objective and forgiving light. In meditation this crystal is said to open channels of communication with our ancestors, bringing guidance, healing, and wisdom.

***Find Liberation through Learning... Transform your Past Experiences into Wisdom...
and Become Fully Present to both Give and Receive.***

About the Author

Jenny Florence is a best-selling Author. Her career as a professional Accredited BACP, UKRC Registered Counsellor spanned over 28 years working with individuals, couples, and teams.

She is the founder and creator of the A-Z of Emotional Health on-line Video Library, a free Public Resource, dedicated to understanding Emotional and Mental Wellness from a holistic perspective.

She has been reading Tarot cards and Runes since she was a teenager and has also studied astrology.

For more information visit her Free on-line Library;
<https://www.azemotionalhealth.com/>

Her books and cards include:

- 7 Steps to Spiritual Empathy – Learn to Listen, Change your Life!
- Mindfulness meets Emotional Awareness - 7 Steps to Learn the Language of your Emotions
- I Choose Love – the A-Z Guidebook for the Spiritual Warrior
- Manifest with the Moon Astro-Moon Diary and Journal
- The Art of Manifestation Oracle Cards.

You can order her books and cards via your local bookstore or from Amazon.

To watch free monthly tutorials and support Jenny's ongoing work join Patreon

- <https://www.patreon.com/AZEmotionalHealth>

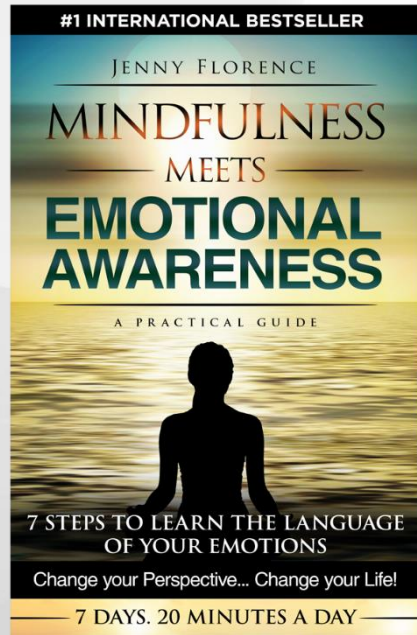
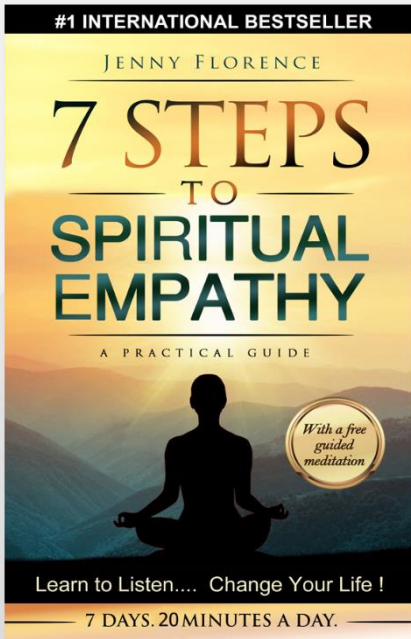
To access Lunar updates, Webinars, and Readings follow Jenny on social media.

- <https://www.youtube.com/c/MoonMagicWeeklyTarot>
- <https://www.facebook.com/MoonMagicJennyFlorence>
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7 Steps to Spiritual Empathy – Learn to Listen Change your Life

- **Isbn: 978-0-9955079-0-6**

Mindfulness meets Emotional Awareness – 7 Steps to Learn the Language of your Emotions

- **Isbn: 978-0-9955079-2-0**

Book Recommendations

Moon Books

The 13 Original Clan Mothers – Jamie Sams
Earth Medicine – Jamie Sams
Lunar Living – Kirsty Gallagher

Tree Books

Walking With Trees – Glennie kindred
The Hidden Life of Trees – Wohlleben

Science, Energy, Mind Body & Soul

Eastern Body Western Mind – Anodea Judith
The Body Keeps the Score – Bessel van der Kolk
The Field – Lynne McTaggart
The Intention Experiment - Lynne McTaggart
The Hidden Messages in Water – Masuro Emoto
The Biology of Belief – Bruce Lipton
Spiritual Intelligence – Danah Zohar & Ian Marshall
Soul Retrieval – Sandra Ingerman

Astrology

Hellenistic Astrology – Chris Brennan
New Moon Astrology – Jan Spiller

Podcasts

<https://www.youtube.com/hashtag/theastrologypodcast>