

lunar living

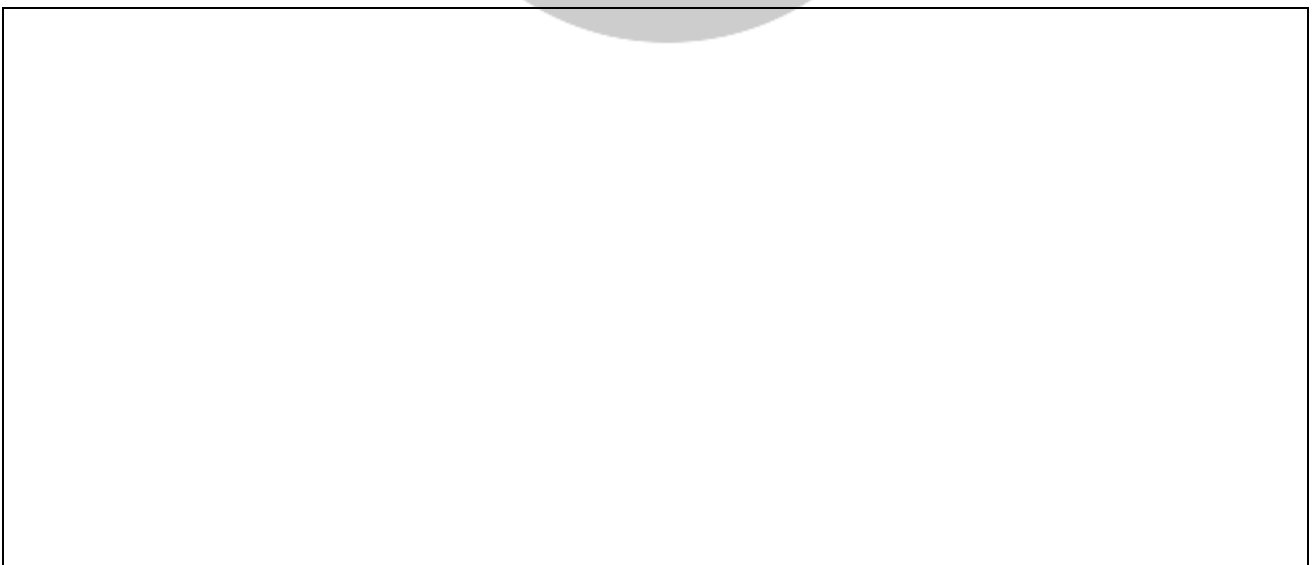
Aries New Moon

Soul Enquiry Journaling prompts

Don't overthink these questions. Grab a pen, light a candle, and take a few calm deep breaths.

Imagine the moon in the sky above you, take a moment to really feel her energies and open yourself up to receiving her wisdom and guidance. You may take a moment to ask her for any advice or inspiration. Then open your eyes and write the first thing that comes to you...

How have you felt in the dark moon running up to this new moon? What is this showing you?

A large, empty rectangular box with a thin black border, intended for journaling responses to the prompts above. In the background, there is a faint, light gray illustration of a crescent moon.

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If you could do one thing right now, what would it be?

Since the last Libra full moon what has shifted for you?



What, if anything, have you let go of?

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Are you ready to open yourself back up to life? Journal your thoughts and feelings around that here.

What fears/doubts/lack/limiting beliefs are surfacing for you under this moon?

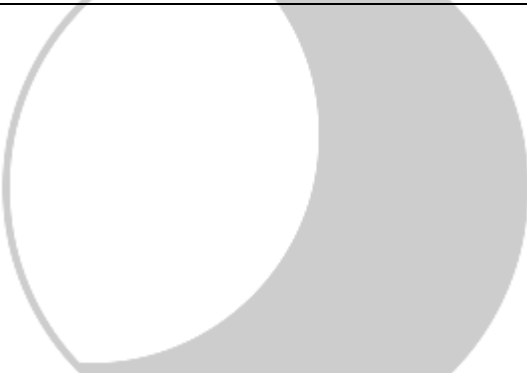


Are there any parts of you who want to stay on the metaphoric sofa? And why?

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Can you see where your fears and doubts have come from and how they have been trying to keep you safe?

In what ways do you not trust in yourself? And life?



How can you begin to trust and believe in yourself more? How can you soothe the scared parts of you?

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What ideas, opportunities and possibilities are coming your way?

What do you want your next chapter to be?

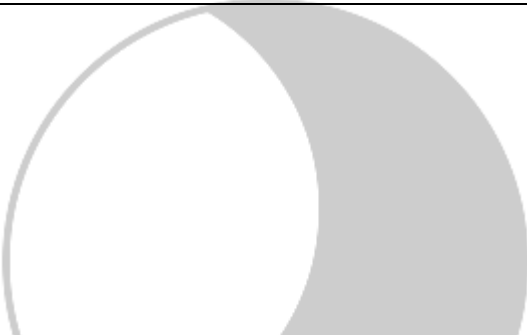


Are your current thoughts, words, beliefs and actions in alignment with what you want?

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If you believed in yourself fully and completely in this moment, what would you do?

My Aries new moon intention is...



Three actions I will take during the waxing moon to help take me closer to my intention are:

1)

2)

3)

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I will take time out to honor my soul needs and take care of myself daily under this new moon by:

I will listen to my intuition daily by:



I will listen to my inner guidance, my heart and soul every day by:

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Any final guidance and wisdom from the moon, or things I feel called to write down?

Last quarter moon check-in – Tuesday 20th April (moon in Leo)

What seems to be falling into place or coming together, taking you closer to your new-moon intentions?

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What seems to be difficult or challenging, and are any doubts and fears surfacing?

