

# THE MOON *is my* CALENDAR



## ATTUNE TO LUNAR TIME

The moon has always marked the passage of time, waxing and waning with a steady rhythm. Attuning to lunar time helps us be more present with every stage of our lives as an expression of the harvest cycle.

The moon phases demonstrate this journey from seed, to flower, to fruit, to compost, and back to seed again. Over and over.

This calendar journal, like the moon, is a container that reflects your light and shadow. It serves as a mirror to see yourself more clearly in relationship with inner and outer cycles, affirming your existence as a cyclical being.

It provides a structure for daily observation and self-study, revealing what may be out of balance in a loving, non-judgmental way, and supporting you to bring your vision and intentions to fruition.

As you navigate each phase of your journey and cultivate a daily practice with this circular calendar, patterns in your own experience will become more apparent. Where your attention goes, energy will flow - inviting awareness, healing, and growth.

May this tool and lunar practice create a foundation for personal and collective transformation, and help repair our connection with lunar time to live in harmony with life's cyclical nature on this beautiful earth.

Thank you for being here, your presence is a gift.

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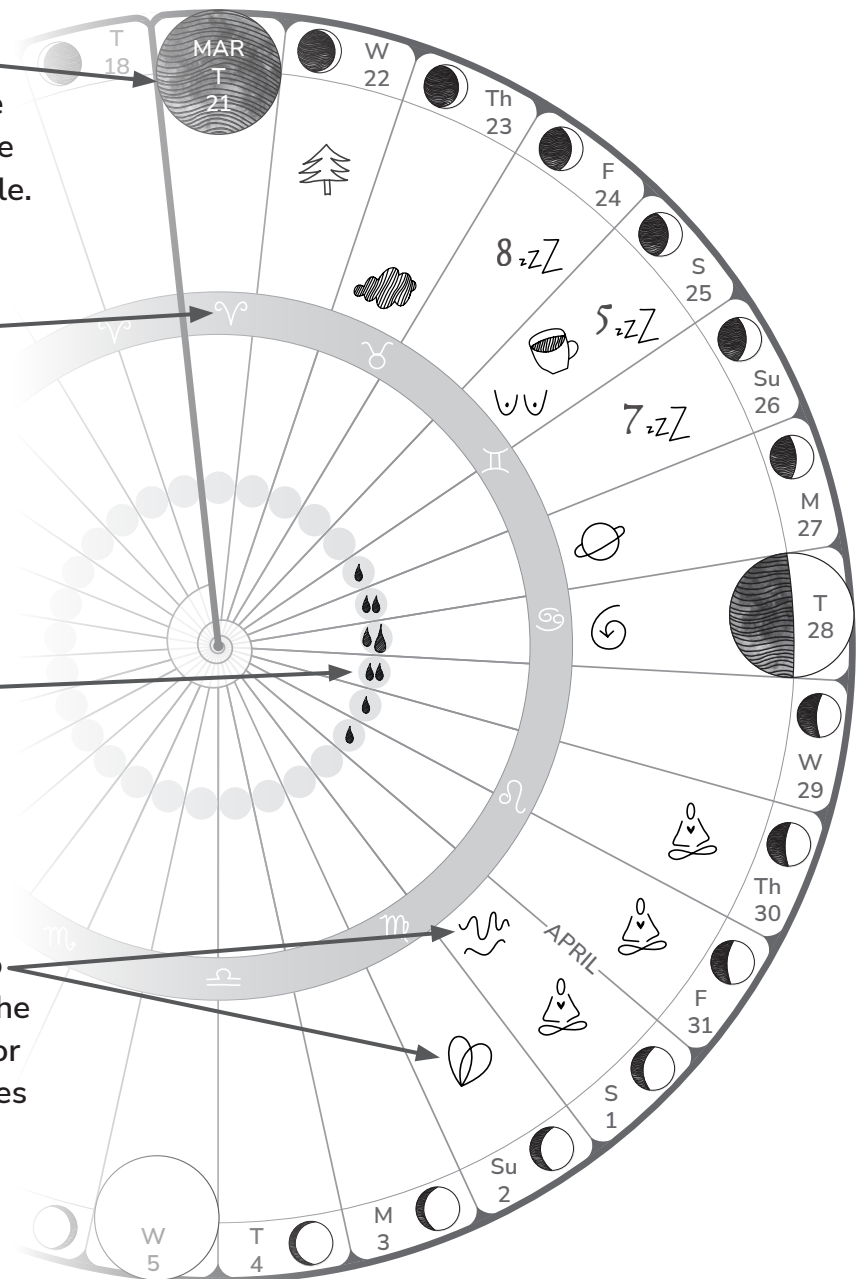
## CIRCULAR CALENDAR OVERVIEW

Each cycle begins with the new moon. From here the days and phases move clockwise around the circle.

The glyphs of the zodiac (in tropical astrology) are provided as a reference to show when the moon is in each sign.

If you menstruate, you can use the inner circles to track your cycle.

Choose what you want to chart over the course of the cycle. Draw symbols, color code, or write in the spaces for each day.



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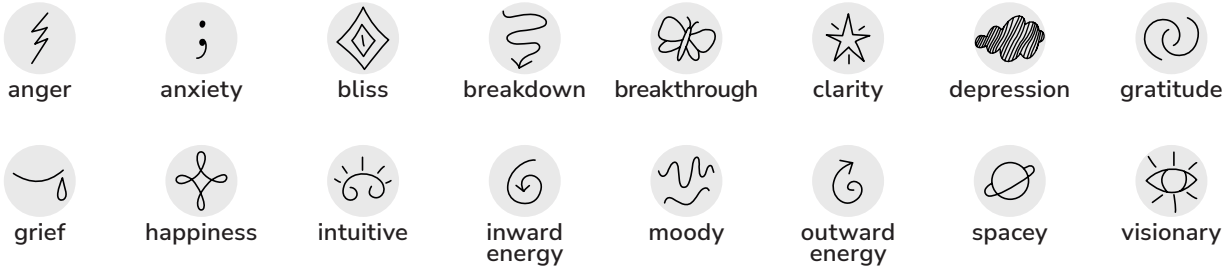
## SAMPLE SYMBOLS FOR CHARTING



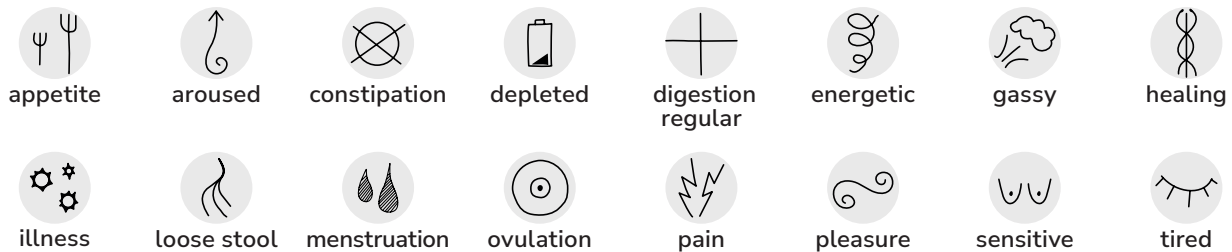
The symbols on this page are provided for inspiration and support as you decide where to focus your energy and attention each cycle. Feel free to use them, modify them, or create your own in the circles below.



### MOOD + EMOTIONS



### BODY + SENSATIONS



### LIFESTYLE + HABITS



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## SEEDS OF INTENTION



I honor rest



I notice my energy levels



I am open to shifting my habits



I wake up feeling grateful

The new moon creates an opening for planting seeds of intention. This fertile darkness holds a chance for a fresh start, a time to reset priorities, and begin anew.

In the four circles provided on each Seeds of Intention page, you are invited to draw symbols that support your intentions, and then chart them throughout the cycle.

One approach is to notice "what is" as a curious and loving witness without trying to change anything. For example if you have been waking up feeling drained and aren't sure why, you could begin to track hours of sleep, screen time, caffeine, or any other factors you suspect are contributing to the exhaustion. This "data" can provide a clearer picture of what is happening so you can make changes or seek support.

Tracking with the moon helps to reveal what may be hidden.

Another option is to chart a new habit that you are intentionally shifting towards. For example, if you set the intention to wake up feeling energized and grateful each day, you can choose a symbol to represent that seed, and draw it in your calendar journal each time you notice the shift. Sometimes by simply tracking that intended positive experience over time, it starts to take root and grow.

As the moon waxes, imagine the growing light nurturing and illuminating your seeds in their process of maturing.

If your intention has been germinating for some time, it may take only one moon cycle to sprout, flower, and bear fruit. Other seeds could take several trips around the sun. Be gentle and patient with yourself, knowing there are many internal and external factors that influence the life cycle of each intention.

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MOON MANDALA

May - Jun  
Cycle



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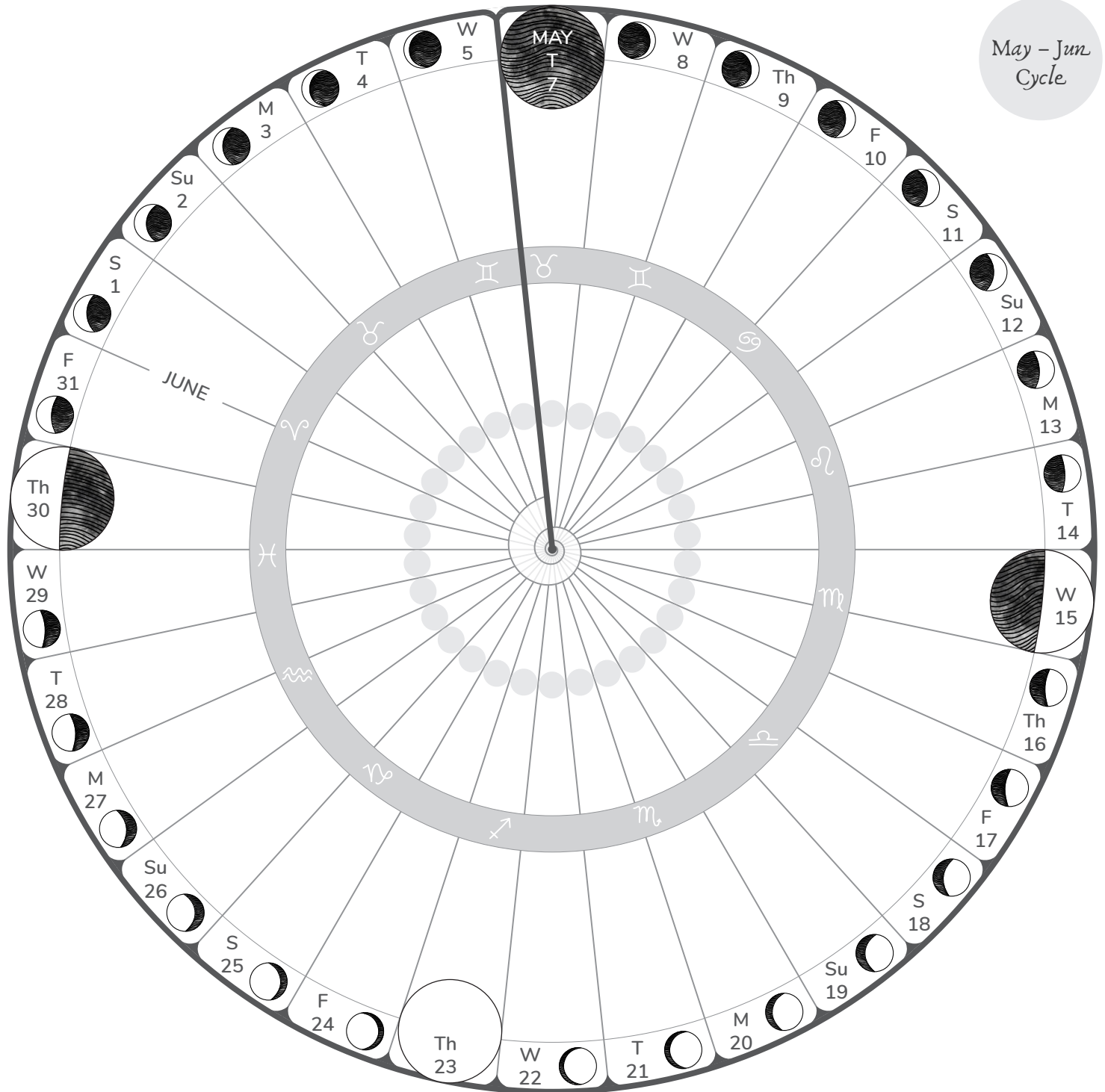
*May - Jun  
Cycle*

## SEEDS OF INTENTION



# THE MOON *is my* CALENDAR

May - Jun  
Cycle



# THE MOON *is my* CALENDAR

May - Jun  
Cycle

## DAILY OBSERVATION

T 5/7 *new moon*



W 5/15 *first quarter*



W 5/8



Th 5/16



Th 5/9



F 5/17



F 5/10



S 5/18



S 5/11



Su 5/19



Su 5/12



M 5/20



M 5/13



Tu 5/21



T 5/14



W 5/22





# THE MOON *is my* CALENDAR

## DAILY OBSERVATION

May - Jun  
Cycle

Th 5/23 *full moon*



F 5/24



S 5/25



Su 5/26



M 5/27



T 5/28



W 5/29



Th 5/30 *last quarter*



F 5/31



S 6/1



Su 6/2



M 6/3



T 6/4



W 6/5



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*May - Jun  
Cycle*

## REFLECT AND RELEASE



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## ACKNOWLEDGEMENTS

THE MOON IS MY CALENDAR provides tools and teachings to repair our connection with inner and outer cycles and live in more harmony with life's cyclical nature. We share creative embodied practices for growth and transformation guided by the moon.

April McMurtry is the founder of THE MOON IS MY CALENDAR and the creatress of the New Moon Calendar Journal. She is a facilitator, mother, and creative lunar guide.

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Thank you to everyone who has been a part of these lunar practices - may we bring ever more healing to our lives and our beloved Mother Earth!

This calendar was created in the East Bay of Northern California on the unceded ancestral lands of numerous Indigenous communities including the Ohlone and Bay Miwok. We aim to contribute to rematriation by giving Shuumi land tax to the Sogorea Te' Land Trust, an urban Indigenous women-led organization that facilitates the return of Indigenous land to Indigenous stewardship. Visit [sogoreate-landtrust.org](http://sogoreate-landtrust.org).

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*Moon phase dates and signs calculated in the Pacific Time Zone with iPhemeris astrological software and other sources.*

*Disclaimer: We strive for accuracy, however this publication may contain unintended inaccuracies or typographical errors.*

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