

A group of women are sitting in a circle on the forest floor, surrounded by flowers, candles, and other ritualistic items. They appear to be participating in a ceremony or ritual. The scene is set in a wooded area with fallen leaves on the ground. The women are dressed in various styles of clothing, including dresses and blouses. The overall atmosphere is serene and spiritual.

Moon Diary & Journal Prompts 2026

The Moonrise Academy

My Moon Diary

This diary is a journey through the cycles of the moon, nature, and our own bodies. It is a space to celebrate the wisdom of the feminine, guided by the power of our own bodies, and practices to nurture creativity, empowerment, and connection.

Here you will find journal prompts for each phase of the cycle and Month of the year. You are welcome to print it or just write down your answers in your notebook. Primarily, this is a guide; I am not a doctor. Everything here is just a suggestion, and the idea is that you get in tune with your own rhythm and body.

Understanding the Menstrual Cycle:

The menstrual cycle is a sacred rhythm with four distinct phases: **This is only an example of a 28 day cycle but each women is different!**

Menstrual Phase (Days 1– 6)

- A time for rest and introspection. Your energy is at its lowest as your body sheds the uterine lining.

Follicular Phase (Days 7–12)

- Energy rises as the body prepares for ovulation. This is a creative and expansive time.

Ovulatory Phase (Days 13–15)

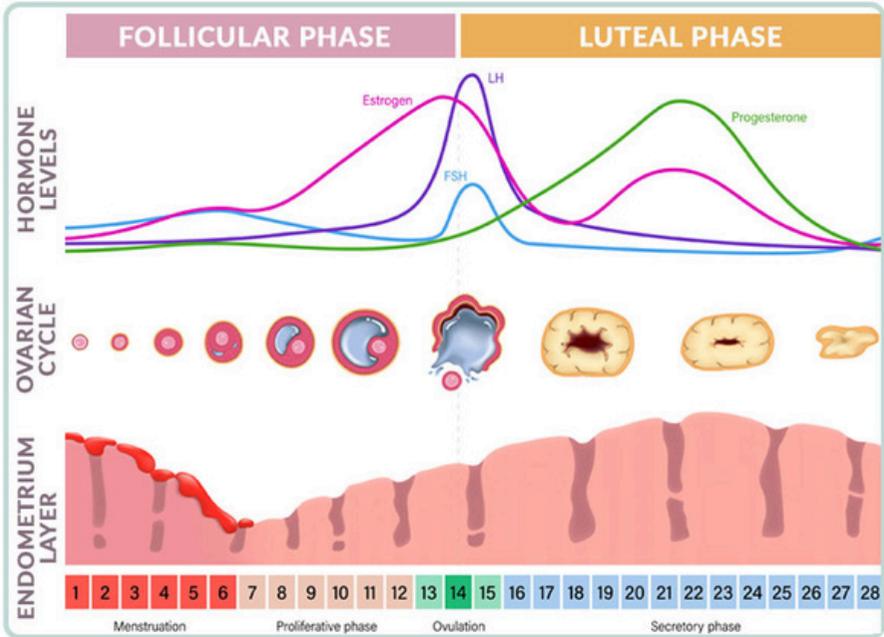
- Peak energy and fertility. Ideal for outward connection, collaboration, and sharing.

Luteal Phase (Days 16–28)

- Energy declines as the body prepares for menstruation. Focus on completing tasks and self-nurturing.

My Moon Diary

Menstrual Cycle



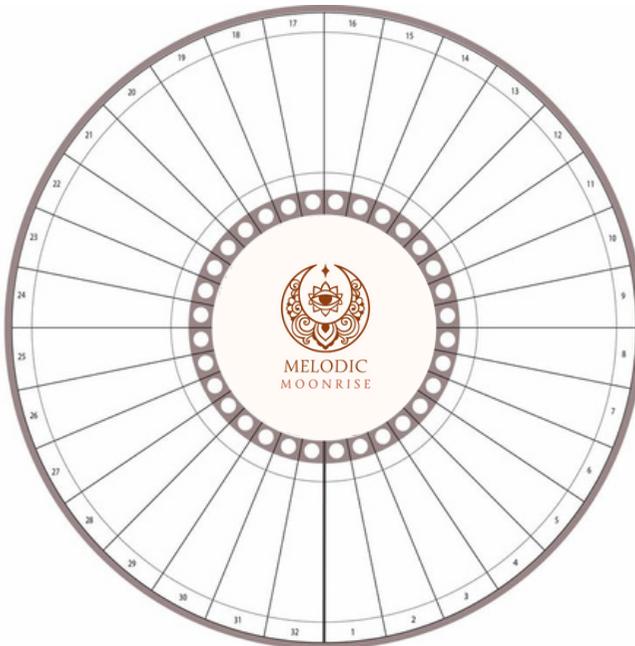


How to Fill Out Your Moon Chart

It's very simple:

Start counting from Day 1, which is the first day of your menstruation. Each day afterward, add the symbols that represent how you feel, emotionally, physically, and energetically, as well as the current moon phase.

Over time, and especially by the end of the year, you'll begin to clearly see the patterns and rhythms of your menstrual cycle and how they align with the moon.





Water & Air

Symbols

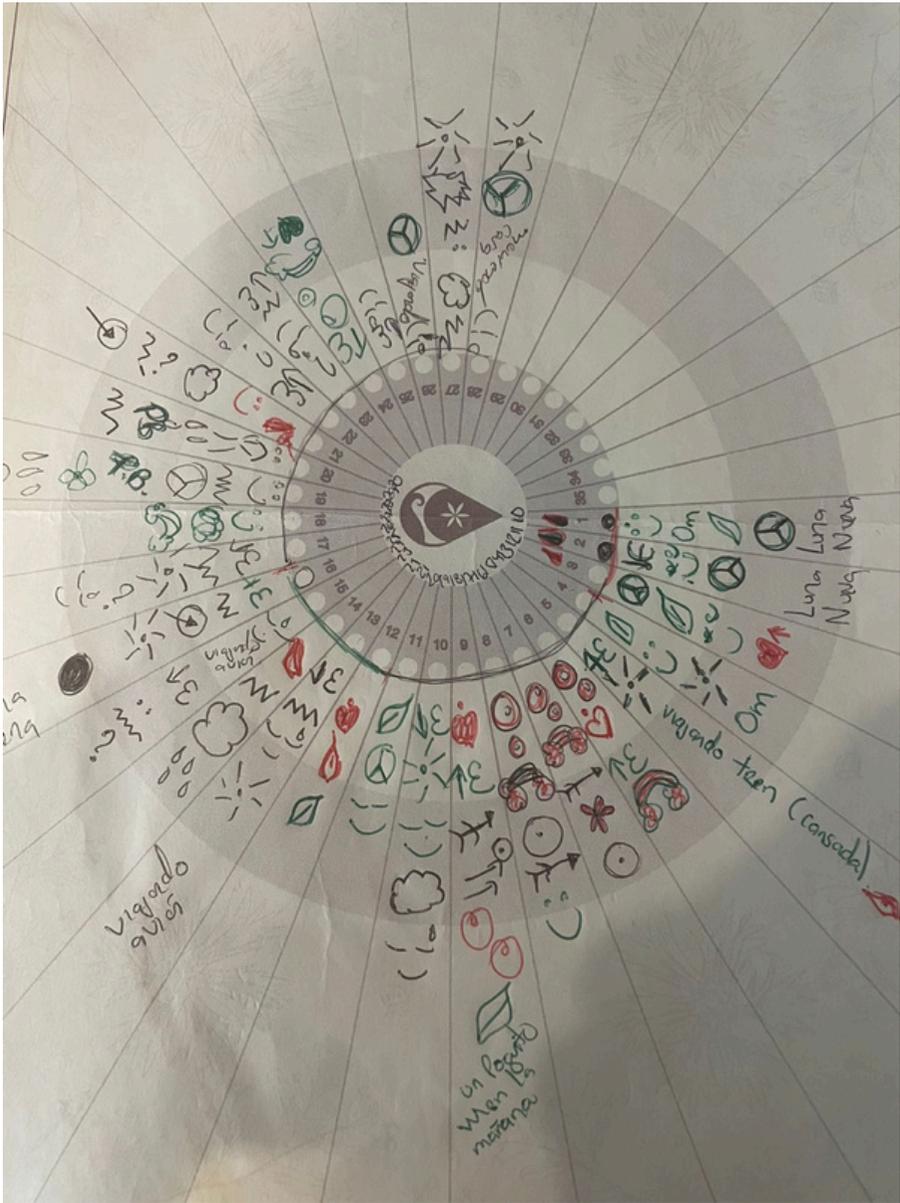
Content/Happy		In my Center	
Good with myself		Social	
Low self esteem		Comunicative	
Less Energy		Attractive	
Energetic		Sexual	
Mental		Joyful	
Clear Objectives		Easy to make desitions	
Emotional		Conected to Nature	
Moody		Peaceful	
Empty		Want to be alone	
Confused		Indecisive	
Upset/ Angry		Introspective	
Anxious		Sad	
Want to Cry		Need support	

@melodicmoonrise

@themoonriseacademy

Examples

Content/Happy		In my Center	
Good with myself		Social	
Low self esteem		Communicative	
Less Energy		Attractive	
Energetic		Sexual	
Mental		Joyful	
Clear Objectives		Easy to make desitions	
Emotional		Conected to Nature	
Moody		Peaceful	
Empty		Want to be alone	
Confused		Indecisive	
Upset/ Angry		Introspective	
Anxious		Sad	
Want to Cry		Need support	





Inner Winter Reflection



(Days 1-6)

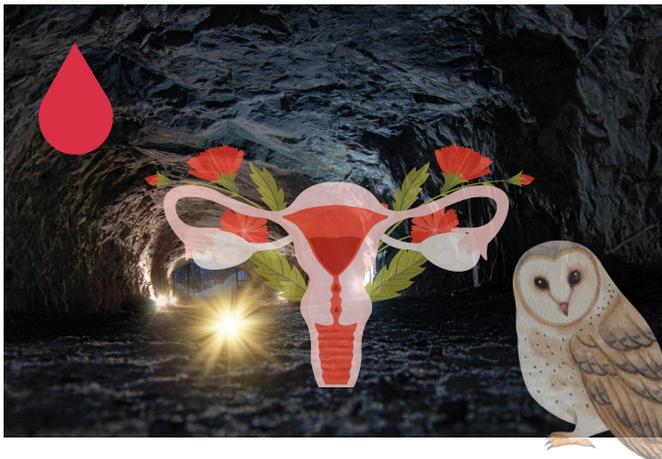
Cycle: Menstuation

Arquetype: Wise Women/Crown

Key Words: Rest, withdraw, womb care, sleep, relax
renovation, internal nutrition, intuition. Moon cave. Compost.

Energy: The energy is feeded internaly and it's about to start
its expansion phase. Decrease in digestive fire and overall
energy.

- Evaluate goals, strategies, and overall business and personal direction.
- Reflect on successes and challenges from the previous cycle.
- Journal ideas or insights for future projects.
- Listening to higher self
- Schedule downtime for creativity and recharging. Do nothing!



@themoonriseacademy

Inner Winter Nutrition



Focus: Restoration and Detoxification. The body is shedding the uterine lining, which requires rest and nourishment. Supporting the natural elimination process helps reduce cramping and fatigue.

Recommended Foods:

- Warm, easy-to-digest meals: Soups, stews, broths.
- Increase healthy fats: Ghee, avocado, fatty fish, nuts, and seeds (like sesame and sunflower seeds).
- Increase Vitamin B6 like bananas, organic chicken, fish or meat. Potatos.
- Iron-rich foods: Spinach, lentils, beets, and dates to replenish lost minerals.
- Hydrating options: Coconut water, herbal teas (e.g., chamomile, ginger).
- Leafy greens, whole grains, and lean proteins.
- Spices: Warming spices like cinnamon, turmeric, and black pepper to improve circulation.

Avoid: Cold, raw foods, salty and caffeine, which can increase cramping. This is just a guide and you always should listen to your body.



@themoonriseacademy



New Moon



Journal Prompts

Cycle: Menstruation / Inner winter

- What am I ready to release and let go of, both physically and emotionally?
- How can I honor my need for rest and stillness during this phase?
- What lessons or insights are arising for me during this time of inward reflection?
- What dreams, symbols, or messages have come to me recently, and how can I explore them?
- How can I show gratitude to my body and womb for their wisdom and cyclical nature?





Inner Spring

Dynamic



(Days 7- 12)

Cycle: PreOvulation

Arquetype: Maiden

Key Words: Emerging growth, clarity, playful, inspired, adventorous, carefree, assertive, expansion

Energy: You feel more energized and ready to tackle outward tasks. Rising levels of estrogen and testosterone contribute to an uplifted and optimistic mood.

- Rebirth Phase: A period of clarity and bringing projects to life. Brainstorm and develop new projects or initiatives.
- Plan campaigns, launches, or content calendars.
- Learn new skills or research trends relevant to your industry. Network or collaborate with others; your communication is sharp.
- Activates potential through movement practices like: Hip-opening exercises. Belly dancing. Breath of fire to enhance manifestation and visualization.



@themoonriseacademy



Inner Spring Nutrition



Focus: Rebuilding and Energy Boosting. This is a time of regeneration, as the uterine lining is rebuilt. The body feels lighter and energy levels begin to increase.

- Light proteins and fats: Eggs, fish, organic chicken, and nuts offer sustainable energy and support hormone production.
- Light, fresh foods: Leafy greens, sprouts, and lightly cooked or raw vegetables.
- Fiber-rich foods: Oats, quinoa, chia seeds, and leafy greens promote balanced blood sugar and aid digestion.
- Vitamin C-rich foods: Bell peppers, oranges, and strawberries support immune health and improve iron absorption.
- Complex carbs: Sweet potatoes, brown rice, and whole grains give a steady energy source and support mood.

Why: Estrogen levels rise during this phase, so foods that support hormone production, balanced energy, and a stable mood are key. This is just a guide and you should always listen to your body.



@themoonriseacademy



Waxing Moon



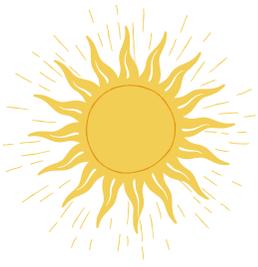
Journal Prompts

Cycle: Pre-Ovulation / Inner Spring



- What new ideas or projects am I feeling excited to explore or begin?
- How can I embrace playfulness and curiosity in my daily life?
- What steps can I take this week to align with my long-term goals?
- How can I nurture my body to support this renewed energy?
- What part of my life feels like it's in a building stage, and how can I support its growth?





Inner Summer

Expressive



(Days 13 - 15)

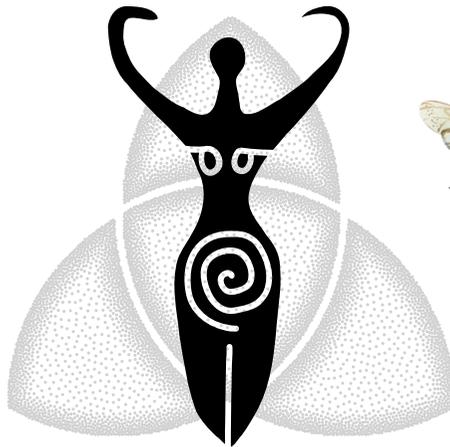
Cycle: Ovulation

Archetype: Mother

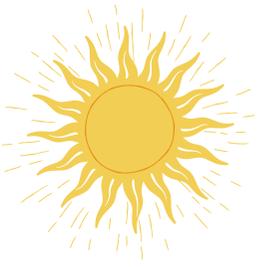
Keywords: Emerging growth, clarity, playful, inspired, adventurous, carefree, assertive, expansion

Energy: You feel more energized and ready to tackle outward tasks. Rising levels of estrogen and testosterone contribute to an uplifted and optimistic mood.

- Host meetings, webinars, or events to connect with clients or teams.
- Pitch ideas, negotiate deals, or close sales.
- Record videos, podcasts, or go live on social media.
- Attend conferences, networking events, or public speaking opportunities.



@themoonriseacademy



Inner Summer

Nutrition



Focus: Peak Energy and Detoxification

Ovulation is the peak of your cycle, with high energy, creativity, and social vitality. It's an ideal time to eat nutrient-dense foods that support hormone metabolism and liver detoxification.

Recommended Foods:

- Cooling and anti-inflammatory foods: Cucumbers, watermelon, coconut, and mint.
- Cruciferous vegetables: Broccoli, cauliflower, kale.
- Healthy fats: Olive oil, almonds, walnuts, and avocado.
- Proteins: Lean meats, tofu, and legumes.
- Spices: Cooling spices like coriander and cilantro.

Avoid: Spicy, fried, or overly stimulating foods. This is just a guide and you should always listen to your body.



@themoonriseacademy



Full Moon



Journal Prompts

Cycle: Ovulating / Inner Summer

- How can I celebrate and express my creativity and confidence right now?
- Who in my life can I connect with more deeply during this phase?
- What do I feel proud of, and how can I honor that sense of accomplishment?
- How can I use this energy to bring joy and passion into my relationships?
- What boundaries might I need to set to preserve my energy as I engage outwardly?



@themoonriseacademy



Inner Autumn Creative



(Days 16 - 28)

Cycle: Luteal

Archetype: Queen

Keywords: Harvest, reflect, starting to go inwards, less social, boundaries, speak your truth, primal sensual, delegate, solo creativity, surrender, transformation, intuition, inspiration, empowerment

Energy: Your attention to detail and focus sharpen, making it an ideal time for completing tasks and organizing. Embrace self-compassion and honor your heightened sensitivities during this phase.

- Edit, review, and finalize projects or proposals.
- Organize finances, systems, or workflows.
- Handle administrative tasks like emails and scheduling
- Create detailed plans for upcoming launches or initiatives.
- Address and resolve pending issues.



@themoonriseacademy

Inner Autumn Nutrition



Focus: Grounding and Hormonal Support

During this phase, the body prepares for menstruation, and energy may dip as progesterone rises. Eating nourishing, grounding foods can help ease PMS symptoms and stabilize mood.

Recommended Foods:

- Warm, grounding foods: Root vegetables (carrots, sweet potatoes), stews, soups.
- Magnesium-rich foods: Dark chocolate, pumpkin seeds, and leafy greens to ease PMS symptoms.
- Hormone-balancing fats: Flaxseeds, chia seeds, tahini, and walnuts.
- Warm and comforting herbs: Ashwagandha, Shatavari for mood balance.
- Beverages: Golden milk (turmeric + almond milk) and calming teas like chamomile or lemon balm.

Avoid: Processed foods, excess salt (to reduce bloating), and alcohol, which disrupt hormonal balance. This is just a guide and you should always listen to your body.



@themoonriseacademy



Waning Moon



Journal Prompts

Cycle: pre-menstrual / Inner Autumn

- What tasks or projects need to be completed or refined before the end of this cycle?
- How can I create space to process and release emotions that are surfacing?
- What patterns or habits are no longer serving me, and how can I shift them?
- How can I prioritize self-care and slow down as I prepare for the next cycle?
- What lessons can I learn from any feelings of discomfort or tension during this phase?





January

New Beginnings and Introspection

Theme: Renewal, introspection, and planting the seeds of intention.

Seasonal Energy: In the heart of summer, January invites us to embrace the light while reflecting inward. It is a time to set intentions for the year ahead, balancing outward celebration with moments of self-reflection.

Goddess of the Month: Amaterasu (Japan)

- **Story:** Amaterasu, the goddess of the sun, is known for her radiant energy and her role as the bringer of light to the world. In one myth, she retreats to a cave, shrouding the world in darkness, until she is coaxed back out by a mirror and the joyous celebration of the gods.
- **Symbolism:** Sun, mirrors, and roosters.
- **Lessons:** Amaterasu teaches us that introspection is necessary for renewal. She reminds us of the importance of stepping back to reflect and recharge before shining brightly again.

Journal Prompts:

What intentions do I want to set for this year?

What areas of my life need more light and focus?

How can I create balance between introspection and action this month?



MELODIC
MOONRISE

January

*New Beginnings and
Introspection*



@themoonriseacademy



January

New Beginnings and Introspection

Sacred Numerology. Number 1: New beginnings, individuality, and leadership.

Reflection: What fresh start or new path am I ready to embrace this month? How can I take inspired action to lead my life with intention?

Self-Care Ritual:

Prepare a warm cup of nettle tea.

Before drinking, place the cup between both hands and hold it over your womb.

Close your eyes and imagine the steam as a soft, green light rising from the roots of the earth.

Take three slow breaths and whisper:

“Strength returns to my body. I nourish myself first.”

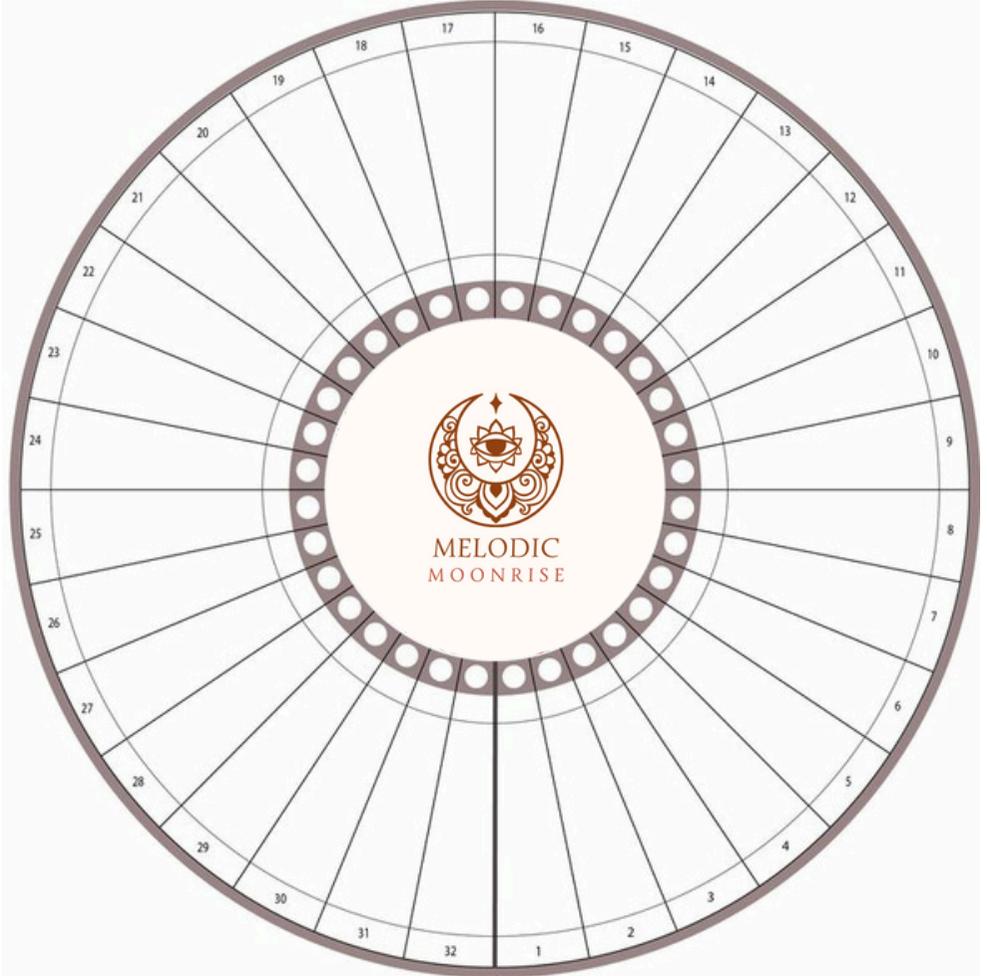
Sip the tea slowly, feeling each swallow descend into your womb space.

After drinking, place both hands on your belly and envision your womb filling with minerals, warmth, and vitality.

Stay seated for a moment, acknowledging what your womb needs this month.

Herb for January:

- Nettle: Deep nourishment for the womb. Builds iron, minerals, and energy after the holiday depletion.



@themoonriseacademy



February

Embracing Transformation

Theme: Transformation, release, and growth.

Seasonal Energy: February is a time to reflect on the inner shifts occurring within us. As summer starts to mellow into the fullness of its warmth, this month encourages letting go of old patterns and embracing the changes that come with growth.

Goddess of the Month: Oshun (Yoruba)

- **Story:** Oshun is the goddess of love, beauty, fertility, and fresh waters. She is known for her nurturing, compassionate nature and her power to heal. Oshun's energy helps guide us in releasing emotional blockages and embracing self-love.
- **Symbolism:** Honey, rivers, gold, and mirrors.
- **Lessons:** Oshun teaches the importance of balancing love and self-care. She shows us that transformation starts within and that through nurturing ourselves, we can release what no longer serves us.

Journal Prompts:

What emotional blockages do I need to release this month?

In what areas of my life do I need more self-love and nurturing?

What transformations have I experienced recently, and how can I honor them?



February

Embracing Transformation



@themoonriseacademy



February

Embracing Transformation

Sacred Numerology

- Number 2: Harmony, balance, and cooperation.
- Reflection: Where in my life do I need to restore balance and harmony? How can I cultivate more peaceful energy in my relationships and within myself?

Self-Care Ritual:

Begin by filling a bowl with water, placing your hands gently over the surface.

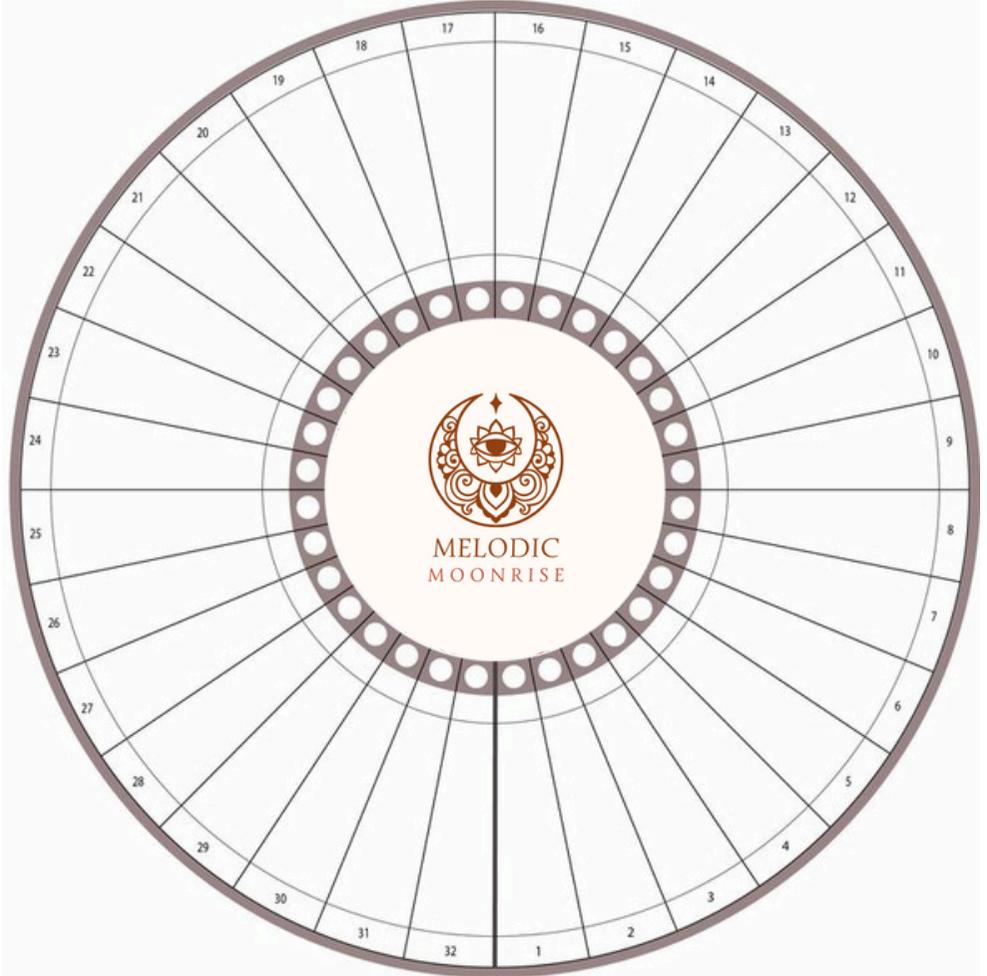
Close your eyes and visualize the water cleansing you, washing away any negativity or emotional blockages.

As you immerse your hands into the water, affirm: "I release what no longer serves me and embrace the flow of love and transformation."

End with a moment of stillness, feeling renewed and refreshed by the water's energy.

Herb for February

Rose: Softens the heart-womb connection. Calms emotions, supports self-love, and soothes PMS mood swings.





MELODIC
MOONRISE

March

Rebirth and Fertility

Theme: Fertility, growth, and nurturing new beginnings.

Seasonal Energy: March marks the transition from summer to autumn, offering us a time to reflect on the seeds we've planted and start nurturing the growth that is taking place within and around us. It's the perfect time for rebirth, transformation, and embracing new opportunities.

Goddess of the Month: Demeter (Greek)

- **Story:** Demeter is the Greek goddess of the harvest, agriculture, fertility, and the cycle of life and death. She is the mother of Persephone, whose annual journey between the Underworld and the world of the living reflects the cycles of nature. Demeter teaches us about the deep connection between life, death, and rebirth.
- **Symbolism:** Corn, wheat, grains, and the Earth's bounty.
- **Lessons:** Demeter reminds us of the importance of nurturing what we create and giving time for growth and renewal. She also helps us understand the necessity of releasing what no longer serves us, making space for the new.

Journal Prompts:

What seeds of intention have I planted, and how can I nurture them this month?

What growth am I experiencing, and how can I honor the changes happening within me?

What do I need to release to make space for new beginnings?

How can I create more balance in my life, in honor of the equinox?



MELODIC
MOONRISE

March

Rebirth and Fertility

Equinox

- Autumn Equinox (March 20): A time of balance, where light and darkness are in equal measure. The equinox symbolizes equilibrium, reflection, and the harmony between opposites. It invites us to reflect on what is in balance and what may need to be let go of as we move into the autumn months. This is the perfect time to evaluate our progress and honor both the light and shadow within us.





March

Rebirth and Fertility

Sacred Numerology

Number 3: Growth, creativity, and expression.

Reflection: How can I express my creative potential this month? What aspects of myself or my projects can I nurture to help them grow?

Self-Care Ritual:

Prepare a warm bath with ingredients that symbolize fertility and growth: rose petals, honey, and sea salt.

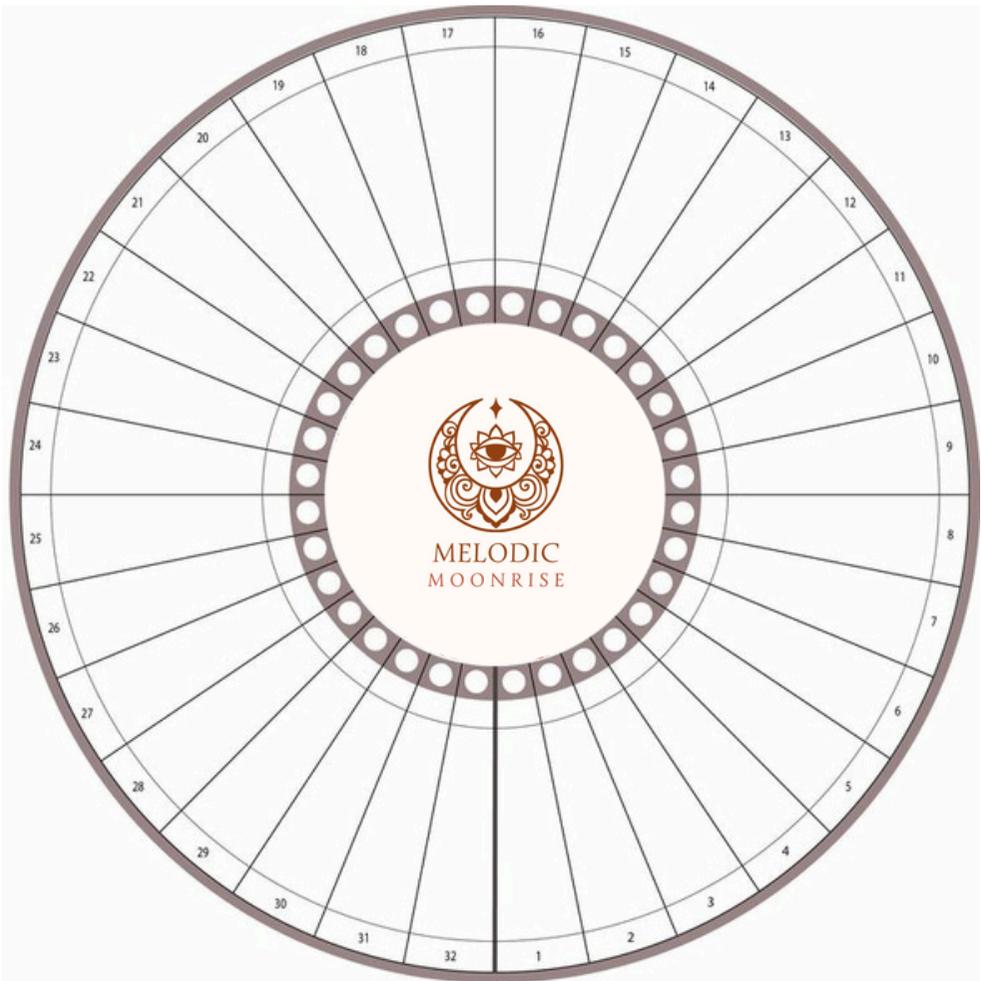
Light candles around the bath to create a sacred space.

As you soak, imagine your body absorbing the energies of fertility and renewal, allowing yourself to release any blocks to your creativity and growth.

Close your eyes and affirm: "I nurture my growth and embrace the new beginnings that are unfolding."

Herb for March

- Mugwort: Awakens intuition and cycle clarity. Stimulates healthy blood flow and reconnects you to inner guidance.





April

Transformation and Resilience

Theme: Embracing transformation and finding strength in change.

Seasonal Energy: April deepens the autumn season in the Southern Hemisphere. This time of year invites us to release what no longer serves us and prepare to rest and restore, just as the Earth begins to shed its leaves. It's a time for transformation, grounding, and honoring resilience.

Goddess of the Month: Kali (Hindu)

- **Story:** Kali is the Hindu goddess of destruction, transformation, and liberation. Often depicted with a fierce demeanor, she represents the power to destroy ego and attachments, clearing the path for new beginnings. Kali teaches us to embrace change and trust the process of transformation, even when it feels challenging.
- **Symbolism:** Fire, swords, and the lotus flower.
- **Lessons:** Kali reminds us that in order to grow, we must release what binds us. She encourages us to confront fears, let go of outdated patterns, and embrace our true selves.

Journal Prompts:

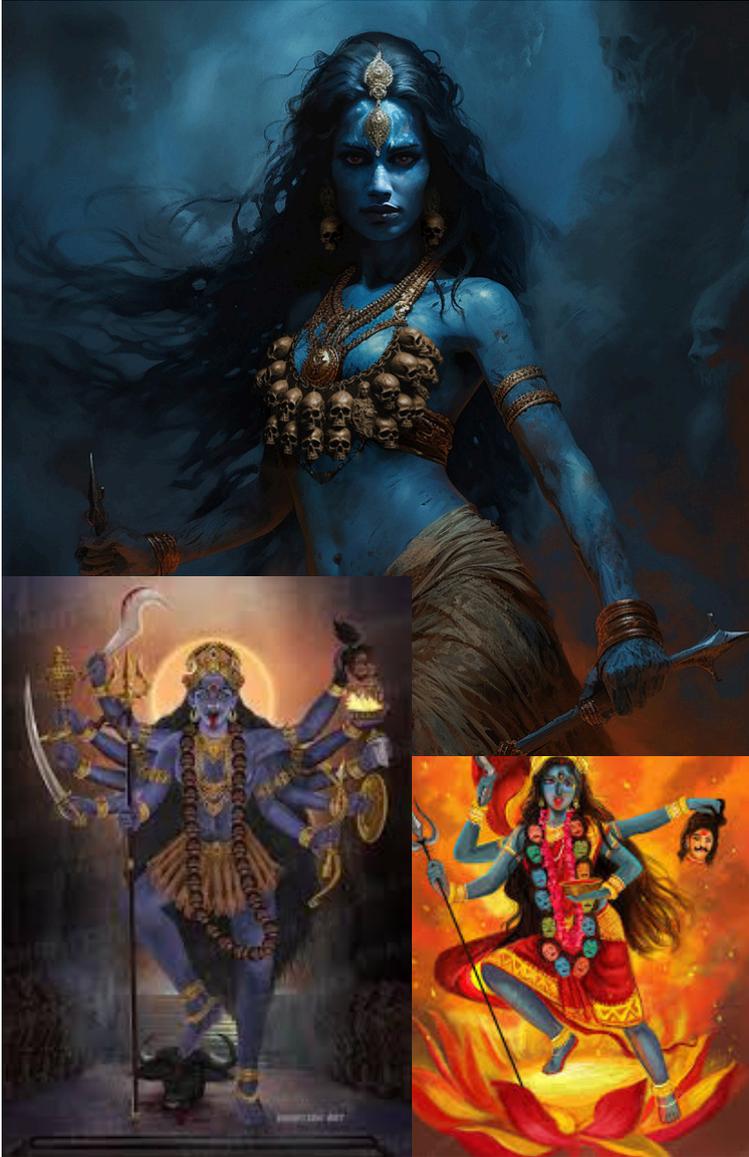
What am I ready to release to make space for transformation?

How can I embrace the changes happening within or around me?

What lessons have I learned from past challenges, and how can I honor my resilience?

April

Transformation and Resilience





April

Transformation and Resilience

Sacred Numerology

Number 4: Stability, structure, and building strong foundations.

Reflection: How can I create a strong foundation for my goals this month? What areas of my life need more grounding or structure?

Self-Care Ritual:

Write down any habits, beliefs, or fears you wish to release on small pieces of paper.

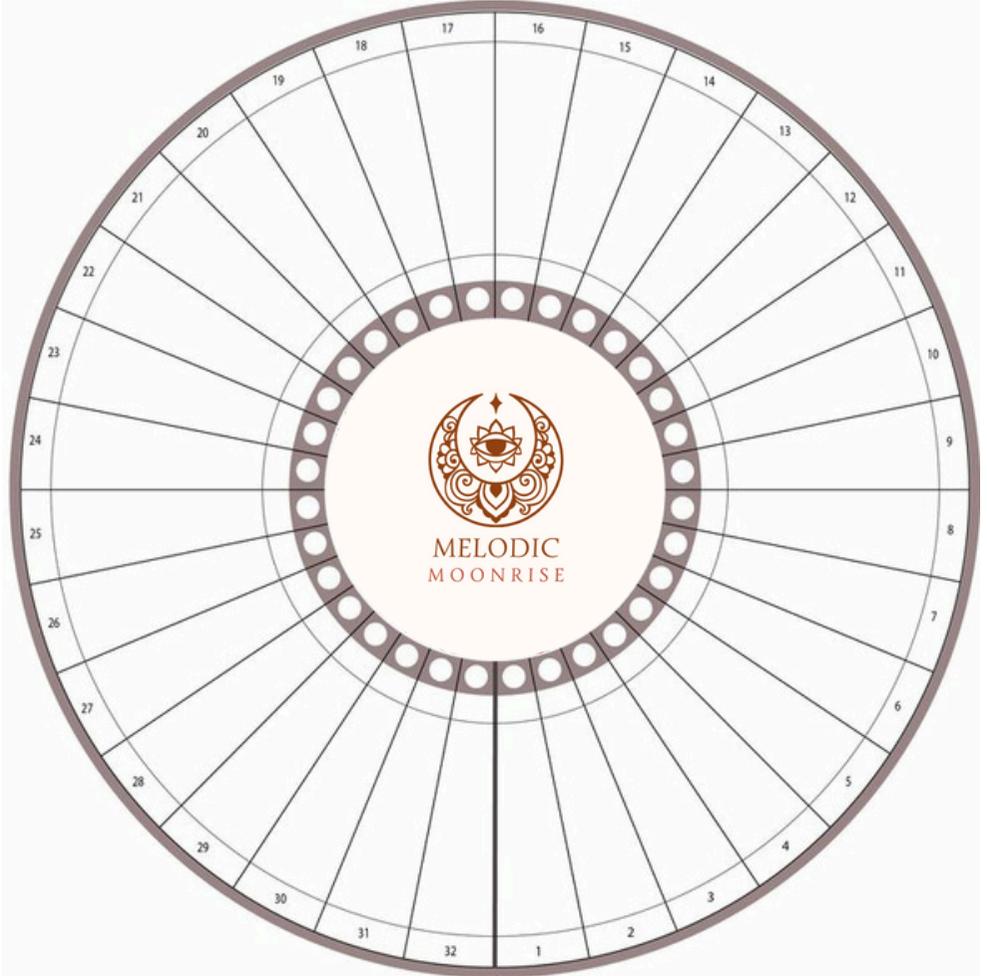
Safely burn the papers in a fireproof bowl or a bonfire, symbolizing their release.

As the flames consume the paper, repeat the affirmation: "I release what no longer serves me and embrace transformation with strength and grace."

Sit in stillness, focusing on the warmth and light of the fire, feeling renewed and empowered.

Herb for April:

Raspberry Leaf: Strengthens uterine tone. Ideal for regulating cycles and easing cramps as energy rises with spring.





May

Wisdom and Connection

Theme: Deepening wisdom, introspection, and connection to inner truths.

Seasonal Energy: May brings us further into autumn, a time to reflect and gain insight from our experiences. The crisp air and fading light invite us to turn inward, nurturing our wisdom and embracing the beauty of slowing down. This is the perfect moment to deepen connections with ourselves and others.

Goddess of the Month: Isis (Egyptian)

- **Story:** Isis is the ancient Egyptian goddess of magic, wisdom, and motherhood. Known as the "Great Mother," she is a symbol of compassion and healing. Isis revived her husband Osiris and raised her son Horus with immense devotion, embodying strength and resilience.
- **Symbolism:** Wings, the throne, and the ankh (symbol of life).
- **Lessons:** Isis teaches us about the power of love, intuition, and sacred knowledge. She reminds us to connect with our inner wisdom and use it to nurture ourselves and others.

Journal Prompts:

What wisdom have I gained this year, and how can I integrate it into my life?

How can I deepen my connection to my intuition this month?

Who or what am I most connected to, and how can I honor these bonds?

May

Wisdom and Connection





May

Wisdom and Connection

Sacred Numerology

Number 5: Change, freedom, and adventure.

Reflection: How can I embrace the changes in my life with curiosity and openness? What new opportunities for connection and growth are presenting themselves?

Self-Care Ritual:

Find a quiet space where you can sit comfortably with a journal.

Light a candle or burn incense to create a sacred atmosphere.

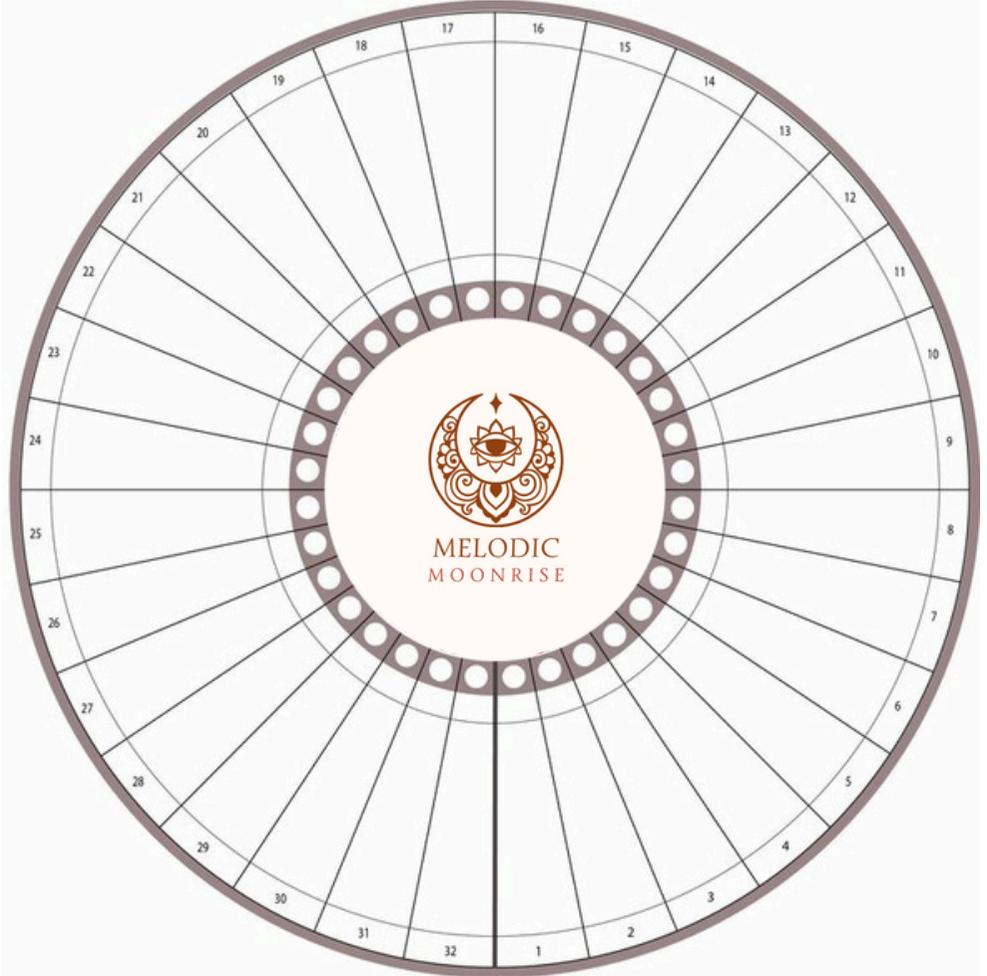
Close your eyes and take a few deep breaths, connecting with your inner self.

Write freely for 10–15 minutes, allowing your intuition to guide you without judgment.

End by affirming: "I trust my inner wisdom to guide me with love and clarity."

Herbs for May

- Red Clover: Supports hormonal balance. Nourishes cervical fluids and enhances feminine vitality.





June

Renewal and Light

Theme: Embracing the stillness of winter, building resilience, and preparing for renewal.

Seasonal Energy: June marks the beginning of winter in the Southern Hemisphere. The chill in the air and the quiet in nature call for rest, introspection, and fortitude. This is a time to build inner strength and find beauty in the stillness.

Goddess of the Month: Skadi (Norse)

- **Story:** Skadi, the Norse goddess of winter and the mountains, is a symbol of independence, endurance, and connection to nature.
- **Known for her strength and self-reliance,** Skadi thrives in the harshest of conditions and finds solace in the beauty of the frozen world. She teaches us to embrace challenges and find joy in resilience.
- **Symbolism:** Snow, mountains, and hunting.
- **Lessons:** Skadi encourages us to cultivate independence, embrace the challenges of life with courage, and find beauty in simplicity and stillness.

Journal Prompts:

- What does my inner light look like, and how can I nurture it this month?
- How can I create moments of joy and celebration during the winter season?
- What abundance already exists in my life, and how can I express gratitude for it?



June

Renewal and Light

Winter Solstice: June 21 – The shortest day of the year is a time for introspection and renewal. Honor the returning light by lighting candles and reflecting on your growth.





June

Renewal and Light

Sacred Numerology

Number 6: Harmony, balance, and nurturing relationships.

Reflection: How can I bring more balance into my relationships this month? What practices will help me feel more harmonious and grounded?

Self-Care Ritual:

Light a candle or sit near a warm, glowing light source.

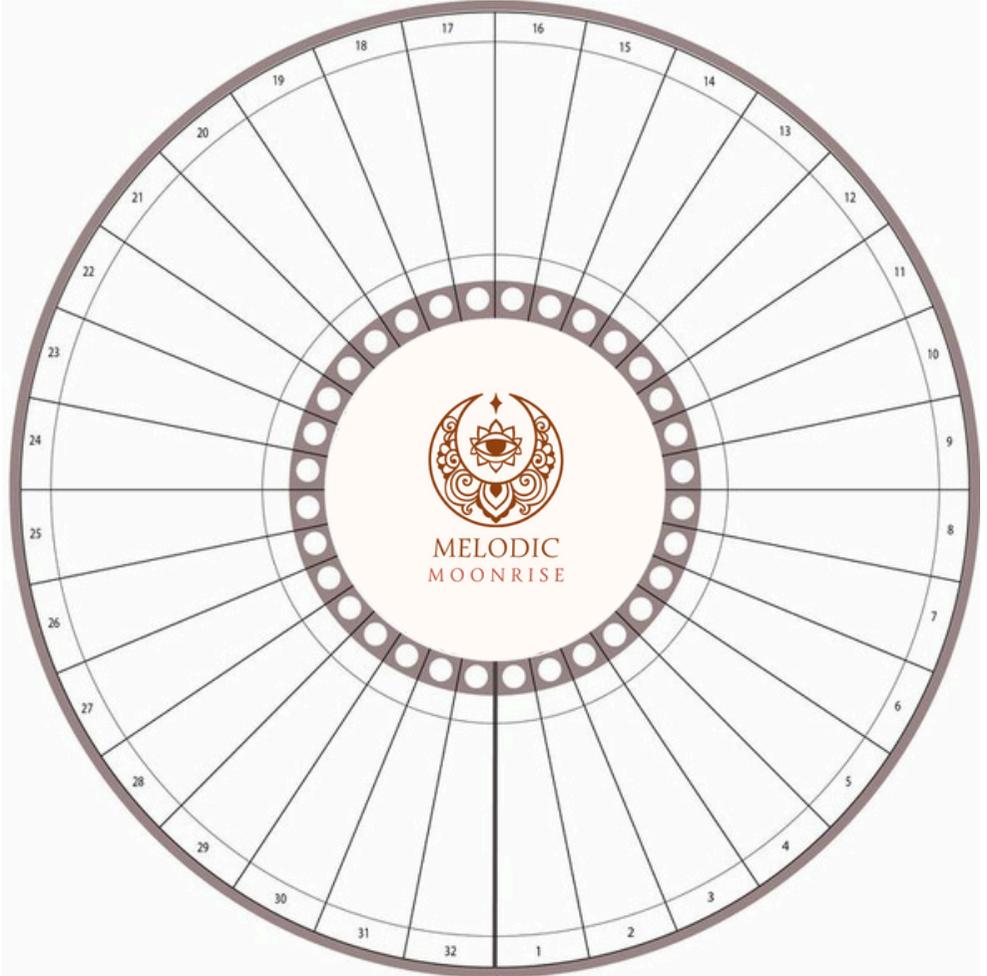
Close your eyes and take deep breaths, visualizing a radiant golden light within you.

Imagine this light growing brighter with each breath, filling your body with warmth and joy.

Reflect on this affirmation: "Even in the darkest moments, my light shines bright and steady."

Herb for June

Hibiscus: Cools and refreshes the womb. Great for inflammation, heavy cycles, and summertime heat.





MELODIC
MOONRISE

July

Strength and Resilience

Theme: Harnessing inner strength, embracing resilience, and finding balance within.

Seasonal Energy: July brings the heart of winter in the Southern Hemisphere. The chill in the air encourages us to pause and fortify ourselves for the journey ahead. This is a time to cultivate resilience and draw strength from within, knowing that the energy of renewal is quietly building beneath the surface.

Goddess of the Month: Sekhmet (Egyptian)

- **Story:** Sekhmet, the lion-headed Egyptian goddess, represents strength, protection, and transformative power. Known as a fierce warrior and healer, she embodies both destruction and creation. Sekhmet reminds us of the duality within us—the fire to confront challenges and the gentleness to heal and restore.
- **Symbolism:** The lion, fire, and the sun.
- **Lessons:** Sekhmet teaches us to honor our power and channel it wisely. Her energy helps us balance strength with compassion, fostering resilience and courage.

Journal Prompts:

- What challenges have I faced recently, and how have they strengthened me?
- Where in my life do I need to balance strength with compassion?
- How can I honor my resilience and cultivate greater self-belief?



MELODIC
MOONRISE

July

Strength and Resilience





July

Strength and Resilience

Sacred Numerology

Number 7: Spiritual awakening, introspection, and wisdom.

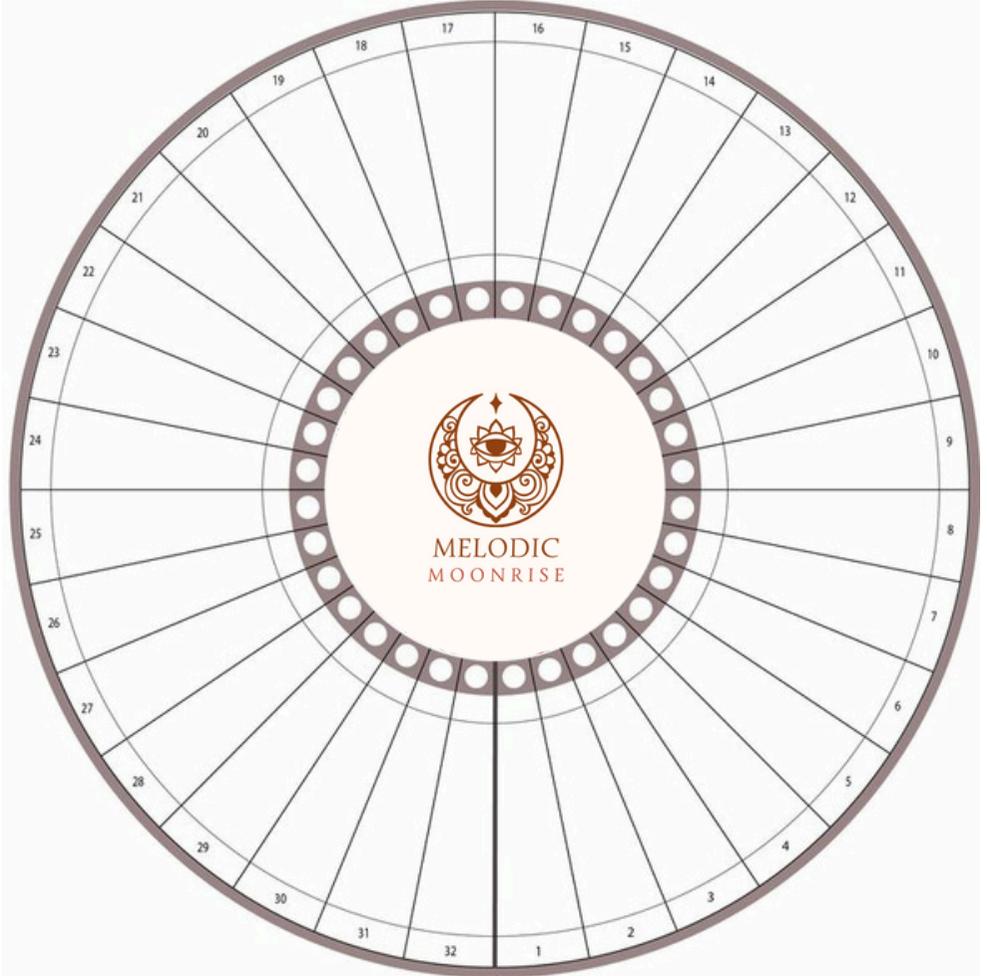
Reflection: How can I connect with my spiritual wisdom this month? What practices will help deepen my self-awareness?

Self-Care Ritual: Fire of Resilience Visualization

- Sit in a warm, comfortable space and light a candle.
- Close your eyes and visualize a glowing fire within your chest.
- With each breath, imagine this fire growing stronger, filling you with courage and vitality.
- Repeat the affirmation: "My strength is infinite, and I rise with resilience."

Herb for July

- **Ginger:** Warming and invigorating, ginger stimulates energy and resilience. Use it in teas or meals to fortify your body and mind.





August

Transformation and Rebirth

Theme: Embracing change, transformation, and the rebirth of inner strength.

Seasonal Energy:

August brings the depth of winter in the Southern Hemisphere, a time of introspection and inner transformation. As the days slowly begin to lengthen, we are reminded of the power of change and the beauty of rebirth. This is a time to let go of old patterns and embrace the potential for personal transformation.

Goddess of the Month: Pele (Hawaiian)

- **Story:** Pele is the Hawaiian goddess of fire, volcanoes, and transformation. She is known for her fierce and passionate nature, her ability to create and destroy, and her connection to the earth's molten power. Pele teaches us that through destruction comes creation, and that every ending is the beginning of a new cycle.
- **Symbolism:** Fire, lava, and volcanoes.
- **Lessons:** Pele encourages us to embrace change and transformation, knowing that sometimes we must burn away the old to make space for the new.

Journal Prompts:

- What old patterns am I ready to release in order to make space for new growth?
- How can I welcome transformation into my life with grace and courage?
- In what areas of my life am I experiencing rebirth, and how can I nurture that process?



August

Transformation and Rebirth





August

Transformation and Rebirth

Sacred Numerology

Number 8: Power, strength, and balance.

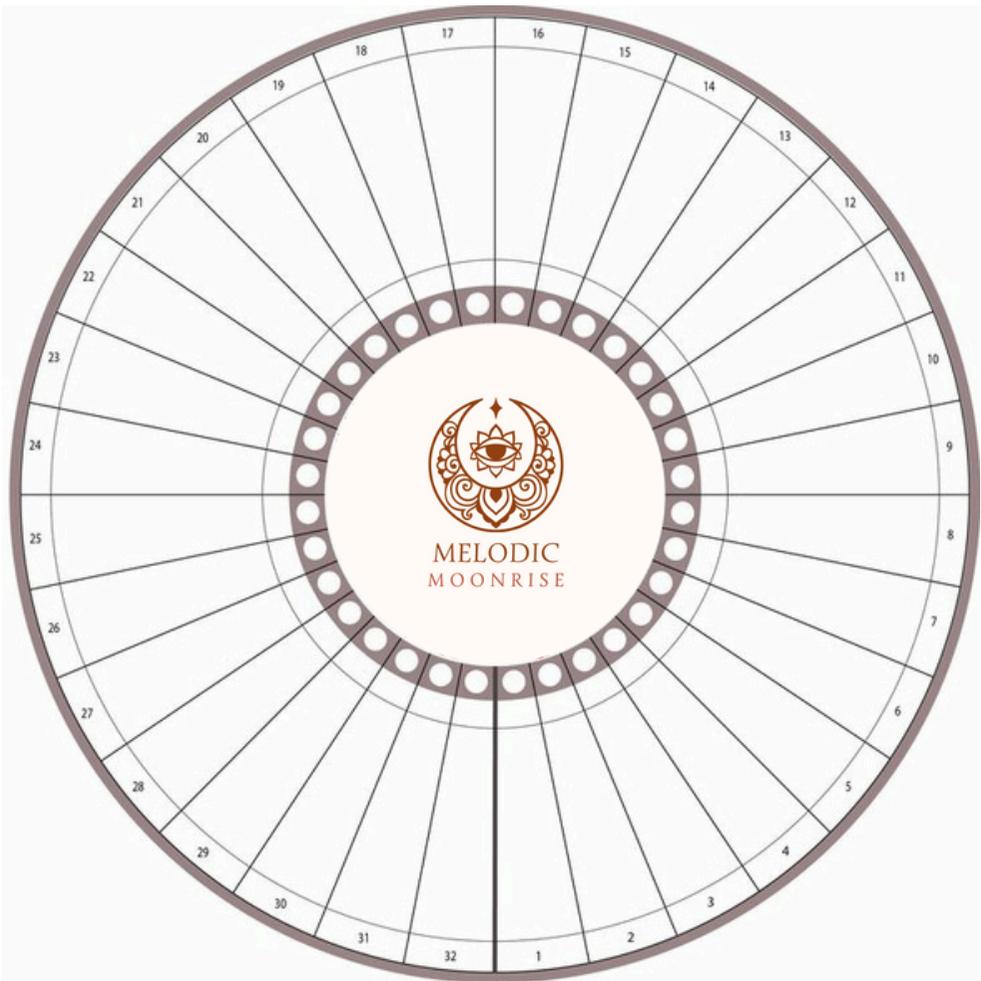
Reflection: How can I bring balance into my life while embracing personal power and transformation?

Self-Care Ritual: Rebirth Through Fire Visualization

- Sit in a quiet, comfortable space and light a candle.
- Close your eyes and imagine a fire burning within you, symbolizing transformation.
- Visualize this fire clearing away any negative or limiting energies, leaving you with renewed vitality.
- Repeat the affirmation: "I embrace change and trust the power of transformation."

Herb for August:

Yarrow: Brings balance to the bleeding. Regulates heavy or irregular flow and supports pelvic circulation.





MELODIC
MOONRISE

September

Creativity & Life Cycles

Theme: Embracing the nurturing energy of renewal, fostering creativity, and celebrating life's cycles.

Seasonal Energy: September heralds the blossoming of spring in the Southern Hemisphere. As life begins to bloom, this is a time for nurturing your dreams, fostering creativity, and reconnecting with the abundance of the earth.

Goddess of the Month: Ixchel (Mayan)

- **Story:** Ixchel is a powerful Mayan goddess of fertility, renewal, and medicine. She is often depicted with a serpent crown, symbolizing wisdom and transformation, and a jar of water, representing life and healing. As the goddess of childbirth and creativity, Ixchel reminds us of the sacred cycles of life and the importance of nurturing ourselves and others.
- **Symbolism:** Water, serpents, and the moon.
- **Lessons:** Ixchel teaches us to honor the cycles of creation and renewal in our lives. Her energy encourages us to embrace our creative power and nurture our personal growth with patience and care.

Journal Prompts:

- What areas of my life are blossoming with new energy?
- How can I honor the cycles of transformation and renewal?
- What creative dreams am I ready to nurture?



September

Creativity & Life Cycles

Spring Equinox: September 22 – A powerful time of balance and renewal. Honor the harmony of light and dark with a ritual that celebrates your growth and transformation.





September

Creativity & Life Cycles

Sacred Numerology:

Number 9: A number of completion, wisdom, and reflection. This is a time to reflect on the full cycle of your journey and prepare for the next chapter.

Reflection: How can you bring closure to the cycles in your life? What do you need to release in order to embrace a new beginning?

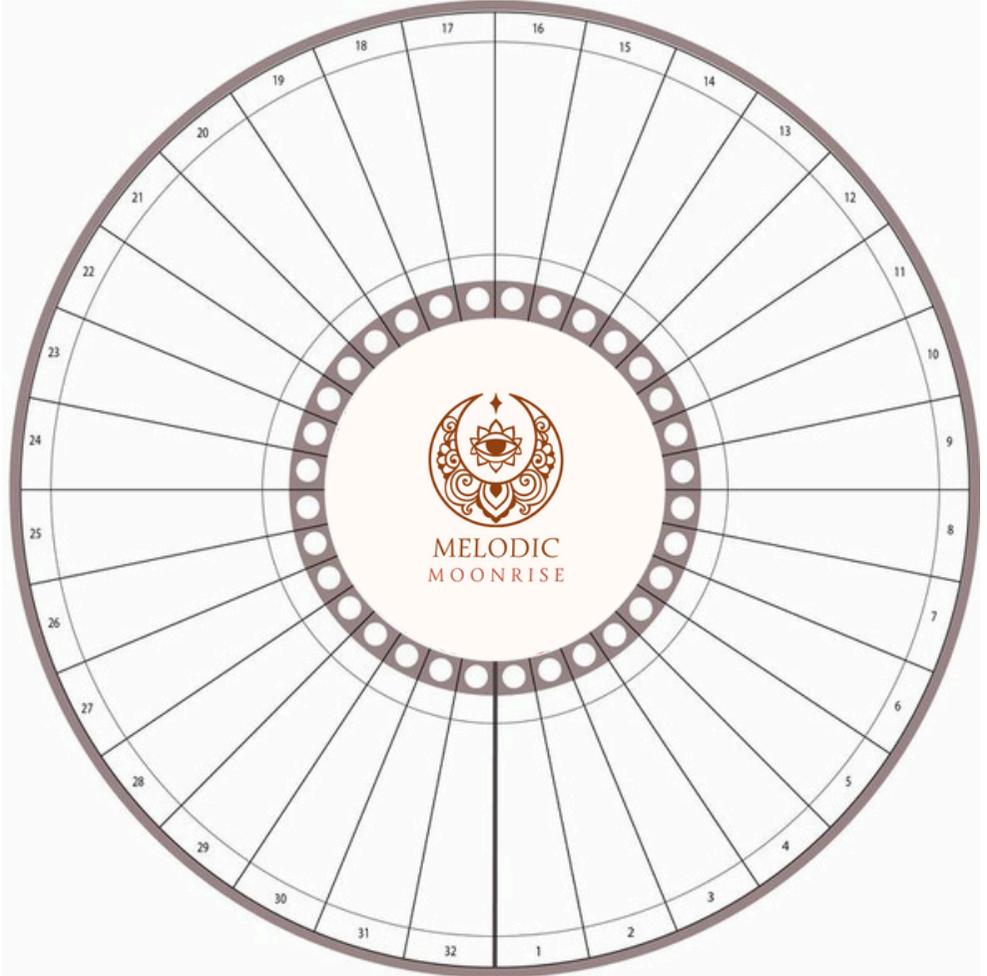
Self-Care Ritual: River of Renewal Meditation

Guided Meditation:

- Sit in a comfortable space, close your eyes, and imagine yourself sitting by a beautiful, flowing river.
- Feel the coolness of the water and listen to its peaceful sound. As the river flows, see your worries, stress, and negativity being carried away, leaving you feeling cleansed and renewed.
- Affirmation: "I release what no longer serves me, and I allow abundance, love, and healing to flow freely into my life."

Herb for September

Shatavari: Replenishes feminine essence. Moisturizes tissues, supports hormones, and nourishes emotional grounding.





October

Growth and Renewal

Theme: Embracing growth, celebrating renewal, and stepping into the fullness of spring energy.

Seasonal Energy: October brings vibrant spring energy to the Southern Hemisphere. As flowers bloom and life awakens, this is a time to nurture growth and step boldly into new possibilities.

Goddess of the Month: Persephone (Greek)

- Story: Persephone, the Greek goddess of spring and queen of the underworld, represents the cycles of life, death, and rebirth.
- In the spring, she returns from the underworld, bringing renewal and abundance to the earth.
- Symbolism: Pomegranates, flowers, and the cycle of seasons.
- Lessons: Persephone teaches us to embrace change and transformation, knowing that each ending brings a new beginning. She encourages us to honor the cycles of life and step into our power with grace and confidence.

Journal Prompts:

- What areas of my life are blossoming with new growth?
- How can I embrace transformation and step into abundance?
- What does renewal look like for me this spring?

October

Growth and Renewal





October

Transformation and Rebirth

Sacred Numerology:

Number 10: New beginnings, creation, and leadership.

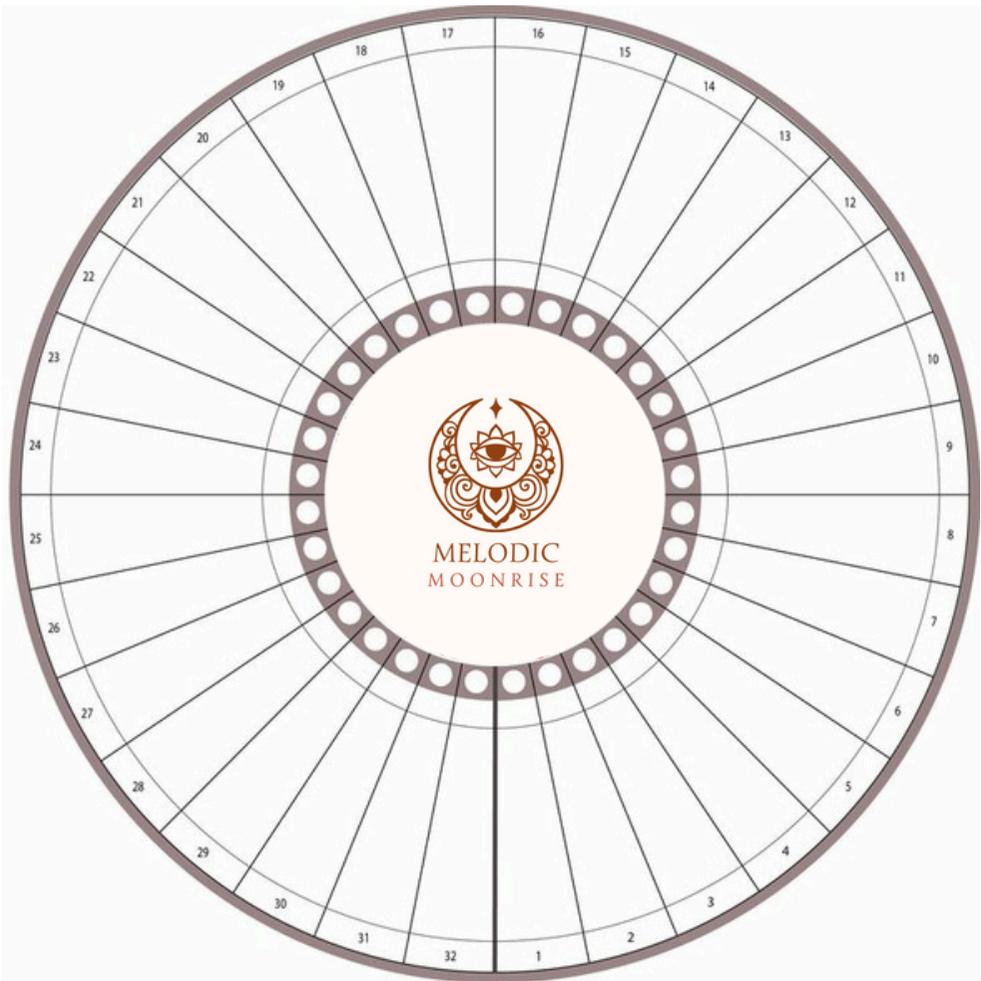
Reflection: How can I use the energy of renewal to create a fresh start?

Self-Care Ritual: Flower Crown Ceremony

- Gather fresh flowers and greenery that resonate with you.
- Weave them into a crown as you reflect on the areas of your life that are blooming.
- Wear your crown during meditation or a quiet moment of gratitude.
- Affirm: "I bloom with confidence and embrace my growth."

Herbs for October

Damiana: Ignites sensuality and pelvic flow. Enhances libido, creativity, and womb-heart connection.





MELODIC
MOONRISE

November

Gratitude and Abundance

Theme: Cultivating gratitude, honoring abundance, and appreciating the gifts in our lives.

Seasonal Energy: November marks the transition to late spring in the Southern Hemisphere, a time when the earth continues to bloom and flourish. This is a season of abundance, as nature offers us its gifts—fresh produce, vibrant flowers, and the promise of a rich harvest. It is a time to reflect on the abundance in our lives, both tangible and intangible. As the days grow longer and the warmth of the sun returns, we are reminded to cultivate gratitude and open our hearts to the gifts that are already present. The energy of November encourages us to nurture the seeds we've planted and recognize the richness within and around us.

Goddess of the Month: Lakshmi (Hindu)

Story:

- Lakshmi, the Hindu goddess of wealth, prosperity, and abundance, is revered for her ability to bless her devotees with both material and spiritual abundance. She embodies beauty, grace, and generosity, and she teaches us that true wealth is not just measured in possessions but in the richness of the heart. Lakshmi's presence in November calls us to acknowledge the abundance already in our lives and to share our blessings with others. She reminds us that gratitude opens the door to even greater prosperity and that true abundance is grounded in love, kindness, and humility.
- Symbolism: The lotus, gold coins, elephants, and the owl.
- Lessons: Lakshmi teaches us to appreciate the abundance in our lives, be it love, health, or material wealth. She encourages us to approach life with generosity, to share our blessings, and to recognize that wealth comes in many forms. Her energy helps us create a mindset of abundance and prosperity, drawing more goodness into our lives.



November

Gratitude and Abundance

Journal Prompts:

- What abundance do I already have in my life, and how can I cultivate more gratitude for it?
- How can I share my prosperity—whether emotional, spiritual, or material—with others?
- What limiting beliefs about abundance am I ready to release?
- What are three things I'm deeply grateful for today?

Equinox

Spring Equinox (Southern Hemisphere): September 22 – The equinox symbolizes the balance of light and dark, a time for harmony and growth. Now in November, we continue to witness the fullness of spring's gifts and prepare for the summer season, a time to reap the rewards of our earlier efforts.





MELODIC
MOONRISE

November

Gratitude and Abundance

Sacred Numerology

Number 11: A master number associated with intuition, insight, and spiritual awakening. It represents the power to manifest abundance and connect with higher wisdom.

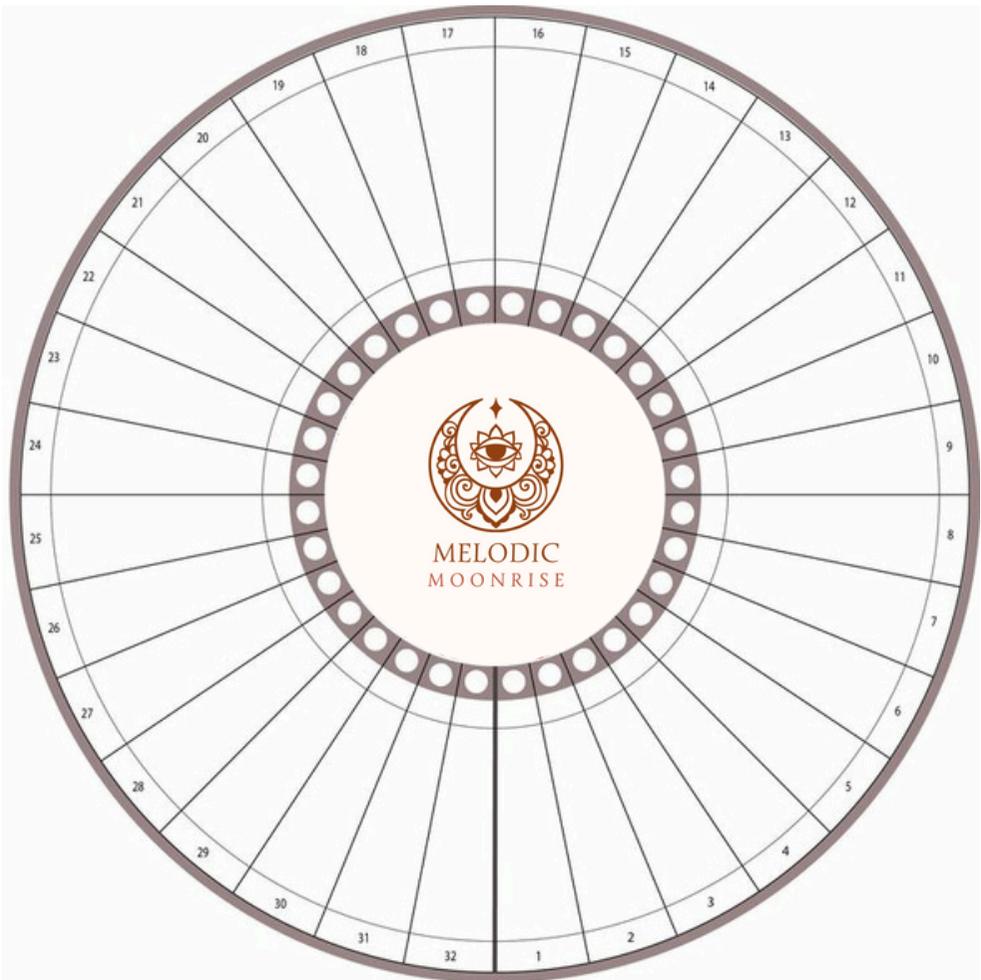
Reflection: How can I open myself to the spiritual abundance that surrounds me? What practices will help me cultivate an abundance mindset this month?

Self-Care Ritual: Gratitude Meditation

- Gratitude Meditation: Sit in a comfortable space, close your eyes, and take deep breaths. Begin to visualize the abundance in your life—both large and small—and feel deep gratitude for each gift. As you breathe, repeat the affirmation: "I am grateful for the abundance in my life, and I attract more with an open heart."
- Affirmation: "I welcome abundance into my life, and I am grateful for all that I have."

Herb for November

Cinnamon: A powerful herb associated with prosperity, love, and protection, cinnamon can help attract abundance and increase energy. Use it in teas, cooking, or as an essential oil to bring warmth and richness into your space. Warming womb ally. Helps with painful periods, blood sugar balance, and grounding into colder months.





MELODIC
MOONRISE

December

Vitality and Celebration

Theme: Embracing joy, creativity, and connection as we celebrate the height of summer in the Southern Hemisphere.

Seasonal Energy: December brings the warmth and vibrancy of summer. It's a time to honor abundance, celebrate life, and deepen our connection to nature. The energy is high, encouraging creativity and community gatherings.

Goddess of the Month: Laka (Hawaiian)

- **Story:** Laka, the Hawaiian goddess of hula, love, and the forest, represents joy, creativity, and connection. Revered as the patroness of hula, Laka inspires storytelling, movement, and harmony with the natural world. Through her teachings, we learn to celebrate life's abundance and to create with love and intention.
- **Symbolism:** Flowers, greenery, and dance.
- **Lessons:** Laka reminds us to honor our creativity and joy as sacred acts. She encourages celebration, connection, and living in harmony with the natural world.

Journal Prompts:

- What have I accomplished this year, and how can I honor my growth?
- What am I ready to release in order to make space for the new year?
- How can I use the energy of Hecate to guide me through this transition?
- What intentions do I want to set for the coming year?

@themoonriseacademy

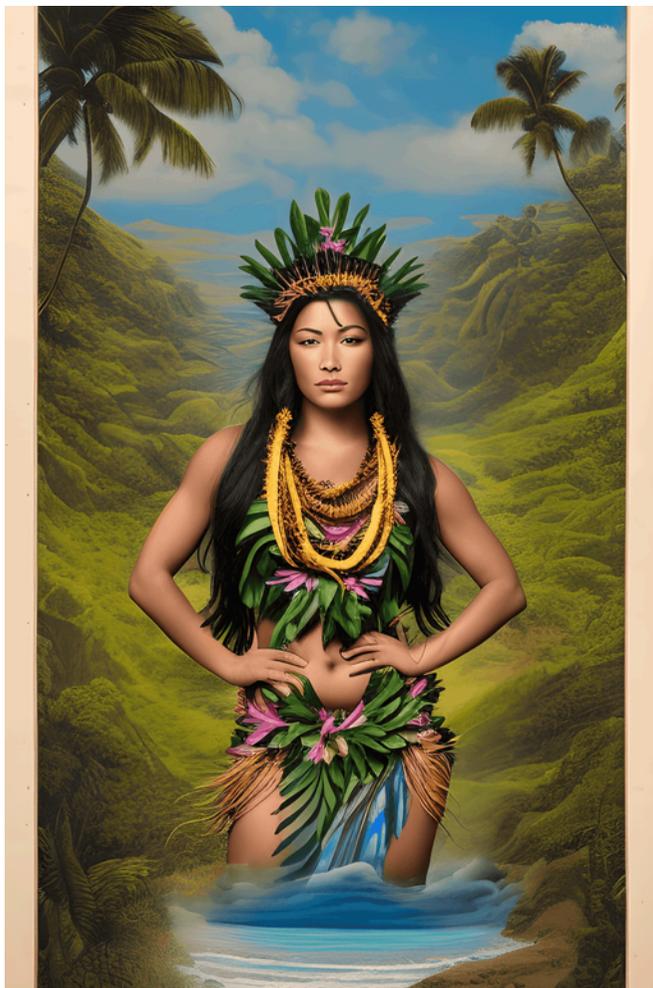


December

Vitality and Celebration

Solstice

- **Summer Solstice:** December 21 – The longest day of the year in the Southern Hemisphere. Celebrate the height of light, vitality, and abundance. Reflect on your growth and set intentions for the next cycle.





MELODIC
MOONRISE

December

Reflection and Renewal

Sacred Numerology

Number 12: A number of completion, wisdom, and fulfillment. The 12th month represents a time of closure and preparation for new beginnings.

Reflection: How can I close this year with gratitude and reflection? What practices can help me prepare for the renewal and transformation of the new year?

Self-Care Ritual: Solstice Fire Ritual

Solstice Fire Ritual: Find a quiet, safe space. Light a candle or a small fire (if possible). Sit in front of the fire and reflect on the year, acknowledging the lessons learned and the growth experienced. As you gaze into the flame, release any lingering fears, regrets, or attachments. Allow the fire to symbolize transformation and renewal.

Affirmation: "I release the old and welcome the new. I trust in the cycle of life and the wisdom that comes with it."

Herb for December

Motherwort: Calms the emotional storm. Relaxes uterine tension and supports mood during a busy season.

