



# Lunar Log

Date of New Moon:

Star Sign of New Moon:

Intention Word/Theme for this cycle:

What energy does the New Moon's Star Sign supply?

Notes about this intention:

My new moon divination:

Other astrological aspects to note during this new moon:

Date of First Quarter Moon:

Star Sign of First Quarter Moon:

Actions am I taking to bring my intention to reality:

What energy does the First Quarter Moon's Star Sign supply?

Old stories, doubts, blocks I've noticed from the Shadows:

Omens + opportunities I've noticed in support of my intention:



Date of Full Moon:

Star Sign of Full Moon:

Other astrological aspects to note during this new moon:

What energy does the Full Moon's Star Sign supply?

WINS:

FAILURES:

Things I can do to build on the momentum of the wins:

Gifts offered via the failures:



Ways to celebrate my wins:

Date of Last Quarter Moon:



Star Sign of Last Quarter Moon:

What energy does the Last Quarter Moon's Star Sign supply?

What didn't work:

In pursuit of my growth and expansion, I'm ready to release:

Why it didn't work:

What I need in order to release these things (support, tools, etc.):



How I FEEL about everything that transpired during this cycle:

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# Meet Melanie

My name is Melanie. I am a seeker, healer, intuitive, traveler, wordsmith, weirdo, adventurer, vegan, environmentalist, and experimenter. By trade, I am a personal development + wellness guide and freelance writer. I hold qualifications in therapeutic massage + bodywork, holistic esthetics, yoga instruction and professional astrology. I believe in the Bohemian pillars of Truth, Beauty, Freedom and Love. I believe in the Natural Order. My life does not conform to the status quo, and I quite like it that way.



I educate people in how to transform their mundane lives through cultivating a deeper understanding of Self + Soul; through reclaiming their personal agency for consciously creating life experiences; and through the forging of stronger connections with Self and environment. I call this work Personal Alchemy—the art of transforming ourselves by transforming the stuff that informs us on a conscious and subconscious level. It's not always easy work, but it's always worth the effort.

If you'd like to know more about my and what my expertise, or if you're feeling called to work with me, please scoot over to my website. I look forward to connecting with you!

XOXO,

Melanie