































































LunaHolistic
Moon Calendar
2021





NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 26-27  	2 27-28  	3 28-29  	4 29-30-1  	5 1-2  	6 2-3  
7 3-4  	8 4-5  	9 5-6  	10 6-7  	11 7-8  	12 8-9  	13 9-10  
14 10-11  	15 11-12  	16 12-13  	17 13-14  	18 14-15  	19 15-16  	20 16-17  
21 17-18  	22 18-19  	23 19-20  	24 20-21  	25 21-22  	26 22-23  	27 23  
28 23-24  	29 24-25  	30 25-26  	November 2 - Mercury Direct leaves Rx zone November 11 - Remembrance Day November 17 - Venus Direct enters Rx zone			November 19 - Lunar Eclipse November 21 - Sun in Sagittarius November 25 - Thanksgiving (USA)
Top band represents the moon day chakra energy. Bottom band represents moon phase chakra energy. Light zodiac represents yang energy. Dark zodiac represents yin energy, Red dots represent low energy for business, better for home life. Green dots represent high energy for business. 1 2 3 4 5						

Aries
 Taurus
 Gemini
 Cancer
 Leo
 Virgo
 Libra
 Scorpio
 Sagittarius
 Capricorn
 Aquarius
 Pisces

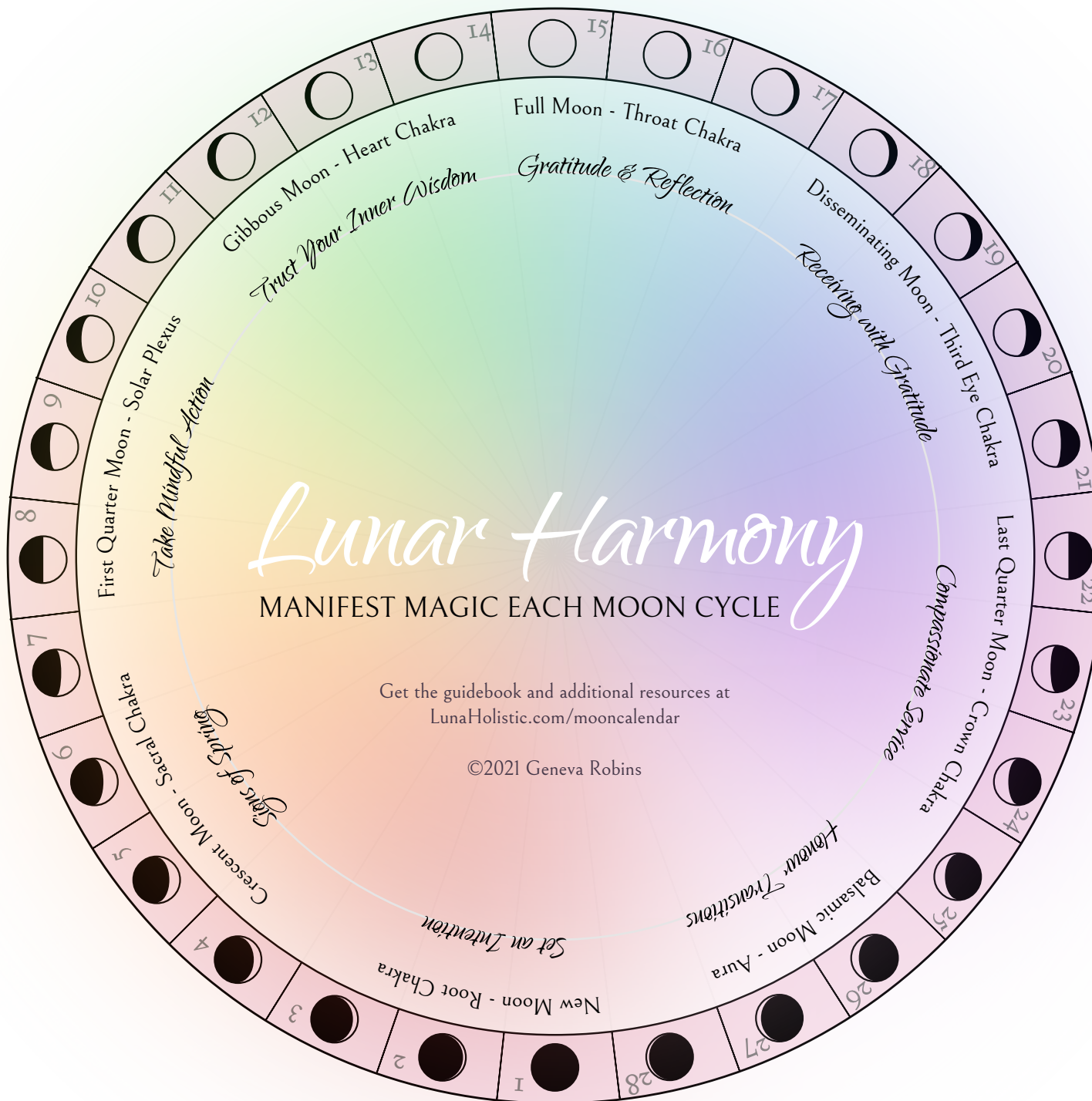
New Moon
 Crescent Moon
 First Quarter
 Gibbous Moon
 Full Moon
 Disseminating Moon
 Last Quarter
 Balsamic Moon

DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 1 - Neptune Direct December 4 - Total Solar Eclipse December 17 - Venus Retrograde December 21 - Sun in Capricorn			1 26-27	2 27-28	3 28-29	4 29-1-2
5 2-3	6 3-4	7 4-5	8 5-6	9 6-7	10 7-8	11 8-9
						
12 9-10	13 10-11	14 11-12	15 12-13	16 13-14	17 14-15	18 15-16
						
19 16-17	20 17-18	21 18-19	22 19-20	23 20-21	24 21-22	25 22-23
						
26 23	27 23-24	28 24-25	29 25-26	30 26-27	31 27-28	
						
December 21 - Winter Solstice December 25 - Christmas Day December 26 - Boxing Day December 29 - Mercury Direct enters Rx zone			Top band represents the moon day chakra energy. Bottom band represents moon phase chakra energy. Light zodiac represents yang energy. Dark zodiac represents yin energy. Red dots represent low energy for business, better for home life. Green dots represent high energy for business. 1 2 3 4 5			

 Aries
  Taurus
  Gemini
  Cancer
  Leo
  Virgo
  Libra
  Scorpio
  Sagittarius
  Capricorn
  Aquarius
  Pisces









 New Moon
  Crescent Moon
  First Quarter
  Gibbous Moon
  Full Moon
  Disseminating Moon
  Last Quarter
  Balsamic Moon



Moon Day Energy

MoonDay	Meaning	Business
1	Light. Lamp. Candle. Creative thinking. Holy and magical. Thoughts are things. Forgiveness. No group events. Planning and brainstorming, but no new actions. Favourable day. THIRD EYE	1
2	Horn of plenty. Mouth. Abundance. Generosity, learning, studying, reading. Good for planning a big cycle. Gathering strength. Starting new cycle. Be generous for maximum blessings. SACRAL	2
3	Tiger, leopard, wild cat. Active struggle. Concentrate. Time to act. Energy to overcome obstacles. Expand and take risks. Favourable for vigorous activity. SOLAR PLEXUS	5
4	Tree of knowledge. Stay home, time alone, ancestors. Prayer and mantra. Group work not recommended. Solitude, Gardening, housekeeping, walking in nature. ROOT	3
5	Unicorn, Bear. Duty, beliefs, ideals. Increasing energy. Focus on plans, achieve goals. Positive and lucky day. Creatively active. Mindfulness in eating and talking. THROAT - THIRD EYE	5
6	Crane. Cloud. Humility, grace, love. Intuition, clairvoyance, breathing. Receiving prana, Reiki. Usual business, with service and dedication. Positive and lucky. HEART	5
7	Magic wand, Wind rose, Archangel Michael. Prayers, magic, mantra. Verbal magic. Manifestation. Words are powerful and can manifest today. Pray, chant, read sacred texts. THROAT	4
8	Flame, Fire, Phoenix, Butterfly. Purification, humility, selfless, visit close friends, meditate. Clear out problems and move forward. Forgive, new changes, build relationships. HEART	3
9	Bat, Flying moon, Milky Way. Conflicts and arguments. Forgiveness. Be modest. Rest, recover. Hobbies and solo creative work. No new business. Avoid illusions. Purification. HEART	1
10	Fountain. Spring. Recreation, rest. Family time, connection, energy is increasing. Meditation. New contacts, beginning new important plans. Home, traditions, connections, communications. SACRAL	5
11	Kundalini. Dragon. Crown. Labyrinth. Most powerful day of whole month. Spiritual awakening. Mindfulness. Finish everything begun today. Avoid overworking. AURA	2
12	Heart. Holy Grail. Cup. Bowl. Divine Love. Compassion, charity, humility, intuition. Prayers answered. Generosity. Calm and peaceful. Ask for help. Receive prayers. Day of wisdom. HEART	4
13	Wheel. Time. Circle. Ouroboros. Learning, reading, purification. Group work, solutions. Movement of energy, ki, prana. Initiating new cycles. TANDEN - SOLAR PLEXUS	3
14	Pipe. Trumpet. Beginning important business. Success. New ideas and plans. Announcements. Empowering day for women to shine bright and be courageous. SOLAR PLEXUS - THROAT	5
15	Snake. Jackal. Fire Serpent. Self-control, discipline. Prudence. Important business not recommended. Full moon. High energy day. Best day to reflect and be still. Powerful day for meditation. AURA	1
16	Dove, Butterfly, Stairway. Psyche. Guardian Angel. Harmony, balance, calmness, peace, moderation, comfort. Rest. Finish easy projects. Avoid hustle and strain. SOLAR PLEXUS - HEART	2
17	Shakti. Grapes, Bell. Inner freedom, Joy, transformation, fertility, growth, laughing, celebrations. Love, merriment, and festivities. Female energy, power, inner liberty. SACRAL - TANDEN	2
18	Monkey, Mirror, Ice. Hanuman. Partnership, healing, help. Working with thoughts, improve character. Reflection of true self and inner motivations. Simple work and plans. Diplomacy. HEART	3
19	Spider. Net. Illusions and temptations. Individual potential and creativity. Cleansing, service, work. Cautious of new ideas. Pray, cleanse, take breaks. SOLAR PLEXUS - THIRD EYE	3
20	Eagle. Spiritual transformation. Revelation, overcoming doubts. Making decisions, Life purpose. Stay focused on most important goal. Social and open. Teamwork. HEART - CROWN	5
21	Horses, Herd, Chariot, Temple. Energy and movement. Courage, intuition, renewal. Group activities, meetings, friendship. Travel. Hope and active pursuits. Great and productive day. CROWN	4
22	Wisdom, Scroll, Golden Key, Elephant, Ganesha. Education, information, Magic, new ideas and original solutions. Spiritual study. Writing. Creative renewal. THIRD EYE - THROAT	3
23	Alligator, Cerberus, Makara, Hecate. Challenge, Restraint, forgiveness, moderation. Purification. Avoid crowds.. Simple tasks are best. Work alone and finish things up. ROOT	1
24	Bear. Shiva. Rock. Mountain. Masculine creative energy, inspiration. Physical strength and powerful energy. A making day! New projects. Activities are fruitful. SACRAL	5
25	Turtle. Urn. Sink. Passivity, solitude. Contemplation, prayer, clairvoyance. Finishing what was started. Sensitive, imagination, wisdom. Feminine energy strongest today. THIRD EYE	1
26	Swamp. Toad. Test and arguments. Take care of necessary and routine work. Silence, reflect, stillness. Read spiritual texts and books. Be humble, reasonable, and rational. CROWN	2
27	Trident. Wand. Ship. Anchor. Secret knowledge, intuition, prayers, magic. Planning nearest future, but don't start new things yet. Teamwork, learning about the world. Day of wisdom. CROWN	2
28	Lotus. Lily. Edelweis. Opening all chakras. Clear vision, reflection, compassion, know higher truths. Meditation. Unity of all elements and chakras. Insight and transformation of consciousness. AURA	4
29	Octopus. Hydra. Maya. Unfavorable. Illusion, temptation, lose energy, restraint, humility. Completing everything begun in lunar cycle. No new plans. Cleaning and purification. ROOT	2
30	Golden Swan. Completing everything. Rest and moderation, self-care. No new plans. Love, forgiveness, acceptance. Give up everything unnecessary. Enjoy this rare lunar day. HEART - AURA	2

Chakra Energy

Chakra	Energy Influence	Restorative actions
 Aura	Good for expansion and energy work ARI, GEM, LEO, LIB, AQU, PIS 11, 14, 15, 17, 24, 28, 30	Being alone, being in your 'bubble' of personal space, having a bath, body scrubs and wraps, dry brushing, being in sunlight (safely), working on your dreams and life purpose, Reiki and energy healing, self-love.
 Crown	Good for spirituality CAN, SCO, PIS 1, 4, 7, 11, 12, 20, 25,27,28,30	Meditation, sleep, non-thinking, sensory stillness, no screen time, let the brain rest, drink water, commune with nature, connecting to the Divine, Reiki and energy work, pondering the Universe.
 Third Eye	Good for education SAG, PIS 1, 5, 13, 19, 22, 25	Learning, practicing non-thinking, meditation, sleep, gazing at the beauty of nature, pulling oracle cards, using a pendulum, checking in with your spirit guides, going with the flow, comfortable non-action.
 Throat	Good for communication LIB, AQU 5, 6, 14, 16, 18, 22	Writing or resting, speaking or silence, listening to the self, making choices. Singing, talking, music and sound healing, being kindly honest with yourself and others, trusting yourself, being clear, affirmations.
 Heart	Good for connection and parties GEM, LEO, LIB, AQU 5, 8, 10, 12, 17, 20, 21	Showing yourself kindness, cultivating self-love and compassion, be your own best friend. Being outside, breathing deeply. Resting in your soul's guidance, singing and chanting, taking up space.
 Solar Plexus	Good for boundaries and rules ARI, TAU 3, 9, 13, 14, 15, 19, 23, 26, 29	Eating nourishing foods prepared with love. Empowering actions and affirmations. Yoga and strength-building exercises. Taking courageous baby steps, developing inner boundaries based on love.
 Sacral	Good for creative projects GEM, CAN, PIS 2, 10, 17, 19, 24	Playful and fun activities. Enjoying and seeking out creativity in all forms. Healthy sexual activity, creative play, enjoying sensory pleasures, engaging in valuable activities, treating yourself as a valuable person.
 Root	Good for steady work and taking action TAU, VIR, CAP 3, 14, 23, 24, 29	Rest, napping, drinking water, walking, time outdoors. Routine and ritual, grounding energy, Yoga, tai chi, stretching, all forms of exercise. Creating order, support and structure, the power of healthy routines.










Zodiac Energy

Flow in harmony with the energy of the moon!
Start by following the chakra energy of each day, colour coded on the calendar. Favour activities that align with the energy that day.

Notice patterns between the daily energy to see what days might be magic for you.

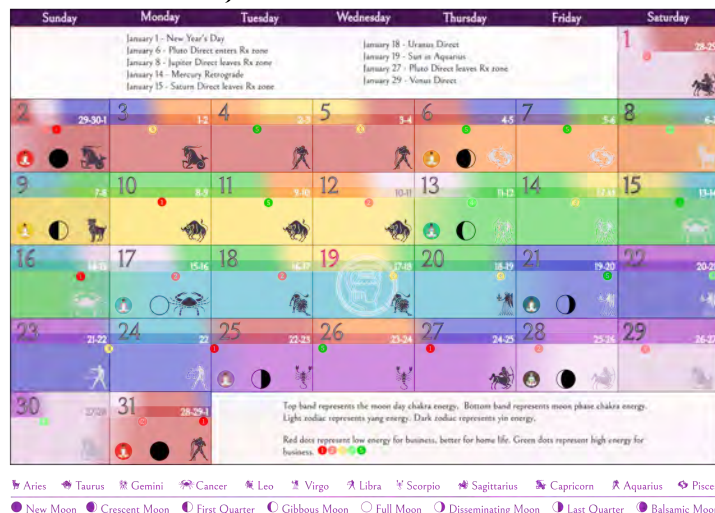
On days with a yang energy, shown by light zodiac symbols, favour active tasks. On yin energy days, with dark zodiac symbols, favour rest and self-care.

Use the wheel above to set an intention each new moon to manifest your dreams.

Moon Sign	Meaning
 - Aries	Big changes possible, free from past limitations. Breaking free. Conflict, tension, impulsive. Fearlessness.
 - Taurus	Calm, peaceful, stable, slow. Home, routine. Postpone business. Go slowly, but avoid getting stuck or stampeeding. Tend to home and family.
 - Gemini	Active, feelings, social, impulsive. Versatile, witty, charming, lively, amusing. Disorganized, inconsistent, superficial. Good time to socialize.
 - Cancer	Sensitive, inner world, no rush, comfort. Imaginative, sympathetic, protective, tenacious. Sensitive and deep into the inner world.
 - Leo	Energetic, optimistic, appreciation, generous, celebration, social events. Stay in compassionate and brave heart.
 - Virgo	Rational, practical, Small details, discipline, careful. Routine work. Organized and meticulous. A good time to clutter clear.
 - Libra	Calm, harmony, connect easily, understanding, polite. Meetings, finding solutions, indecisive. Brainstorming.
 - Scorpio	Sensitive, irritable, quick change, self-analysis, express emotions, self-improvement.
 - Sagittarius	Peace and stability. Calm and orderly. Receive and give advice. Looking for teachers. Educational work.
 - Capricorn	Responsibility and duty. Practical and logical. Precision and attention to detail.
 - Aquarius	Inner freedom and openness. Independence. Implementing ideas and taking risks. Spend time with friends and colleagues.
 - Pisces	Romance, intuition, mysticism. Kindness, deeper understanding of what is hidden. Beauty, art, poetry, music.



JANUARY 2022



Follow the Moon

Every day the moon brings you new waves of energy. The moon influences the tides on the oceans, but it also has a powerful effect on us. Ancient cultures worldwide would use the energy of the moon to guide planting and harvesting cycles as well as timing journeys, business, and trade.

This lunar calendar will help you flow with the energy to create waves of magic in your life. Drawing from many traditions, this calendar combines them in a simplified way using the chakra system as a simple colour-coded guide for the energy of each day. Note the colour of each day from the calendar and then favour activities that will harmonize with that chakra's energy.

Set a new intention for every new moon and follow the manifesting cycle to create miracles in the world. This calendar is packed with information and will help you flow with the energy and timing of the cosmos. It's like getting an energetic weather report each day.

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Get the guidebook and more at LunaHolistic.com/mooncalendar

Suggested retail price \$25 CAD