

The background features a marbled paper design with organic, flowing patterns in shades of teal, light blue, and dark blue. The marbling is accented with thin, irregular lines of gold leaf and scattered gold specks. The overall aesthetic is elegant and artistic.

# *Lunar Harmony Planner*

NOV 13 TO DEC 12, 2023



This Lunar Harmony Planner Belongs to:

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Kindly Return:

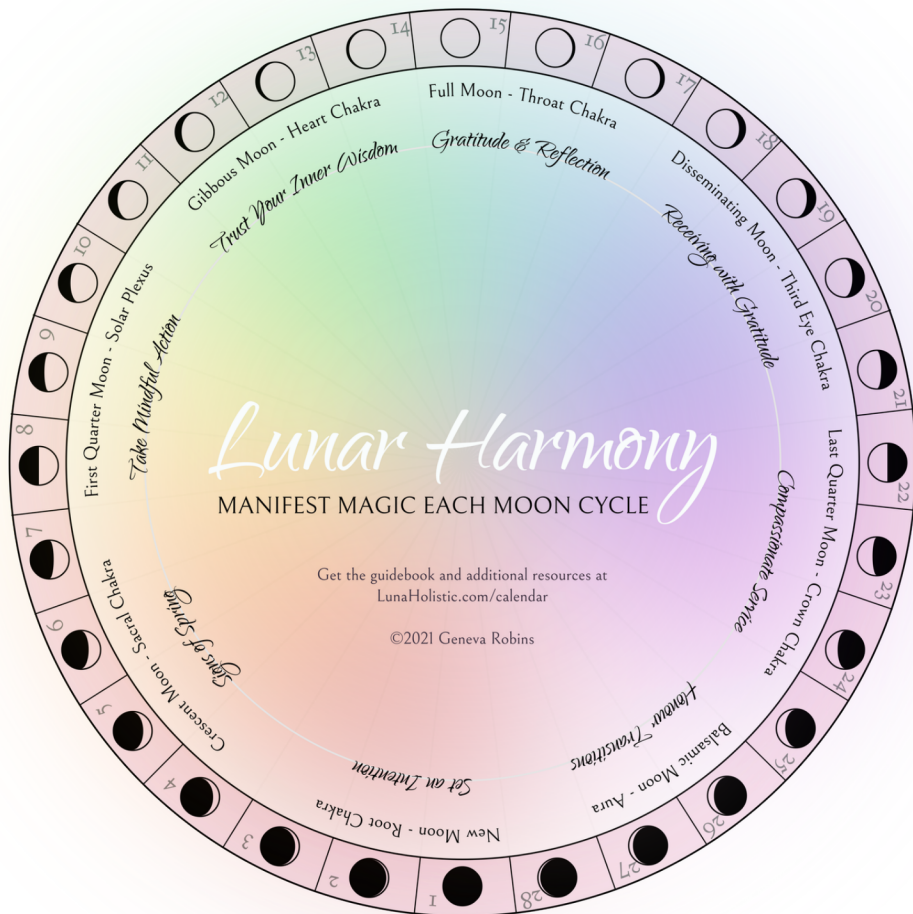
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# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 4 - Saturn Direct November 7 - Daylight Saving Time ends November 11 - Remembrance Day November 12 - Diwali November 13 - New Moon in Scorpio	1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
						November 22 - Sun enters Sagittarius November 23 - Thanksgiving Day US November 25 - Mercury enters Rx zone November 27 - Full Moon in Gemini

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.

- ♈ 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

A series of ten small circles, each followed by a vertical dotted line, intended for writing or drawing.

### Upcoming Monthly Plans



Monthly Intention - Affirmation

A series of ten vertical lines for writing.





14

2-3

5



Tuesday, NOVEMBER 14, 2023

Moon Day Energy - Sacral, Solar Plexus  
New Moon - Root Chakra  
Set an Intention

Lunar Harmony Invitation: Trust your ability to hit the mark today. The moon's energy is still fresh; this is the perfect moment to capture that wave of optimism and set things in motion. Use your legs today. A good workout will clear your mind.

Series of horizontal lines for writing.

Mind:



Body:



Energy:



Daily Intention - Affirmation


NOVEMBER 2023

Calendar grid for November 2023 showing days of the week, dates, and astrological symbols.

15

3-4

3



Wednesday, NOVEMBER 15, 2023

Moon Day Energy - Solar Plexus, Root  
 New Moon - Root Chakra  
 Set an Intention

Lunar Harmony Invitation: Root yourself in nature today. Give yourself lots of room to roam in wild spaces. This energy supports you to remain peaceful and calm throughout the lunar cycle. Solitude now will help you on the full moon on November 27th.

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Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

NOVEMBER 2023

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Legend: ☀️ Sun ☽ Moon ☿ Mercury ♀ Venus ♁ Saturn ♃ Mars ♄ Jupiter ♅ Uranus ♆ Neptune ♇ Pluto ♈ Aries ♉ Taurus ♊ Gemini ♋ Cancer ♌ Leo ♍ Virgo ♎ Libra ♏ Scorpio ♐ Sagittarius ♑ Capricorn ♒ Aquarius ♓ Pisces ♈♉♊♋♌♍♎♏♐♑♒♓





17

5-6

5



Friday, NOVEMBER 17, 2023

Moon Day Energy - Third Eye, Heart  
Crescent Moon - Sacral Chakra  
Signs of Spring

Lunar Harmony Invitation: Abundance is everywhere today. Can you notice the signs? Sometimes it is a feeling in your heart, a flutter of a bird, a whisper of fragrance on the breeze. Let this energy guide your careful craftsmanship of your life.

A series of horizontal lines for writing.

Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sun	2 Mon	3 Tue	4 Wed	5 Thu	6 Fri	7 Sat
8 Sun	9 Mon	10 Tue	11 Wed	12 Thu	13 Fri	14 Sat
15 Sun	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat
22 Sun	23 Mon	24 Tue	25 Wed	26 Thu	27 Fri	28 Sat
29 Sun	30 Mon	1 Tue	2 Wed	3 Thu	4 Fri	5 Sat

NOVEMBER 2023  
 Sun: ☀️ Mon: 🌑 Tue: 🌒 Wed: 🌓 Thu: 🌔 Fri: 🌕 Sat: 🌖  
 Sun: 🌘 Mon: 🌙 Tue: 🌚 Wed: 🌛 Thu: 🌜 Fri: 🌝 Sat: 🌞

18

6-7

3



Saturday, NOVEMBER 18, 2023

Moon Day Energy - Heart, Throat  
Crescent Moon - Sacral Chakra  
Signs of Spring

Lunar Harmony Invitation: Take a deep breath. Your energy rides on the air currents today.  
You create maximum benefits for you and everyone when you speak from the heart.  
Your soulful clarity can illuminate even the darkest clouds.

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Mind:



Body:

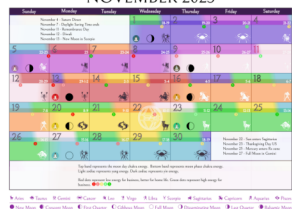


Energy:



Daily Intention - Affirmation

NOVEMBER 2023





20

8-9

1



Monday, NOVEMBER 20, 2023

Moon Day Energy - Heart Chakra  
First Quarter Moon - Solar Plexus  
Take Mindful Action

Lunar Harmony Invitation: Double down on your mindfulness today. By staying centred in your heart and your inner empowerment, you can navigate any emotional waters that arise.

Your work to clear out what's hidden in the depths brings grace and peace.

Mind:



Body:

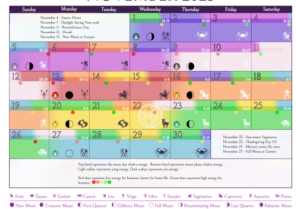


Energy:



Daily Intention - Affirmation

NOVEMBER 2023



21

9-10

5



Tuesday, NOVEMBER 21, 2023

Moon Day Energy - Heart, Sacral  
First Quarter Moon - Solar Plexus Chakra  
Take Mindful Action

Lunar Harmony Invitation: Kindness and forgiveness open up for you in a big way today. The work today is to rest and connect. You've done some significant emotional heavy lifting these past few days. Let that momentum swing you to a state of flow.

Series of horizontal lines for writing.

Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sun	2 Mon	3 Tue	4 Wed	5 Thu	6 Fri	7 Sat
8 Sun	9 Mon	10 Tue	11 Wed	12 Thu	13 Fri	14 Sat
15 Sun	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat
22 Sun	23 Mon	24 Tue	25 Wed	26 Thu	27 Fri	28 Sat
29 Sun	30 Mon	1 Tue	2 Wed	3 Thu	4 Fri	5 Sat

NOVEMBER 2023

Legend: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto, Chiron, Asteroid, Comet, Meteor, Solar Flare, Lunar Eclipse, Total Eclipse, Partial Eclipse, Annular Eclipse, Blood Moon, Blue Moon, Supermoon, Perseid Meteor Shower, Orionid Meteor Shower, Leonid Meteor Shower, Geminid Meteor Shower, Aquariid Meteor Shower, Lyrid Meteor Shower, Eta Aquarid Meteor Shower, Orionid Meteor Shower, Leonid Meteor Shower, Geminid Meteor Shower, Aquariid Meteor Shower, Lyrid Meteor Shower, Eta Aquarid Meteor Shower.



Wednesday, NOVEMBER 22, 2023

Sun enters Sagittarius

Moon Day Energy - Sacral, Aura

First Quarter Moon - Solar Plexus Chakra

Take Mindful Action

Lunar Harmony Invitation: Stretch out in the last day of this lunar phase. Connection is flowing, and the energy is opening up for progress on tasks and projects. The emotional work has served you well to bring you heart-centred clarity on your best next step.

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Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

NOVEMBER 2023  
 Legend: ☀ Sun ☽ Moon ☿ Mercury ♃ Mars ♄ Jupiter ♅ Saturn ♆ Uranus ♇ Neptune ♈ Aries ♉ Taurus ♊ Gemini ♋ Cancer ♌ Leo ♍ Virgo ♎ Libra ♏ Scorpio ♐ Sagittarius ♑ Capricorn ♒ Aquarius ♓ Pisces ♈ Aries ♉ Taurus ♊ Gemini ♋ Cancer ♌ Leo ♍ Virgo ♎ Libra ♏ Scorpio ♐ Sagittarius ♑ Capricorn ♒ Aquarius ♓ Pisces  
 ☼ Full Moon ☾ New Moon ☽ First Quarter ☽ Last Quarter ☽ Blue Moon ☽ Blood Moon ☽ Harvest Moon ☽ Hunter Moon ☽ Blue Moon ☽ Blood Moon ☽ Harvest Moon ☽ Hunter Moon

23

11-12

4



Thursday, NOVEMBER 23, 2023

Thanksgiving Day US

Moon Day Energy - Aura, Heart

Gibbous Moon - Heart Chakra

Trust Your Inner Wisdom

Lunar Harmony Invitation: Breathe deeply today. Take a step outside into the fresh air of wisdom. Trust in the trees; imagine the plants around you can share their ancient stories with you today. What guidance do these loving beings have for you?

Series of horizontal lines for writing.

Mind:



Body:

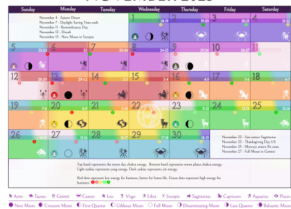


Energy:



Daily Intention - Affirmation

NOVEMBER 2023













28

16-17

2



Tuesday, NOVEMBER 28, 2023

Moon Day Energy - Heart, Solar Plexus  
Full Moon - Throat Chakra  
Gratitude and Reflection

Lunar Harmony Invitation: Harmony and balance flow in your conversations with others today. Let the easy energy flow and trust that asks will get done on the right day. Sometimes it's more important to chat. These sweet little social interactions are like songbirds on your shoulder.

Lined writing area for journaling or notes.

Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023



29

17-18

3



Wednesday, NOVEMBER 29, 2023

Moon Day Energy - Solar Plexus, Heart  
Full Moon - Throat Chakra  
Gratitude and Reflection

Lunar Harmony Invitation: Do something nice for yourself today. Your inner world is rich and interesting. Spend time enjoying your inner liberty and do exactly what you want to. Let this inner permission create waves of joy and transformation.

Handwriting practice lines consisting of multiple horizontal purple lines.

Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

NOVEMBER 2023 calendar grid showing dates, moon phases, and astrological symbols.

30

18-19

3



Thursday, NOVEMBER 30, 2023

Moon Day Energy - Heart, Third Eye  
Full Moon - Throat Chakra  
Gratitude and Reflection

Lunar Harmony Invitation: Reflect back on where you were five years ago. Notice the profound shifts that have occurred in your character and healing. All time is now.

Send the past version of you a kind message of support.

Lined writing area for journaling or reflection.

Mind:



Body:



Energy:



Daily Intention - Affirmation

NOVEMBER 2023



# DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 6 - Neptune Direct December 7 - Hanukkah begins December 12 - New Moon in Sagittarius December 13 - Mercury Retrograde December 21 - Winter Solstice	December 21 - Sun enters Capricorn December 25 - Christmas Day December 26 - First Day of Kwanzaa December 26 - Boxing Day	December 26 - Full Moon in Cancer December 30 - Jupiter Direct December 31 - New Year's Eve				
3 21-22 	4 22-23 	5 23 	6 23-24 	7 24-25 	8 25-26 	9 26-27 
10 27-28 	11 28-29 	12 29-30-1 	13 1-2 	14 2-3 	15 3-4 	16 4-5 
17 5-6 	18 6-7 	19 7-8 	20 8-9 	21 9-10 	22 10-11 	23 11-12 
24 12-13 	25 13-14 	26 14-15 	27 15-16 	28 16-17 	29 17-18 	30 18-19 
31 19-20 	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.					

- 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



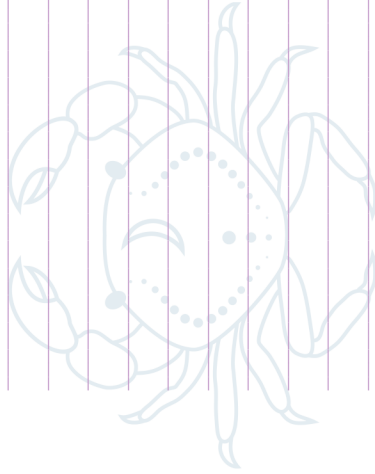
A series of ten small circles, each followed by a vertical dotted line, intended for writing the names of the twelve months.

Upcoming Monthly Plans



Monthly Intention - Affirmation

A vertical rectangular box containing a series of five moon phases: a crescent moon with a starburst above it, a waxing gibbous moon with a starburst, a full moon, a waning gibbous moon with a starburst, and a crescent moon with a starburst below it.





2

20-21



Saturday, DECEMBER 2, 2023

Moon Day Energy - Crown Chakra  
Disseminating Moon - Third Eye  
Receiving with Gratitude

Lunar Harmony Invitation: Use your eagle vision to stay focused on your empowering and heart-centred work today. A brilliant day to be a leader and create compassionate spaces for others to do their best. Appreciate tiny acts of courage now.

Series of horizontal lines for writing.

Mind:



Body:



Energy:



Daily Intention - Affirmation

DECEMBER 2023

Calendar grid for December 2023 showing dates, moon phases, and astrological symbols.

3

21-22

3



Sunday, DECEMBER 3, 2023

Moon Day Energy - Crown, Throat  
Disseminating Moon - Third Eye Chakra  
Receiving with Gratitude

Lunar Harmony Invitation: Energy and movement inspire you today. Get outside in the sunshine and connect with luminaries. Use your intuition to guide you today to productive gatherings and social events. Stay in your frequency of appreciation.

A series of horizontal purple lines providing space for notes or reflections.

Mind:



Body:



Energy:



Daily Intention - Affirmation

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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8

25-26

2



Friday, DECEMBER 8, 2023

Moon Day Energy - Crown Chakra  
Balsamic Moon - Aura  
Honour Transitions

Lunar Harmony Invitation: At the year's close, honour what has been completed, shed, cleared, and passed. Reflect in silence and allow the memories to be felt, understood and laid to rest. Commemorate the joys and sew them together with golden thread.

Series of horizontal lines for writing.

Mind:



Body:



Energy:



Daily Intention - Affirmation

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Moon	2 First Quarter	3 Full Moon	4 Waxing Gibbous	5 Waxing Gibbous	6 Waxing Gibbous	7 Waxing Gibbous
8 Waxing Gibbous	9 Waxing Gibbous	10 Waxing Gibbous	11 Waxing Gibbous	12 Waxing Gibbous	13 Waxing Gibbous	14 Waxing Gibbous
15 Waxing Gibbous	16 Waxing Gibbous	17 Waxing Gibbous	18 Waxing Gibbous	19 Waxing Gibbous	20 Waxing Gibbous	21 Waxing Gibbous
22 Waxing Gibbous	23 Waxing Gibbous	24 Waxing Gibbous	25 Waxing Gibbous	26 Waxing Gibbous	27 Waxing Gibbous	28 Waxing Gibbous
29 Waxing Gibbous	30 Waxing Gibbous	31 Waxing Gibbous				

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Legend: ☽ New Moon ☽ First Quarter ☽ Full Moon ☽ Waxing Gibbous ☽ Waning Gibbous ☽ Last Quarter ☽ Blue Moon ☽ Blood Moon ☽ Supermoon ☽ Blue Blood Moon ☽ Blood Supermoon ☽ Blue Blood Supermoon ☽ Blue Blood Supermoon ☽ Blue Blood Supermoon





11

28-29

2



Monday, DECEMBER 11, 2023

Moon Day Energy - Aura, Root Chakra  
Balsamic Moon - Aura  
Honour Transitions

Lunar Harmony Invitation: Complete everything started on the new moon today. Avoid new plans and stay in the orderly rhythm of the day. Notice the advice you'd like to give to others and practice that wisdom yourself. Teach by example only today.

Series of horizontal lines for writing.

Mind:



Body:



Energy:



Daily Intention - Affirmation

DECEMBER 2023

Calendar grid for December 2023 with moon phases and astrological symbols.

12

29-30-1

2

1



Tuesday, DECEMBER 12, 2023

New Moon in Sagittarius

Moon Day Energy - Root, Aura, Third Eye

New Moon - Root Chakra

Set an Intention

Lunar Harmony Invitation: This is a luminous day. Even though the moon is dark, the stars shine. Like you, let this energy show you the beauty you hold inside your soul. You are a worthy and precious being. Set an intention today that honours your growth and your home.

Mind:



Body:



Energy:



Daily Intention - Affirmation

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Moon	2 Waxing Crescent	3 First Quarter	4 Waxing Gibbous	5 Full Moon	6 Waning Gibbous	7 Last Quarter
8 New Moon	9 Waxing Crescent	10 First Quarter	11 Waxing Gibbous	12 Full Moon	13 Waning Gibbous	14 Last Quarter
15 New Moon	16 Waxing Crescent	17 First Quarter	18 Waxing Gibbous	19 Full Moon	20 Waning Gibbous	21 Last Quarter
22 New Moon	23 Waxing Crescent	24 First Quarter	25 Waxing Gibbous	26 Full Moon	27 Waning Gibbous	28 Last Quarter
29 New Moon	30 Waxing Crescent	31 First Quarter				

☾ New Moon   ☽ Waxing Crescent   ☽ First Quarter   ☽ Waxing Gibbous   ☽ Full Moon   ☽ Waning Gibbous   ☽ Last Quarter   ☽ New Moon  
 ☾ New Moon   ☽ Waxing Crescent   ☽ First Quarter   ☽ Waxing Gibbous   ☽ Full Moon   ☽ Waning Gibbous   ☽ Last Quarter   ☽ New Moon