



Lunar Harmony Planner

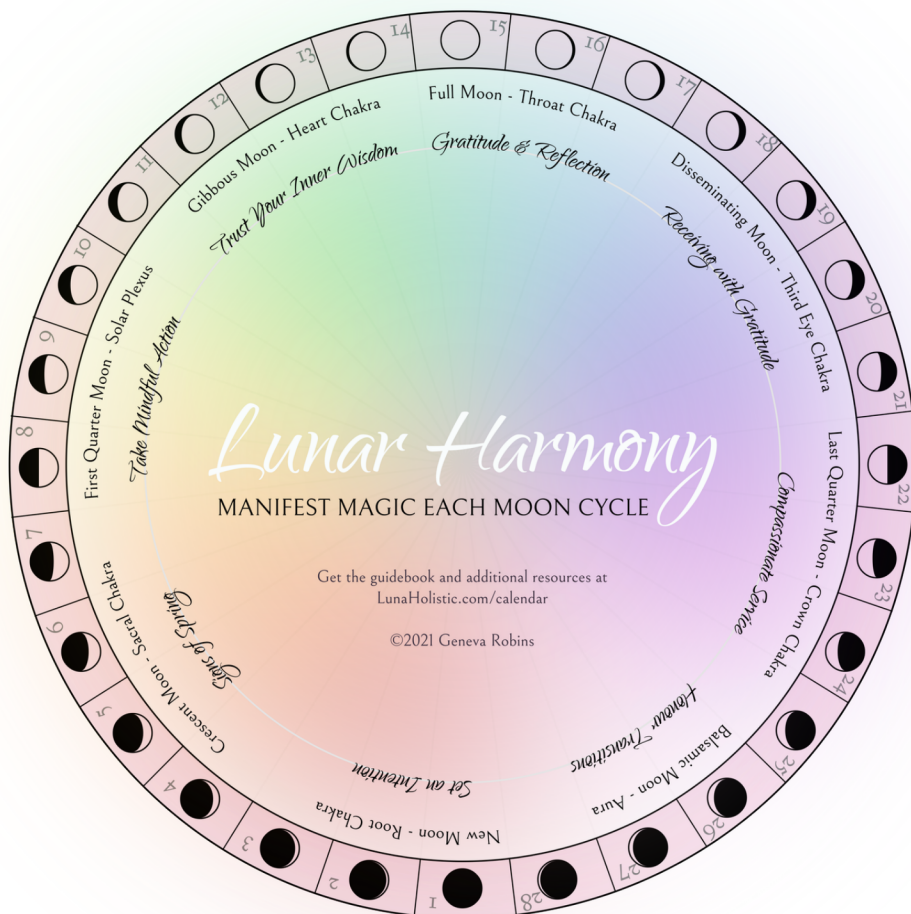
DEC 12, 2023 TO JAN 11, 2024



This Lunar Harmony Planner Belongs to:

Kindly Return:

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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 22-23 ♏ ♏	6 23-24 ♏ ♏	7 24-25 ♏ ♏	8 25-26 ♏ ♏	9 26-27 ♏ ♏
10 27-28 ♏ ♏	11 28-29 ♏ ♏	12 29-30-1 ♏ ♏	13 29-30-1 ♏ ♏	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.						



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:

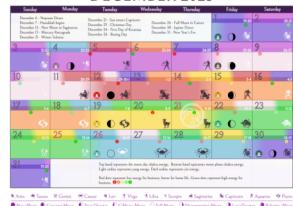


Energy:



Daily Intention - Affirmation

DECEMBER 2023



13

1-2

2



Wednesday, DECEMBER 13, 2023

Mercury Retrograde

Moon Day Energy - Third Eye, Sacral

New Moon - Root Chakra

Set an Intention

Lunar Harmony Invitation: All the details come into focus today.

Just allow some space for generosity with your time even though you want to charge ahead.

Let the energy gather before acting, and check everything twice.

Mind:



Body:

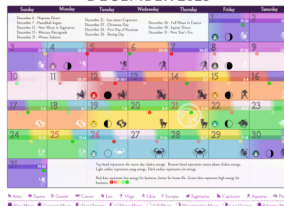


Energy:



Daily Intention - Affirmation

DECEMBER 2023



14

2-3

5



Thursday, DECEMBER 14, 2023

Moon Day Energy - Sacral, Solar Plexus

New Moon - Root Chakra

Set an Intention

Lunar Harmony Invitation: Concentrate your energy and focus today.
Yes, there's much to be done, but just stay steady and work on each thing one by one.

Mind:



Body:

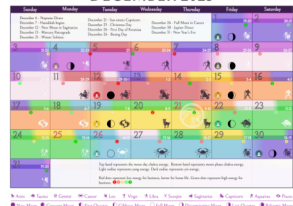


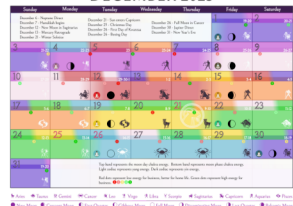
Energy:



Daily Intention - Affirmation

DECEMBER 2023





Lunar Harmony Invitation: Flow with the harmony of the Universe today.
You might have other plans, but if you relax, the Universe can show you a much better path.



Daily Intention - Affirmation

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

The first column is the day of the week. The second column is the day of the month. The third column is the day of the year. The fourth column is the day of the week. The fifth column is the day of the month. The sixth column is the day of the year.

Legend:
 1. 1st Round
 2. 2nd Round
 3. 3rd Round
 4. 4th Round
 5. 5th Round
 6. 6th Round
 7. 7th Round
 8. 8th Round
 9. 9th Round
 10. 10th Round
 11. 11th Round
 12. 12th Round
 13. 13th Round
 14. 14th Round
 15. 15th Round
 16. 16th Round
 17. 17th Round
 18. 18th Round
 19. 19th Round
 20. 20th Round
 21. 21st Round
 22. 22nd Round
 23. 23rd Round
 24. 24th Round
 25. 25th Round
 26. 26th Round
 27. 27th Round
 28. 28th Round
 29. 29th Round
 30. 30th Round
 31. 31st Round

17

5-6

5



Sunday, DECEMBER 17, 2023

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

Lunar Harmony Invitation: A lovely day to care for your wise and compassionate heart.

Spend a few moments today in self-care, Reiki self-healing, and journaling.

Notice the simple and beautiful ways the Universe is supporting you with its magic.

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 Full Moon	6 Waxing Gibbous	7 Full Moon
8 New Moon	9 First Quarter	10 Full Moon	11 Waxing Gibbous	12 Full Moon	13 Waxing Gibbous	14 Full Moon
15 New Moon	16 First Quarter	17 Full Moon	18 Waxing Gibbous	19 Full Moon	20 Waxing Gibbous	21 Full Moon
22 New Moon	23 First Quarter	24 Full Moon	25 Waxing Gibbous	26 Full Moon	27 Waxing Gibbous	28 Full Moon
29 New Moon	30 First Quarter	31 Full Moon				

☾ New Moon ☽ First Quarter ☼ Full Moon ☾ Waxing Gibbous ☽ Waning Gibbous
 ☾ New Moon ☽ First Quarter ☼ Full Moon ☾ Waxing Gibbous ☽ Waning Gibbous

19

7-8

3



Tuesday, DECEMBER 19, 2023

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

Lunar Harmony Invitation: Your words of gratitude create beauty and joy in those around you today. Sprinkle these glittering gems everywhere you go.

Mind:



Body:

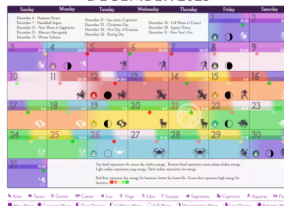


Energy:



Daily Intention - Affirmation

DECEMBER 2023





Thursday, DECEMBER 21, 2023

Winter Solstice - Sun in Capricorn

Moon Day Energy - Heart, Sacral

First Quarter Moon - Solar Plexus Chakra

Take Mindful Action

Lunar Harmony Invitation: Today, let the past gently drop into the earth. Notice the light springing up in your life now. There is a luminous sparkle today that draws you to family, home, and the sacred fire in your own heart.

Mind:



Body:

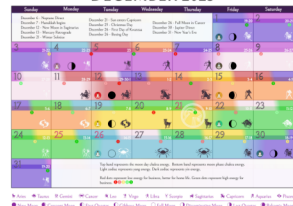


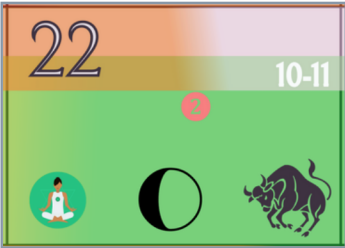
Energy:



Daily Intention - Affirmation

DECEMBER 2023





Friday, DECEMBER 22, 2023

Moon Day Energy - Sacral, Aura
Gibbous Moon - Heart Chakra
Trust Your Inner Wisdom

Lunar Harmony Invitation: Let the energy flow through your heart.

Everything can heal today, even old hurts from years past.

Let the power of love and infinite grace mend old scar tissue. All is well. It's a new day.

Mind:



Body:

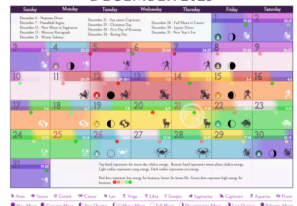


Energy:



Daily Intention - Affirmation

DECEMBER 2023



23

11-12

4



Saturday, DECEMBER 23, 2023

Moon Day Energy - Aura, Heart

Gibbous Moon - Heart Chakra

Trust Your Inner Wisdom

Lunar Harmony Invitation: Flow with the wisdom of your heart today. This is the most powerful lunar day of the month, so make time to slow down and enjoy it all.

Mind:



Body:

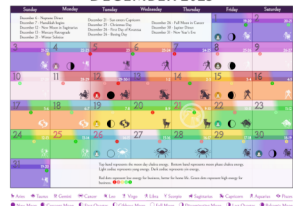


Energy:



Daily Intention - Affirmation

DECEMBER 2023



24

12-13

3



Sunday, DECEMBER 24, 2023

Moon Day Energy - Heart, Solar Plexus

Gibbous Moon - Heart Chakra

Trust Your Inner Wisdom

Lunar Harmony Invitation: Beautiful energy flows today, especially from group gatherings and sending messages to loved ones. Receive with gratitude today.

Say thank you and watch the blessings gather around you now.

Mind:



Body:

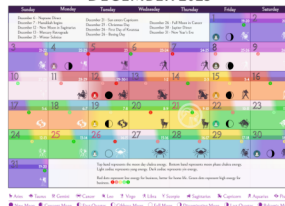


Energy:



Daily Intention - Affirmation

DECEMBER 2023



Trust Your Inner Wisdom

Talk to everyone. Even a small note or text is meaningful.

[illegible]

26

14-15

1



Tuesday, DECEMBER 26, 2023

Boxing Day - First Day of Kwanzaa

Full Moon in Cancer

Moon Day Energy - Throat, Aura

Full Moon - Throat Chakra

Gratitude and Reflection

Lunar Harmony Invitation: Lots of energy gathering today as the moon swings to full. Be gentle with your heart and remember your wisdom. Let your inner wisdom guide you through the waves of energy surrounding the next few days.

Mind:



Body:

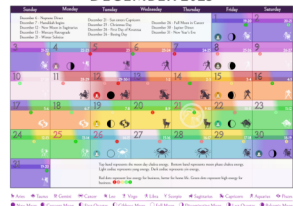


Energy:



Daily Intention - Affirmation

DECEMBER 2023



27

15-16



Wednesday, DECEMBER 27, 2023

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

Lunar Harmony Invitation: You know... that was a lot of energy!

The last few days have been full; it's okay to be a bit crabby. Just give yourself some space and cozy time by yourself. Let everything soften in the sunlight and fireside.

Mind:



Body:

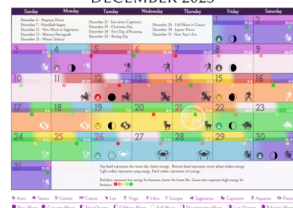


Energy:



Daily Intention - Affirmation

DECEMBER 2023



28

16-17

1



Thursday, DECEMBER 28, 2023

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

Lunar Harmony Invitation: Avoid hustle and strain, and remember that being present is the best gift. Protect your sensitive energy with a Reiki session or meditation.

Mind:



Body:

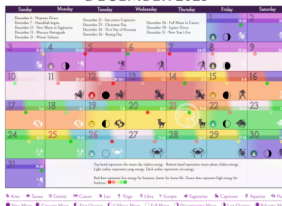


Energy:



Daily Intention - Affirmation

DECEMBER 2023



29

17-18

3



Friday, DECEMBER 29, 2023

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

Lunar Harmony Invitation: Celebrate the year today. Connect with people who have helped you be kinder to yourself. Notice all you have healed and accomplished.

The future is bright and sparkly.

Mind:



Body:

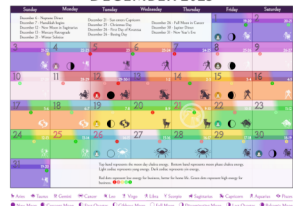


Energy:



Daily Intention - Affirmation

DECEMBER 2023



31

19-20

5



Sunday, DECEMBER 31, 2023

New Year's Eve

Moon Day Energy - Heart, Third Eye

Disseminating Moon - Third Eye Chakra

Receiving with Gratitude

Lunar Harmony Invitation: Your intuition is on point today. Spend time in meditation on Gratitude for this year. Be consistent and receptive to all the good that is flowing your way.

Tiny and frequent meditations help you complete your work.

Mind:



Body:

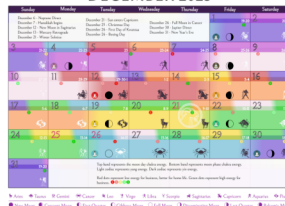


Energy:



Daily Intention - Affirmation

DECEMBER 2023



JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 20-21	2 21-22	3 22-23	4 23-24	5 24-25	6 25-26
7 25-26	8 26-27	9 27-28	10 28-29	11 29-12	12 23	13 3-4
14 4-5	15 5-6	16 6-7	17 7-8	18 8-9	19 9-10	20 10-11
21 11-12	22 12-13	23 13-14	24 14-15	25 15-16	26 16-17	27 17-18
28 18-19	29 19-20	30 20-21	31 21	January 1 - New Year's Day January 1 - Mercury Direct January 9 - Pluto enters Retrograde Zone January 11 - New Moon in Capricorn January 15 - Martin Luther King Jr. Day		
Top hand represents the moon day chakra energy. Bottom hand 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.			January 20 - Sun enters Aquarius January 20 - Mercury leaves Retrograde Zone January 25 - Full Moon in Leo January 27 - Uranus Direct *** see the last page for a guide to the energies ***			

♈ 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



1

20-21



Monday, JANUARY 1, 2024

New Year's Eve - Mercury Direct

Moon Day Energy - Crown Chakra

Disseminating Moon - ThirdEye

Receiving with Gratitude

Lunar Harmony Invitation: It's a Fresh new year. Be gentle with the details today and spend time in reflection and prayer. Notice all the tiny ways the Universe has given to you.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024



2

21-22

3



Tuesday, JANUARY 2, 2024

Moon Day Energy - Crown Chakra
Disseminating Moon - ThirdEye
Receiving with Gratitude

Lunar Harmony Invitation: It is a great day to brainstorm ideas and connect with your Spiritual team through oracle cards, writing and meditation.
Notice the ways that balance is flowing into your life.

Mind:



Body:



Energy:



Daily Intention - Affirmation

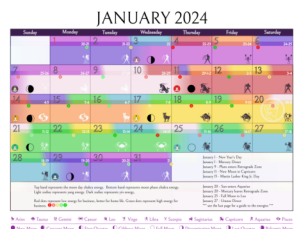
JANUARY 2024



22



Compassionate Service



4

22-23

1



Thursday, JANUARY 4, 2024

Moon Day Energy - Root Chakra

Last Quarter Moon - Crown

Compassionate Service

Lunar Harmony Invitation: Restraint and moderation are key today. Seek solitude and fill your own cup today. Excellent day for seeking the balance and grounding of Mother Earth.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024



5

5

23-24



Friday, JANUARY 5, 2024

Moon Day Energy - Sacral Chakra
Last Quarter Moon - Crown
Compassionate Service

Lunar Harmony Invitation: Make your creative dreams real today. Reflect on your spiritual support through meditation and take action on your guidance.

See your work through to completion.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024





Lunar Harmony Invitation: Cherish your sensitivity today and make extra space for your intuition and psychic gifts. Allow the wise self to guide you to finish up tasks started on the last new moon (December 12, 2023)

Figure 1 is a 7x7 grid of 49 daily charts, each representing a day from March 1 to June 7, 2020. The charts are organized by day of the week: Sunday (purple), Monday (blue), Tuesday (green), Wednesday (yellow), Thursday (orange), Friday (red), and Saturday (pink). Each chart displays three data series: daily new cases (represented by horizontal bars), cumulative cases (represented by a line with circular markers), and daily deaths (represented by a line with circular markers). The charts show a clear upward trend in both cumulative cases and deaths over time, with daily new cases peaking in late April and early May. A legend at the bottom identifies the symbols for new cases, cumulative cases, and deaths, and provides a list of data sources.

7

25-26

2



Sunday, JANUARY 7, 2024

Moon Day Energy - Crown Chakra

Balsamic Moon - Aura

Honour Transitions

Lunar Harmony Invitation: Focus on routine work and take care of tasks in solitude today.

Meditation on spiritual texts and practicing that calm wisdom is recommended.

Let go of old energy today with love and gratitude.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024



8

26-27

2



Monday, JANUARY 8, 2024

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

Lunar Harmony Invitation: Connect to your Inner Wisdom today and let it help you imagine a beautiful future. A day of reflection, learning, and planning, don't start new things. Let the old projects receive some energy today. Share your knowledge.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024



9

27-28

4



Tuesday, JANUARY 9, 2024

Pluto enters Retrograde Zone

Moon Day Energy - Aura

Balsamic Moon - Aura

Honour Transitions

Lunar Harmony Invitation: Today is a beautiful day to expand your light, balance your chakras, and radiate peace and love. It's easy to release old patterns now as the new energy of healing and well-being is flooding in today. Let the light shine.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024



10

28-29

2



Wednesday, JANUARY 10, 2024

Moon Day Energy - Root Chakra

Balsamic Moon - Aura

Honour Transitions

Lunar Harmony Invitation: A good day to stick close to home and attend to practical details. Tidy your home and finish things up. Don't get caught up in the stubborn old stuff; be nimble and climb to a higher viewpoint with your Spiritual dedication.

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024



11

29-1-2

1

2



Thursday, JANUARY 11, 2024

New Moon in Capricorn

Moon Day Energy - Root, Third eye, Sacral

New Moon - Root Chakra

Set an Intention

Lunar Harmony Invitation: This morning is a sacred moment when your thoughts are energetically active. Take a moment to set an intention for this lunar month. This month has energies that are supportive of your courageous and bold new plans and the steady root chakra energy to support them. Make some plans today!

Mind:



Body:



Energy:



Daily Intention - Affirmation

JANUARY 2024

