

MOON MAGICK Family Workbook

@ModernMagickalFamily

Moon Magick Family Workbook

Welcome to your Moon Ritual Workbook, a guide to connecting with the moon's energy and aligning your intentions with its natural cycles. This workbook is designed for families to use together, creating meaningful rituals and fostering connection with each other and the world around you.

This workbook is a tool for creating intentional, magical moments as a family. There's no right or wrong way to use it—what matters most is the time you spend together, the connections you build, and the joy of aligning with the moon's natural rhythm.



What's Included:

Understanding the Moons

January Moon Overview

Family Activities & Rituals

Moon Phase Planner

2025 Moon Calendars

Importance of Moon Magick

The moon phases are a powerful guide for living a more intentional and magical life. Each phase of the Moon carries its own unique energy, offering us a dynamic cycle to align with for manifestation. The New Moon invites new beginnings and setting intentions, while the Waxing Moon is ideal for building momentum and attracting growth. The Full Moon illuminates our goals, amplifying manifestation energy, and the Waning Moon encourages release and reflection. By recognizing the energies each phase offers and knowing when to harness them, the Moon becomes a powerful tool to manifesting our ideal life,

Every month brings a unique energy and astrological sign that will make your manifestations even more powerful. This added layer of focus helps you tailor your manifestations, enhancing their power by syncing with the celestial and seasonal influences shaping that moment.





The Wolf Moon

The Wolf Moon, the first Full Moon of the year, invites us to focus on strength, resilience, and the power of community. Named after the howling of wolves during cold winter nights, this moon symbolizes the bonds that hold us together and the collective strength of our 'pack.' It is a time to reflect on your connection to your family, friends, and community, and to consider how you can support and uplift one another. The Wolf Moon also reminds us of the importance of perseverance through challenges, encouraging us to tap into our inner strength and face the year ahead with courage and determination.



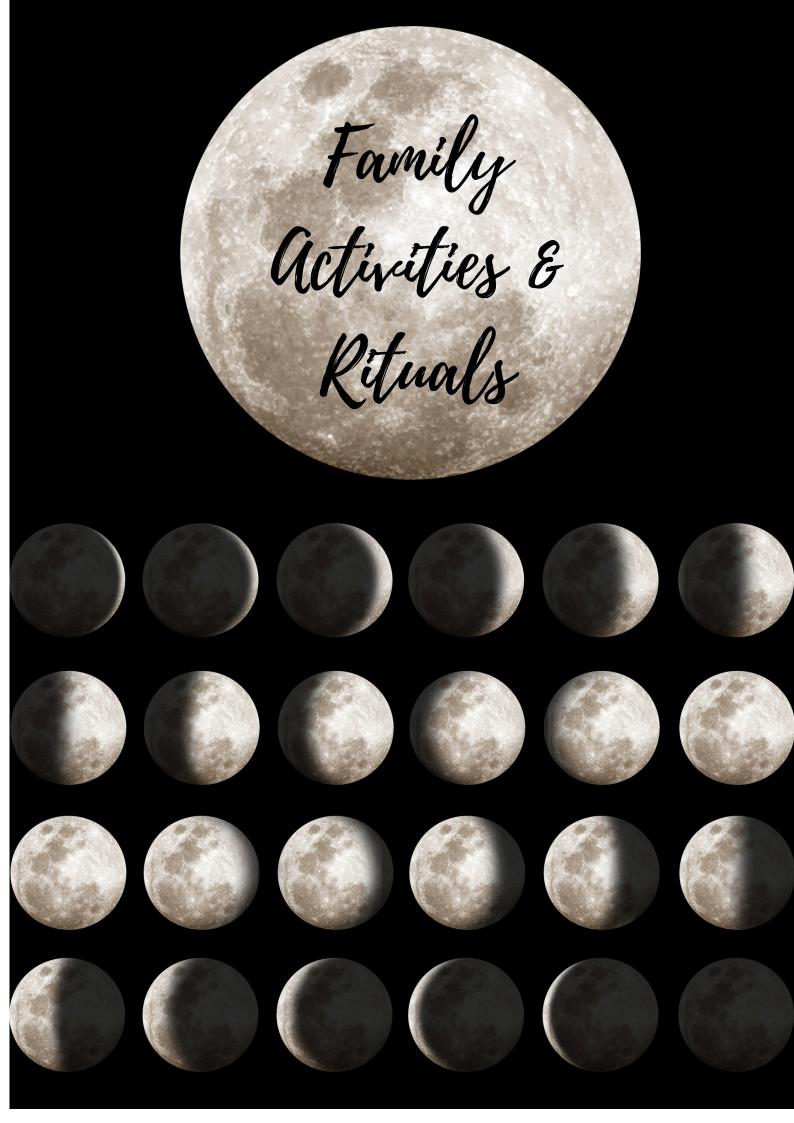
For families, the Wolf Moon is an ideal opportunity to create rituals that honor unity, trust, and teamwork. Activities such as writing shared intentions, telling stories about family resilience, or taking a nature walk together under the moonlight can help deepen your connection as a "pack." The energy of the Wolf Moon encourages gratitude for those who stand by you and inspires a commitment to face life's challenges as a united family, embodying the strength and loyalty of the wolf.

The Full Moon in Cancer

The Moon in Cancer is a time to embrace emotions, nurture connections, and prioritize home and family life. Cancer, ruled by the Moon itself, is deeply intuitive and focused on creating a safe, comforting space. When the Moon is in this watery sign, emotions may rise to the surface, offering a powerful opportunity for reflection and healing, It's a time to honor your inner world, listen to your heart, and tend to the needs of those closest to you.



For families, the Moon in Cancer provides the perfect environment to strengthen bonds and create meaningful rituals centered on love and care. This is an excellent time for nurturing activities like cooking together, sharing stories, or creating a family altar that reflects what makes your home feel magical. Water-based rituals, such as cleansing baths or creating a 'gratitude bowl' filled with water and positive intentions, resonate strongly under Cancer's influence. Use this time to teach children about the importance of honoring their feelings and finding comfort in the love of their 'inner circle.' Embrace this lunar energy to build deeper emotional ties and create a sanctuary of warmth and security for your family.

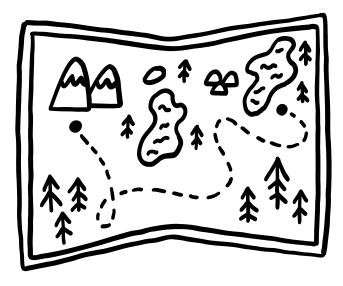


The Wolf Moon Family Activities

- 1. Howling at the Moon 🐺 🦲
 - Activity: Bundle up and head outside under the Full Moon. Teach kids about wolves and their howls, then let them "howl" their intentions or joys into the night.
 - Magical Twist: Encourage them to "release" anything heavy through their howls and imagine filling their hearts with moonlight.



- 2. Build a Wolf Den (Indoor Fort Fun) 🚠
 - Activity: Create a cozy "wolf den" using blankets, pillows, and fairy lights. Pretend to be a wolf pack resting together under the moon.
 - Magical Twist: Share stories about family strength and unity. Reflect on how wolves work as a team and how your family can do the same.
- 3. Nature Walk & Tracks Hunt 峯
 - Activity: Take a family nature walk and look for animal tracks in the snow or mud. Talk about how wolves survive in the wild and their role in nature.
 - Magical Twist: Collect small natural treasures (pinecones, leaves, stones) to create a nature altar or offering for the Wolf Moon.



The Wolf Moon Family Activities

- 4. Full Moon Gratitude Jar 🌟
 - Activity: Decorate a jar with wolf stickers or moon designs. Have each family member write something they're grateful for on a slip of paper and place it in the jar.
 - Magical Twist: Place the jar under the moonlight to "charge" it with positive energy, symbolizing the abundance and support of your "wolf pack."





- 5. Wolf Moon Storytime 듣
 - Activity: Read or tell stories about wolves, the moon, or winter animals.
 - Magical Twist: End with a calming moon meditation or lullaby about wolves and the moon.

- 6. Create a Family Strength Collage 🝱
 - Activity: Draw or cut out images of wolves, family members, or symbols of strength and unity. Create a collage representing your "wolf pack" and what makes you strong together.
 - Magical Twist: Add Full Moon affirmations like "We are strong," "We support each other," and "Our family is full of love and light."



The Wolf Moon Family Ritual

The Wolf Moon, the first Full Moon of the year, symbolizes strength, resilience, and the importance of community. This ritual will help your family connect with each other, honor your "wolf pack," and harness the Full Moon's energy to release challenges and set collective intentions for the months ahead.



What You'll Need:

- A small candle (white, silver, or gray is ideal)
- A bowl of water (optional: add a small pinch of salt or a moonstone for symbolism)
- Paper and pens/pencils (one for each family member)
- A cozy "wolf den" space (e.g., blankets and pillows for sitting together)
- Optional: wolf-themed music or sounds of nature



The Wolf Moon Family Ritual

1. Create the Sacred Space: Dim the lights or head outside under the Full Moon. Arrange your 'wolf den' space in a circle with blankets and pillows for everyone. Place the candle and bowl of water in the center to symbolize the moon and connection.

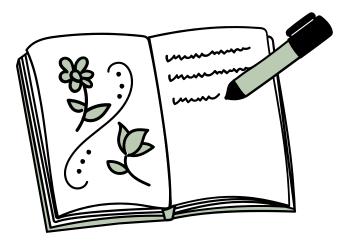




2. Call in the Energy of the Wolf Light the candle and say: "We call on the energy of the Wolf Moon to bring us strength, guidance, and love. May we howl with courage, walk with purpose, and stand together as a family."

Play wolf howling sounds or invite each family member to let out a playful howl to honor the wolf's spirit.

3. Reflect and Release Pass around the paper and pens. Ask everyone to write (or draw) one thing they'd like to release, such as a worry, fear, or habit that no longer serves them. Once everyone is done, take turns sharing your releases aloud (if comfortable).



Place the papers in the water or simply hold them in your hands. say together: "With the light of the Wolf Moon, we release what no longer serves us. May it be carried away, leaving space for new blessings."

The Wolf Moon Family Ritual

4. Set Family Intentions On a new sheet of paper, write down a shared family intention for the coming months. Pass the paper around, letting each family member add a word, symbol, or doodle to the intention.



Family Affirmation: "This is our intention under the Wolf Moon. Together, we are strong, brave, and full of love."



5. Moonlight Recharge Blow out the candle, thanking the moon and wolf spirit for their guidance. Sit quietly together for a moment, imagining the moonlight washing over you, filling you with energy, love, and resilience.

6. Closing the Ritual Hold hands as a family and say together: "We are united, strong, and ready for the blessings ahead. Thank you, Wolf Moon, for your light and guidance."



Understanding the Moons

Monthly Moons

Each month features a unique moon, often tied to seasonal themes and energies. These moons align with astrological signs as the moon moves through the zodiac, influencing how you connect with its power. The astrological sign the moon is in can enhance or shift its energy.

Month	Moon Name	Associated Energy	Astrological Sign Examples
January	Wolf Moon	Reflection, inner strength	Cancer, Leo
February	Snow Moon	Purity, renewal, endurance	Virgo, Libra
March	Worm Moon	Growth, transformation, new beginnings	Scorpio, Sagittarius
April	Pink Moon	Blooming, love, creativity	Capricorn, Aquarius
May	Flower Moon	Abundance, fertility, celebration	Pisces, Aries
June	Strawberry Moon	Gratitude, sweetness, fulfillment	Taurus, Gemini
July	Buck Moon	Strength, leadership, vitality	Cancer, Leo
August	Sturgeon Moon	Wisdom, intuition, perseverance	Virgo, Libra
September	Harvest Moon	Completion, gratitude, abundance	Scorpio, Sagittarius
October	Hunter's Moon	Preparation, focus, determination	Capricorn, Aquarius
November	Beaver Moon	Hard work, community, stability	Pisces, Aries
December	Cold Moon	Reflection, rest, spiritual depth	Taurus, Gemini

Moon Phases & Meaning

Meaning		How to Embrace It
	New Moon	
New moons are about new beginnings, planting new seeds, and envisioning new possibilities		 Set intentions for the month. Write or draw your dreams. Meditate on what you want to manifest.
	Waxing Crescent	
A phase for building momentum and taking the first steps toward your goals.		 Create a vision board. Take small, meaningful actions toward your goals. Journal about your progress.
	First Quarter	
A time to face obstacles, make decisions, and stay committed to your intentions.		 Reevaluate your plans and adjust as needed. Practice perseverance. Use affirmations to stay motivated.
	Waxing Gibbuous	
A phase for fine-tuning your efforts and preparing for success.		 Reflect on what's working and what isn't. Focus on aligning actions with your goals. Practice gratitude for progress.
	Full Moon	
A time of illumination, peak energy, and manifesting results.		 Celebrate your achievements. Release what no longer serves you. Perform gratitude and release rituals.

Moon Phases & Meaning

Meaning		How to Embrace It
	Waning Gibbous	
A phase for appreciating blessings, sharing wisdom, and giving back.		 Practice acts of kindness. Reflect on lessons learned. Share your insights with others.
	Last Quarter	
A time to let go of what's no longer needed and prepare for rest and renewal.		 Declutter your space or mind. Perform a forgiveness ritual. Focus on self-care and releasing stress.
	Waning Crescent	
A phase for deep rest, introspection, and surrendering to the flow of life.	Cruing Maan	 Power down and practice self- care Integrate lessons learned during the previous lunar cycle Tie up any lingering loose ends.
	Crying Moon	
A time for release of any negative energy, people, situations, or emotions that do not serve us.		 Let go of negativity Practice shadow work Release things you don't want
	Dark Moon	
Dark Moons are best for resting, relaxation, and focusing on self-care.		 Rest and relax. Make plenty of time for self-care Prepare for the new lunar cycle ahead.







New moons are about new beginnings, planting new seeds, and envisioning new possibilities

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DATE:

Write Your Intentions, Dreams, Wishes, Desires:

Your Mantra:

New Moon



1/2 - 3 days after the dark moon. Focus on your goals and manifestations for this lunar cycle.

Manifest

DATE:

What Do I Want to Manifest?

What New Project Do I Want to Begin?

What Seeds Am I Planning Right Now Towards My Bigger Goals?

Waxing Crescent Action



3-7 days after the new moon.

The waxing crescent is a time to refine your goals and plans and take inspired action. toward your goals.

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What Are My Next Steps? What Opportunities Are Speaking to Me?

What Are My Intentions / Goals for These Next Steps?

What Can I Do To Increase My Trust In The Universe?

First Quarter Commit



7-10 days after the new moon.

The first quarter is the moon phase that starts to increase energy and illuminate any challenges to the seeds planted during your new moon ritual.

During this time, raise your vibration and speak intentions and affirmations to support your manifestation and overcome any obstacles.

DATE:

What Challenges Are Presenting Themselves?

What Affirmations or Intentions Can Help Me Overcome These Challenges?

What Are My Priorities to Act Upon Right Now?





10-15 days after the new moon.

Continue to refine your plans, take action, and speak positively to yourself. Put your trust in the Universe and know that your plans are coming to fruition.

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DATE:

What Finishing Touches Do I Need to Add To My Projects?

What Inspired Action Can I Take Towards My Goals?

What Is The One Thing I Can Do Now and Trust It Is Right?





15-18 days after the new moon.

The full moon is a time of illumination, peak energy, and manifesting results. Celebrate yourself and what you've accomplished so far. SIGN:

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What Can I Celebrate Right Now?

What Do I Want to Learn Into More or Right Now?

What Am I Manifesting Right Now?







3-7 days after the full moon.

The waning gibbous is a time for appreciating blessings, sharing wisdom, and practicing gratitude.

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What Am I Grateful For?

How Can I Practice Random Acts of Kindness?

What Have I Learned About Myself?





7-10 days after the full moon.

A time to release control, cleanse your energy, and put faith in the Universe. Turn your attention inwards, reflect, and meditation. SIGN:

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What Do I Need To Release Control Of?

What Do I Need To Open To Receive?

What Manifested For Me?





10-15 days after the full moon.

Reflect on what you've learned during this lunar cycle. Focus on what you might want to differently next time. Tie up any lingering loose ends.

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DATE:

What Can I Do For My Self Care?

What Came Up For Me That Needs Healing?

What Will I Do Differently Next Time?

Crying Moon Banish



15-18 days after the full moon.

A time for release of any negative energy, people, situations, or emotions that we need to let go of completely. Relax and take time for self-care if you're feeling depleted.

DATE:

What Habits No Longer Serve Me?

What Do I Need To Release From my Life?

What Space Do I Need to Create In My Life?





15-18 days after the full moon.

A phase for deep rest, introspection, and surrendering to the flow of life. Make plenty of time for self-care and prepare for the new lunar cycle ahead. SIGN:

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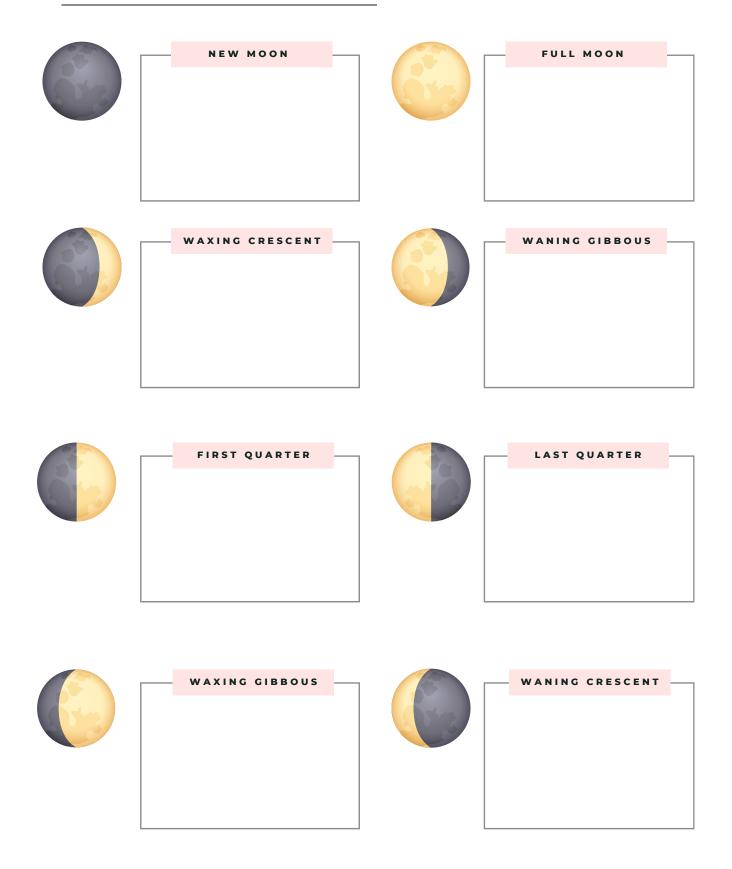
What Did I Learn During This Lunar Cycle?

What Do I Need To Freshen Up In My Life?

What Do I Need to Take a Break From?

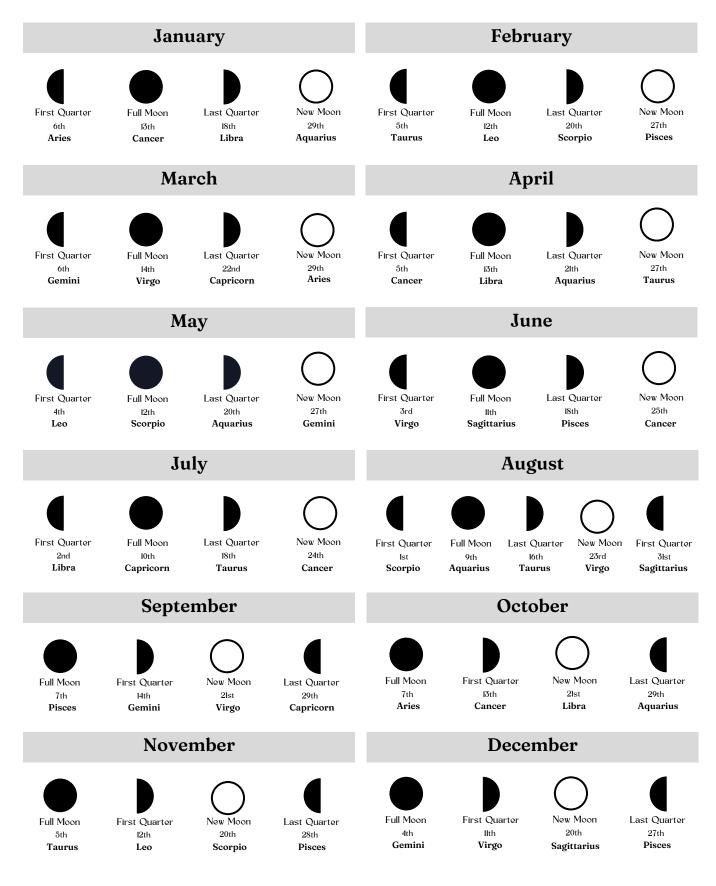
Moon Manifesting Notes

Month of:





2025 Moon Phase Dates



2025 Astrological Dates

Planet Directs/Retrogrades

Mercury

Direction	Date	Sign
Direct	Jan 01	Sagittarius
Retrograde	Mar 15	Aries
Direct	Apr 7	Pisces
Retrograde	Jul 18	Leo
Direct	Aug 11	Leo
Retrograde	Nov 09	Sagittarius
Direct	Nov 29	Scorpio

Jupiter		
Direction	Date	Sign
Direct	Feb 4	Gemini
Retrograde	Nov 11	Cancer

Uranus		
Direction	Date	Sign
Direct	Jan 30	Taurus
Retrograde	Sep 6	Gemini

Pluto		
Direction	Date	Sign
Direct	Jan 01	Capricorn
Retrograde	May 4	Aquarius
Direct	Oct 14	Capricorn

Venus	5
Date	Sign
Jan 01	Aquarius
Mar 2	Aries
Apr 13	Pisces
	Jan 01 Mar 2

Mars			
Direction	Date	Sign	
Direct	Feb 24	Cancer	

Saturn		
Direction	Date	Sign
Direct	Jan 01	Pisces
Retrograde	Jul 13	Aries
Direct	Nov 28	Pisces

Neptune		
Direction	Date	Sign
Direct	Jan 01	Pisces
Retrograde	Jul 04	Aries
Direct	Dec 10	Pisces

Meteor Showers

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03-Jan-2025
08-Feb-2025
14-Mar-2025
05-Apr-2025
22-Apr-2025
23-Apr-2025
06-May-2025
09-May-2025
28-Jun-2025
30-Jul-2025
30-Jul-2025
04-Aug-2025
12-Aug-2025
18-Aug-2025
31-Aug-2025
03-Oct-2025
06-Oct-2025
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2025 Calendar

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For More Magick



We hope you find joy. inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

Learn more at www.modernmagickalfamily.com and let the magic unfold!