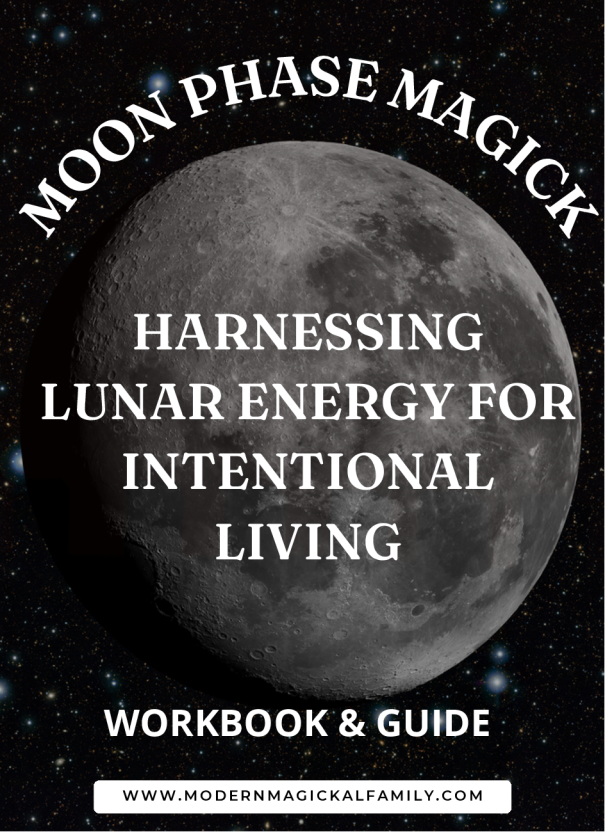




MOON PHASE MAGICK

HARNESSING LUNAR ENERGY FOR INTENTIONAL LIVING

WORKBOOK & GUIDE

WWW.MODERNMAGICKALFAMILY.COM

Welcome, beautiful soul

You've just stepped into a sacred space where intention meets intuition and the moon becomes your guide. This workbook was created with love to help you align your life with the natural rhythm of the lunar cycle—one phase at a time.

Each section offers an overview of the moon phase, meaningful activities to deepen your connection, a ritual to honor the energy, journal prompts for reflection, and a lunar planner to help you stay in flow. Whether you're just beginning your moon magick journey or continuing to expand your spiritual practice, this guide is here to support and inspire you.

Let each moon phase be a doorway inviting you to dream, grow, celebrate, and release in perfect harmony with the cosmos. Your magick is already within you.

Let the moon help you bring it to light.

Blessings and moonlight.



Modern Magickal Family



HOW TO USE THIS WORKBOOK

This Moon Magick Workbook is designed to guide you through the entire lunar cycle with clarity, intention, and spiritual alignment. Whether you're using it alone or with your family, here's how to get the most out of it:

1. Start with the Current Moon Phase

Flip to the section that matches the current moon phase. Each phase—New, Waxing, Full, and Waning—has its own energy, purpose, and practices. No need to start at the beginning—just follow the moon.

2. Read the Moon Phase Overview

Each section begins with an explanation of the moon's energy and how it might affect you emotionally, spiritually, and energetically. Let this guide your mindset and focus.

3. Choose Aligned Activities

You'll find suggested rituals, magical practices, and everyday activities that align with the moon's current energy. Pick what resonates with you and adapt freely.

4. Journal with Intention

Each phase includes thoughtful journal prompts to help you reflect, release, or call in new energy. Use these prompts to deepen your practice and connect with your inner self.

5. Use the Lunar Planner

Track your goals, moods, rituals, and insights throughout the cycle. The planner helps you stay in flow and observe patterns in your magick and mindset over time.

6. Repeat Each Cycle

The more you work with the moon, the more connected, intuitive, and intentional your life becomes. Use this guide month after month to deepen your practice and expand your magick.

MOON PHASES & MEANING

Moon Phase	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 GIBBOUS 	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

Moon Phase	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.	• 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 MOON

**THE VISION &
NEW
BEGINNINGS**

HOW TO WORK WITH THE NEW MOON

The New Moon marks the beginning of the lunar cycle. Contrary to popular belief, it is actually when the moon is 1% luminated in the sky (not when it is completely dark). So the New Moon is actually a day after it is stated in any astrological calendars, almanacs, or moon phase apps.

Each New Moon falls under a particular astrological sign, which is the same one as the Sun's zodiac sign for that month. As the moon travels through the zodiac, there are different and unique energies that impact the Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magickal workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.



The energy of the New Moon is all about new beginnings, setting intentions, and planting the seeds for the future. When you are setting your intentions for the New Moon and the accompanying lunar cycle, it is important to be as specific as possible about the goals you wish to achieve or what you desire to accomplish. The more details that you include, the easier it will be for the universe to manifest that specific intention or desire.

WORKING WITH THE NEW MOON

Write your intentions in a journal or planner:

Find a quiet space and list your goals and desires. Reflect on how you want to grow and evolve during this lunar cycle.



Create a new moon vision board:

Gather images, quotes, and symbols that represent your intentions. Arrange them on a board to serve as a visual reminder of your goals. You can also use a digital vision board (like Canva) to create a digital vision board.



Carve a word or intention into a candle:

Choose a candle that aligns with your purpose, such as white for clarity or green for abundance. Carefully carve your intention into the wax before lighting it.



Write your intention on a bay leaf:

Use a pen or marker to inscribe your goal onto a bay leaf. Hold it in your hands, visualize your intention manifesting, and then burn the leaf as a symbolic release.



NEW MOON RITUAL: SETTING INTENTIONS

1. Create the Sacred Space:

- Choose a quiet, comfortable space where you won't be disturbed. Light some incense to create cleanse the space.
- Place a piece of paper and pen near you.



2. Ground & Center Yourself

- Sit comfortably and take a few deep breaths
- Envision roots going from your feet into the ground to connect you with the earth.

3. Reflect on Your Desires

- Spend a few minutes thinking about what you want to manifest in the upcoming lunar cycle.
- What are your goals? What do you want to achieve? What changes do you want to make?



4. Write Down Your Intention(s)

- Write down your intentions on the piece of paper. Be as specific and clear as possible. The more details, the better
- You can write a single intention or multiple, depending on what you want.

NEW MOON RITUAL: SETTING INTENTIONS

5. Visualize Your Intention

- Hold the paper in your hands and close your eyes. Visualize your intentions coming to reality. See yourself achieving your goals. How do you feel?
- Allow this vision to fill you with positive energy. .



6. Seal Your Intention

- Once you have the image in your mind, fold the paper towards you three times.
- You can either (1) Burn it (2) place it under your pillow (3) Place it on your altar

7. State Your Intention Our Loud

- Say an affirmation out loud to commit to your intention.
- 'I commit to this intention(s) and trust in the universe to manifest them



8. Close the Ritual

- Thank the Moon for Her guidance and support
- Extinguish the candle and envision your intentions becoming a reality
- Journal about the steps you will be taking to help manifest your intention.

NEW MOON PLANNER

DATE:

SIGN:

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

WHAT DO I WANT TO MANIFEST? A NEW PROJECT? A GOAL? A DESIRE?

WRITE YOUR INTENTION FOR THIS CYCLE. BE AS SPECIFIC AS POSSIBLE

WHAT SEEDS AM I PLANNING RIGHT NOW TOWARDS MY BIGGER GOALS?

RITUAL OR ACTIVITY PLANNER:

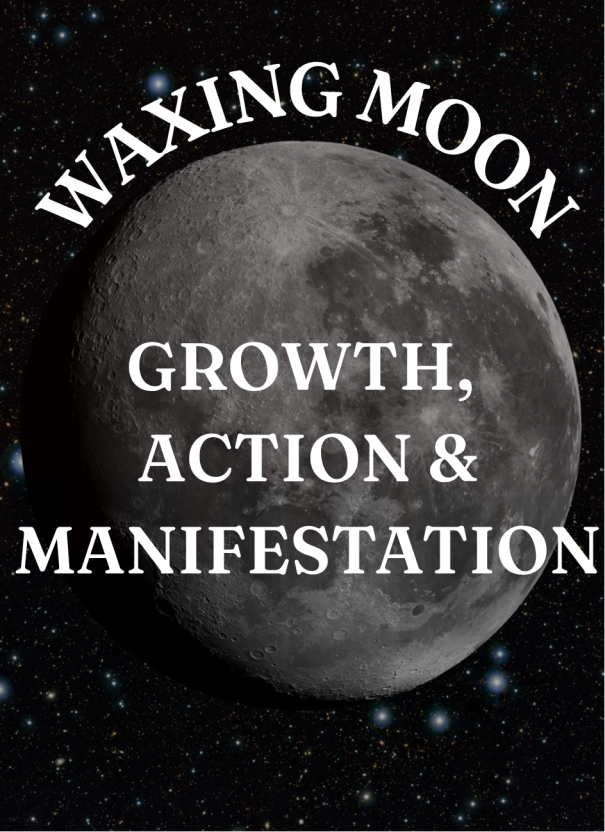
JOURNAL PROMPTS: NEW MOON REFLECTIONS

What are my deepest desires and intentions for this new moon cycle?

What area of my life feels ready for a fresh start? How can I embrace new opportunities with an open heart and mind?

What fears or doubts do I need to release in order to step into my power and align with my true purpose?

How can I use this new moon as a reset, physically, emotionally, or spiritually, to bring more balance and clarity into my life?

A large, detailed image of a waxing moon, showing its craters and maria, set against a dark, starry space background. The moon is the central focus, with its surface texture clearly visible. The text is overlaid on the image in a white, serif font.

WAXING MOON

**GROWTH,
ACTION &
MANIFESTATION**

HOW TO WORK WITH THE WAXING MOON

The Waxing Moon phase begins just after the New Moon and continues until the Full Moon with several key phases: Waxing Crescent, First Quarter, and Waxing Gibbous. As the moon grows in light, so too does your energy, motivation, and clarity. This is a time of momentum, action, and manifestation-building, when your intentions begin to take form and gather strength. The waxing moon carries an energy of progress, expansion, and forward movement, making it ideal for taking inspired action, setting plans in motion, and nurturing the seeds you planted during the New Moon. It's a powerful phase for goal setting, developing routines, learning new skills, or making confident decisions that align with your desires. The Waxing Moon teaches us the importance of commitment, consistency, and tending to our intentions so they can grow into their fullest potential by the time the Full Moon arrives.



Each Moon falls under a particular astrological sign. As the moon travels through the zodiac, there are different and unique energies that impact the Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magical workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.

WAXING MOON PHASES

Waxing Crescent

The Waxing Crescent moon is a powerful time for drawing things toward you and creating a solid action plan to bring your goals to life. This phase is ideal for starting new projects, setting intentions, and taking the first steps toward manifesting the desires you've set for the lunar cycle ahead.



First Quarter

The First Quarter moon marks the midway point between the New Moon and Full Moon. It's a great phase for rituals focused on attraction, success, and abundance, as well as for increasing positive energy. If you're working on a long-term spell, this phase is the perfect time to infuse your intentions with a boost of energy, helping to propel your manifestations forward.



Waxing Gibbous

The Waxing Gibbous moon is all about rapid growth and manifestation. With the Full Moon on the horizon, this is a time to nurture your intentions with patience and trust, knowing that the seeds you planted during the New Moon are beginning to grow and will soon come to fruition.



WORKING WITH THE WAXING MOON

Take Action Toward Your Intentions

The Waxing Moon is the perfect time to move from dreaming into doing. Start working on the goals or intentions you set during the New Moon—this is when energy supports momentum and growth.



Create a Vision Board or Goal List

Visualize your desires in a tangible way by creating a vision board or writing a clear list of your goals. Seeing your dreams represented physically helps anchor them into reality and keeps you focused during this expansive phase.



Build Positive Habits and Routines

This is an ideal time to introduce new routines or strengthen healthy habits that support your manifestations. The growing moon amplifies consistency and discipline, helping you build structure around your desires.



Work with Growth-Oriented Spells or Energy Work

Magick for attraction, abundance, success, or courage is especially potent now. Use this energy to amplify what you want to grow—whether it's confidence, creativity, love, or prosperity.



WAXING MOON RITUAL: GROWTH AND ACTION

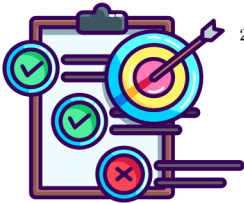
1. Create the Sacred Space:

- Choose a quiet, comfortable space where you can see the moon, either outdoors or near a window
- Cleanse the space with smoke or sound
- Set up your altar with candles, crystals and your journal/notes from the new moon



2. Review your Intentions

- Look at your intentions from the New Moon. Reflect on any progress so far or any challenges you've encountered



3. Take Action

- Decide on 1 or 2 actions that you can take during the waxing moon phase to further manifest your intentions. Write these actions down as a commitment to yourself.



4. Focus your Energy

- Hold your intentions in one hand and your list of actions in the other. Close your eyes and visualize the energy of the waxing moon empowering both of them to manifest.



WAXING MOON RITUAL: GROWTH AND ACTION

5. Affirm your Commitment

- Speak your commitment out loud with a few words of affirmations like "I am fully committed to manifesting my desires. With each step I take, I am closer to my goal."



6. Complete the Ritual

- Place your new moon intention paper on your altar or in another safe place. Keep your list of actions somewhere visible so you can serve as a reminder to stay focused during the waxing moon

7. Journal Your Experience

- Close your ritual by journaling your thoughts and emotions. Write about what you've accomplished, any adjustment, how you feel, and your gratitude



7. Close the Ritual

- Thank the Moon for Her guidance and support
- Extinguish the candle and envision your intentions becoming a reality.

WAXING MOON PLANNER

DATE: _____

SIGN: _____

*The waxing phase is a time to refine your goals and plans and take inspired action.
toward your goals. It is about Growth & Action.*

WHAT ACTIONS ARE YOU TAKING TO MANIFEST YOUR INTENTIONS?

WHAT MANTRA OR AFFIRMATIONS WILL KEEP YOU ON TRACK?

WHAT ARE MY NEXT STEPS? WHAT OPPORTUNITIES ARE SPEAKING TO ME?

RITUAL OR ACTIVITY PLANNER:

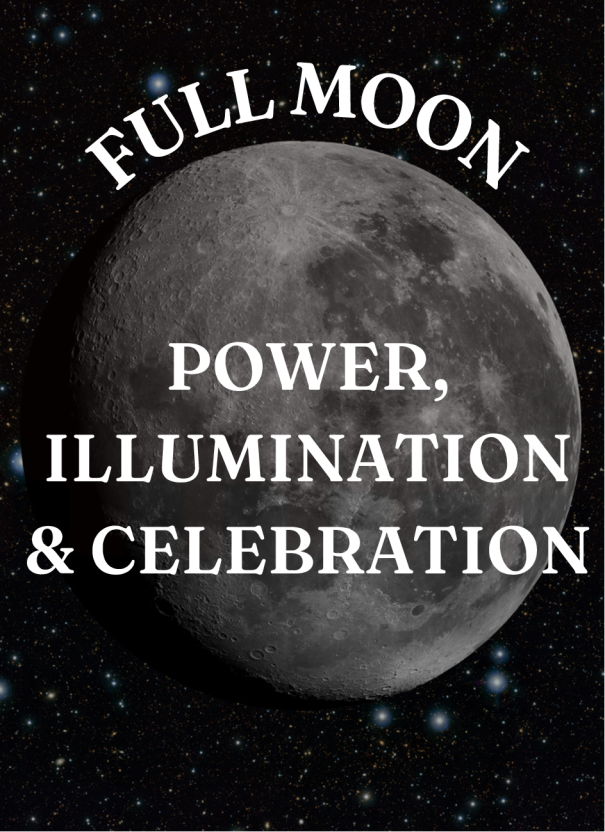
JOURNAL PROMPTS: WAXING MOON REFLECTIONS

What new opportunities or goals do I want to attract into my life during this lunar cycle?

What action steps can I take today to start moving toward my desires?
What's one thing you can do now to begin the journey?

How can I align my energy with abundance and growth during this phase?

What limiting beliefs or fears do I need to release in order to make room for new beginnings?



FULL MOON

POWER,
ILLUMINATION
& CELEBRATION

HOW TO WORK WITH THE FULL MOON

The Full Moon comes right in the middle of the lunar cycle (about two weeks after the New Moon). The Full Moon is a time when the moon is at its most powerful, radiating its peak energy and illuminating the night sky in its full brilliance, making it the perfect time to manifest your desires and amplify the intentions you set during the New Moon. The Full Moon's energy is potent and can supercharge your goals, helping you align with your deepest aspirations and release anything holding you back.

You can work with the Full Moon's energy for three days—the day before, the day of, and the day after—allowing for a flexible window to harness its magical influence through rituals, meditations, or celebrations. It's a time to embrace your power, connect with the universe, and watch your dreams take shape.



Each Full Moon falls under a particular astrological sign, which is opposite of the Sun's zodiac sign for that month. As the moon travels through the zodiac, there are different and unique energies that impact the Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magical workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.

WORKING WITH THE FULL MOON

Charge Your Crystals

Place your crystals under the moonlight to cleanse and recharge them with the Full Moon's potent energy. This helps amplify their natural properties for future use in your magickal practices.



Make Moon Water

Fill a jar with water and leave it under the moonlight to absorb its energy. Use this moon-charged water for rituals, cleansing, drinking (if safe), or adding to baths to infuse your life with lunar power.



Manifesting New Moon Intentions

Reflect on the intentions you set during the New Moon and take steps to manifest them. The Full Moon's energy amplifies your efforts, helping you see tangible progress.



Celebrating with Friends and Family:

Gather with loved ones for a Full Moon ceremony or celebration. Share intentions, enjoy a feast, or simply dance and connect under the moonlight.



WORKING WITH THE FULL MOON

Perform Gratitude Magick:

Write down everything you're grateful for and create a small offering or ritual to honor the blessings in your life.

Gratitude raises your vibration and aligns you with the abundance of the universe.



Practice Divination:

Use tools like tarot cards, oracle decks, pendulums, or scrying to gain insight and clarity during the Full Moon. Its illuminating energy enhances intuition and connects you to your higher self.



Meditate

Spend time in quiet meditation under the moonlight. Focus on releasing negativity, connecting with your inner power, and aligning with your highest purpose.



Connect with Your Higher Self:

Use this time for spiritual growth by journaling, visualizing, or calling on your spirit guides. The Full Moon's energy enhances your ability to connect with your divine essence.



FULL MOON RITUAL: EMPOWERMENT & CLARITY

1. Create the Sacred Space:

- Choose a quiet, comfortable space where you can see the moon, either outdoors or near a window
- Cleanse the space with smoke or sound
- Set up your altar with candles, crystals and your journal/notes from the new moon



2. Ground & Center Yourself

- Sit comfortably and take a few deep breaths
- Visualize a beam of moonlight shining down on you, filling you with power and strength



3. Reflect on Your Journey

- Take out any notes or intentions you created during the New Moon.
- Reflect on your journey since then, the progress you have made, and the lessons you have learned



4. Illuminate and Adjust Your Path

- Consider whether anything needs to change to align more fully with your intentions by holding your notes in your hand in the moonlight
- Ask the full moon to illuminate any areas of your light that need clarity or insight
- Allow the messages to come to you

FULL MOON RITUAL: EMPOWERMENT & CLARITY

5. Celebrate Your Success

- Acknowledge and honor all the progress you've made, no matter how big or small. Celebrate your wins, your growth, and your resilience.
- Give thanks to the moon and any deity that you work with for its guidance and support



6. Release and Renew

- If there are any intentions that no longer serve you, release them under the full moon by either writing them down and burning them or speaking them aloud asking for the universe to take them away



7. Journal Your Experience

- Close your ritual by journaling your thoughts and emotions. Write about what you've accomplished, any adjustment, how you feel, and your gratitude



8. Close the Ritual

- Thank the Moon for Her guidance and support
- Extinguish the candle and envision your intentions becoming a reality.

FULL MOON PLANNER

DATE: _____

SIGN: _____

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

WHAT ARE YOU MANIFESTING RIGHT NOW?

WHAT ACCOMPLISHMENTS HAVE YOU MADE? CELEBRATE ANY WINS AND PROGRESS.

WHAT DO I WANT TO LEAN INTO MORE?

RITUAL OR ACTIVITY PLANNER:

JOURNAL PROMPTS: FULL MOON REFLECTIONS

What is being illuminated in my life right now, either about myself, my path, or my relationships?

What intentions have I made progress on since the New Moon? What am I proud of?

What thoughts, patterns, or behaviors am I ready to release to make space for expansion?

What do I feel most grateful for at this moment in my journey?

A large, detailed image of a waning moon in a starry night sky. The moon is the central focus, showing its craters and maria. The text is overlaid on the image in a white, serif font. The background is a dark, starry sky with many small, bright stars.

WANING MOON

**LETTING GO,
CLEARING &
REALIGNMENT**

HOW TO WORK WITH THE WANING MOON

The Waning Moon phase begins just after the Full Moon and continues until the New Moon with several key phases: Waning Gibbous, Last Quarter, and Waning Crescent. The Waning Moon phase is a powerful period of release, reflection, and renewal. During this time, the moon's energy supports the letting go of what no longer serves you—whether that's emotional baggage, old patterns, or external influences. It's an ideal time for cleansing negativity, removing roadblocks, and purging anything that's holding you back. As the moon decreases in size, it invites introspection and the opportunity to clear space for new beginnings. The Waning Moon encourages you to focus on release, healing, and preparation for the fresh start that comes with the next New Moon.



Each Moon falls under a particular astrological sign. As the moon travels through the zodiac, there are different and unique energies that impact the

Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magical workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.

WANING MOON PHASES

Waning Gibbous

The Waning Gibbous occurs just after the Full Moon, making it an ideal time for release and clearing. This phase is perfect for banishing, cleansing, and bringing closure to situations or energies that no longer serve you. It's a powerful moment to remove anything—spiritually, emotionally, or physically—that holds you back, creating space for transformation and renewal.



Last Quarter

The Last Quarter moon marks the halfway point between the Full Moon and the New Moon, offering a time for reflection and transition. This phase is perfect for removing blockages or obstacles that stand in the way of achieving your goals and manifesting your desires. It's an ideal time to release fears, doubts, and limiting beliefs, allowing you to clear the path and prepare for new beginnings as the cycle closes and a fresh start approaches.



Waning Crescent

The Waning Crescent moon phase occurs just before the New Moon, making it a time of reflection and release. This phase is perfect for quick cleansing, banishing negativity, and letting go of bad habits or patterns. It's a powerful time to clear away anything that no longer serves you, creating space for new beginnings as you prepare for the fresh energy of the New Moon.



WORKING WITH THE WANING MOON

Cleanse Your Space

Clean and cleanse your space to clear out stagnant energy, creating an environment that feels fresh and open for new beginnings.



Spell Work

Perform banishing spells or rituals to remove unwanted influences or negative energy from your life. Do a road-opening spell to clear blockages and free yourself from obstacles that may be preventing progress or manifesting your desires.

Release What No Longer Serves You

Write things down on a piece of paper that you wish to release—whether it's fears, doubts, or old patterns—and then safely burn or bury the paper as a symbolic act of letting go.



Cleansing Bath

Take a ritual cleansing bath infused with herbs or salts to release bad habits, cleanse your energy, and prepare for a fresh start in the next lunar cycle.

WANING MOON RITUAL: RELEASE & HEALING

1. Create the Sacred Space:

- Choose a quiet, comfortable space where you can see the moon, either outdoors or near a window
- Cleanse the space with smoke or sound
- Set up your altar with candles, crystals and your journal/notes from the new moon



2. Ground and Center Yourself

- Sit comfortably and take a few deep breaths
- Visualize a beam of moonlight shining down on you, filling you with power and strength



3. Reflect on What You Need to Release

- Think about any negative thoughts, habits, or relationships that are holding you back. What do you need to let go of in order to move forward?



4. Write down what you want to release

- Write down what you want to release on a piece of paper. Be honest and specific about why it is no longer serving your best interests.

WAXING MOON RITUAL: RELEASE & HEALING

5. Release and Let Go

- Hold the paper in your hands and close your eyes. Visualize the energy of the waxing moon helping you to release what you wrote down. Feel the relief throughout your body.



6. Burn or Bury the Paper

- Burn the paper as an offering to the moon (or you can bury it in the earth as a symbol of release). As you do, say something like "I release what no longer serves me and make space for new blessings in my life"

7. Journal Your Experience

- Close your ritual by journaling your thoughts and emotions. Write about what you've accomplished, any adjustment, how you feel, and your gratitude



8. Close the Ritual

- Thank the Moon for Her guidance and support
- Extinguish the candle and envision your intentions becoming a reality.

WANING MOON PLANNER

DATE:

SIGN:

*The waning is a time to release control, cleanse your energy, and put faith in the Universe.
Turn your attention inwards, reflect, and meditation.*

WHAT HABITS OR PATTERNS DO YOU NEED TO RELEASE FROM YOUR LIFE?

WHAT ARE YOU THANKFUL FOR RIGHT NOW?

HOW WILL I PRACTICE SELF-CARE?

RITUAL OR ACTIVITY PLANNER:

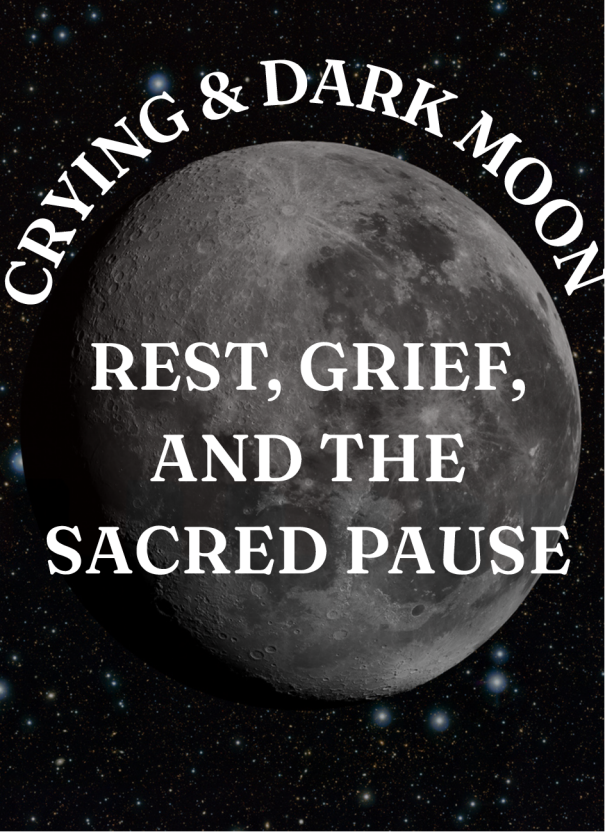
JOURNAL PROMPTS: WANING MOON REFLECTIONS

What negative patterns or habits am I ready to release in order to move forward?

What emotional or spiritual blockages am I ready to clear?

What lessons have I learned from the past cycle that I am now ready to let go of?

How can I cleanse my energy and environment to support my healing and transformation?



CRYING & DARK MOON

**REST, GRIEF,
AND THE
SACRED PAUSE**

UNDERSTANDING THE CRYING MOON

The Crying Moon isn't a traditional astronomical phase, it's an energetic and emotional space between waning and darkness. This is the grief phase of the moon cycle. Here, you may feel:

- Emotionally raw or weepy
- Grief rising from the body or heart
- A need for solitude, silence, or sleep
- Resistance to doing anything

This is not weakness. This is sacred vulnerability, and it's part of your spiritual cycle. Allow yourself to feel. Grieve what was lost. Mourn what didn't grow. Honor your shadows, regrets, and broken pieces. There is healing in the tears.



Each Full Moon falls under a particular astrological sign, which is opposite of the Sun's zodiac sign for that month. As the moon travels through the zodiac, there are different and unique energies that impact the Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magical workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.

UNDERSTANDING THE DARK MOON

The Dark Moon is the final lunar phase, right before the New Moon appears. No moon is visible in the sky, and that absence creates space for deep rest, reflection, and spiritual restoration. The Dark Moon invites:

- Complete energetic shutdown and stillness
- Time with ancestors, dreams, and your inner voice
- Shadow work and soul integration
- An energetic "death" before the cycle renews

This is the spiritual compost phase. What is no longer useful breaks down and returns to the Earth, so new life can begin.



Each Full Moon falls under a particular astrological sign, which is opposite of the Sun's zodiac sign for that month. As the moon travels through the zodiac, there are different and unique energies that impact the Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magical workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.

WORKING WITH THE CRYING/DARK MOON

Emotional Healing

Let yourself cry, sleep, journal, or do nothing at all. Take salt baths or lay down on the Earth for grounding. Use soft music, herbal teas, or gentle movement (like yin yoga) to support release.



Shadow Work

Reflect on patterns, fears, or beliefs that need healing. Ask yourself: What part of me do I keep hiding? Why? Use tarot or oracle cards to explore the unseen.

Ancestor Connection

Light a candle for your ancestors. Ask them for support or insight. Speak to them aloud or write them a letter. Place offerings on your altar — water, food, herbs, or photos.



Rest & Dream

Sleep in. Turn off notifications. Let your dreams guide you — record them in your Moon Journal. Say 'no' to obligations that feel heavy or forced.

CRYING/DARK MOON PLANNER

DATE: _____

SIGN: _____

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.

WHAT DID YOU LEARN DURING THIS LUNAR CYCLE?

HOW WILL YOU PRACTICE SELF-CARE?

RITUAL OR ACTIVITY PLANNER

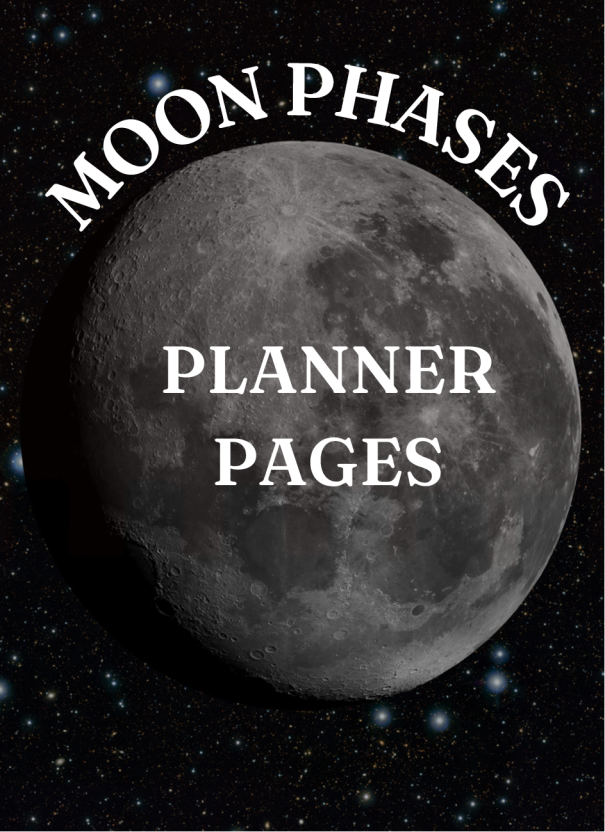
JOURNAL PROMPTS: DARK MOON REFLECTIONS

What am I grieving, consciously or unconsciously, that needs to be felt and honored?

What part of myself have I been hiding, suppressing, or avoiding? What does that part want me to know?

What old version of me am I finally ready to let go of, with love, not judgment?

If I gave myself full permission to rest, unplug, and retreat right now, what would that look and feel like?



MOON PHASES

PLANNER
PAGES

WEEKLY MOON PLANNER

PHASE	DATE	SIGN	ENERGY
NEW			
FIRST QUARTER			
FULL MOON			
LAST QUARTER			
CRYING			
DARK			

Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

MOON CYCLE PLANNER

START DATE:

MONTH:

MONTHLY ENERGIES:

ASTROLOGICAL EVENTS

MOON CYCLE INTENTION:



PLANNING NOTES:

MOON CYCLE PLANNER

Month of: _____



NEW MOON



WANING GIBBOUS



WAXING CRESCENT



LAST QUARTER



FIRST QUARTER



WANING CRESCENT



WAXING GIBBOUS



CRYING MOON



FULL MOON



DARK MOON

NEW MOON PLANNER

DATE:

SIGN:

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

WHAT DO I WANT TO MANIFEST? A NEW PROJECT? A GOAL? A DESIRE?

WRITE YOUR INTENTION FOR THIS CYCLE. BE AS SPECIFIC AS POSSIBLE

WHAT SEEDS AM I PLANNING RIGHT NOW TOWARDS MY BIGGER GOALS?

RITUAL OR ACTIVITY PLANNER:

WAXING MOON PLANNER

DATE: _____

SIGN: _____

*The waxing phase is a time to refine your goals and plans and take inspired action.
toward your goals. It is about Growth & Action.*

WHAT ACTIONS ARE YOU TAKING TO MANIFEST YOUR INTENTIONS?

WHAT MANTRA OR AFFIRMATIONS WILL KEEP YOU ON TRACK?

WHAT ARE MY NEXT STEPS? WHAT OPPORTUNITIES ARE SPEAKING TO ME?

RITUAL OR ACTIVITY PLANNER:

FULL MOON PLANNER

DATE: _____

SIGN: _____

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

WHAT ARE YOU MANIFESTING RIGHT NOW?

WHAT ACCOMPLISHMENTS HAVE YOU MADE? CELEBRATE ANY WINS AND PROGRESS.

WHAT DO I WANT TO LEAN INTO MORE?

RITUAL OR ACTIVITY PLANNER:

WANING MOON PLANNER

DATE: _____

SIGN: _____

*The waning is a time to release control, cleanse your energy, and put faith in the Universe.
Turn your attention inwards, reflect, and meditation.*

WHAT HABITS OR PATTERNS DO YOU NEED TO RELEASE FROM YOUR LIFE?

WHAT ARE YOU THANKFUL FOR RIGHT NOW?

HOW WILL I PRACTICE SELF-CARE?

RITUAL OR ACTIVITY PLANNER:

CRYING/DARK MOON PLANNER

DATE: _____

SIGN: _____

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.

WHAT DID YOU LEARN DURING THIS LUNAR CYCLE?

WHAT DO I NEED TO FRESHEN UP IN MY LIFE?

HOW WILL YOU PRACTICE SELF-CARE?

RITUAL OR ACTIVITY PLANNER:

RITUAL PLANNER

DATE:

MOON PHASE



NAME:

ASTROLOGICAL SIGN

INTENTION

INGREDIENTS/TOOLS

SPECIAL NOTES

RITUAL FLOW

CAST CIRCLE/CALL ENERGY:

MAIN WORKING:

RAISE ENERGY

CLOSE THE RITUAL:

GROUNDING:

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

FOR MORE MAGICK



This workbook is lovingly designed for families—offering simple, meaningful ways to connect with the moon through shared rituals, creative activities, and age-appropriate reflections. It's perfect for parents, caregivers, and children to explore lunar living together. If you're looking for a deeper dive into moon magick, including detailed rituals, advanced journaling prompts, moon correspondences, and spiritual practices tailored for personal growth, be sure to check out our companion guide: the Moon Magick Workbook for Solitary Practitioners. Both guides follow the same moon phases, so you can journey alongside your family while also nurturing your own spiritual path. 🌙✨

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

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