



LUNA ARTS BEGINNER'S TOOL BOX

A GUIDE TO A SACRED FEMININE PRACTICE

Awakening our inner feminine power is a revolutionary act during these times of continuous immediacy. Our inner feminine voice is: receiving, pausing, advocating for our right to be unique, trusting, and holding space for our deepest dreams. Listening is respecting our wild voice within.

Lunar cycles, invite us to honor our souls' desires, to understand them, and (if needed) to heal them in an organic way.

For this beginner's exercise we invite you to create the first pillars of your luna practice with us.

You will need:

4 pieces of A4 cardboard

Scissors

Glue

A quiet space

Instructions:

Cut out the 4 stars below and

glue each one of them onto separate cardboards

. After that, take some time to meditate on each star.

Write what comes to mind on the back of the paper.

Then, answer the following questions on a separate piece of paper:

What is the moon cycle (archetype) I identify the most with? Why? (Be as clear as possible, be descriptive and give examples)

What is the moon cycle (archetype) I identify the least with? Why? (Be as clear as possible, be descriptive and give examples)

During this next month, what steps can I take to honor these two archetypes to find more integration in my life? (hint: start small, think about 1 activity that you could do to that would honor these two energies.)

ENJOY!

Enchantress

Wild Self

Waning Moon

Vibe:

Going within, Intuitive

Feeling it all

Mother
Full Moon

Vibe:

Celebratory, Releasing,
Embracing,
Extroverted

Maiden

Waxing Moon

Vibe:

Renewed, Energetic

Adventurous

