



## Benefits of Living with a Moondial

Living with a Moondial opens a process of self-discovery and connection to the primordial lunar rhythms joining heaven and earth. It helps us uncover patterns buried deep in our ancestral pasts and beneath our everyday awareness.

Several months of use will allow you to discover the patterns recurring in your monthly cycle that are specific to you. You will get intimately familiar with your emotions, which thereby gets you in touch with your subconscious self.

Being in touch with your subconscious self and the lunar cycle gives you the opportunity to transcend ingrained beliefs and overcome genetic conditioning. You can use this information as a basis for planning and adjusting your life activities to achieve fulfillment and balance.

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### Use this Moondial to track:

- ✦ The lunar phase ✦
- ✦ Your daily emotions ✦
- ✦ Your daily physical well-being ✦
- ✦ Your menstrual cycle ✦

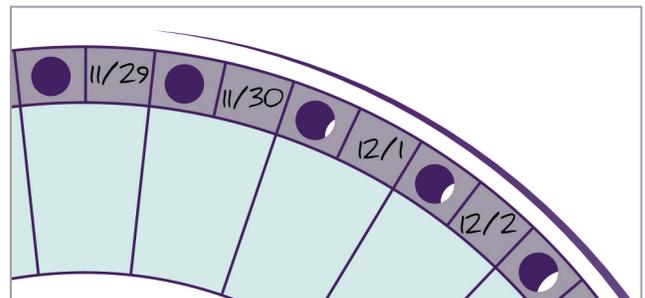
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## How to Use Your Moondial

Each chart has 29 days representing a full lunar cycle. The lunar cycle begins at the middle top with the New Moon, which is shaded completely. Going clockwise from the New Moon, the right side tracks the waxing phase of the lunar cycle; the left side comprises the waning phase. The Full Moon appears at the bottom of the chart, joining these two phases.

The easiest way to use your moondial is to begin with the new moon at the top and fill in the calendar dates of the current cycle in the slot next to the moon icon.

You can also begin at any point in the lunar cycle by figuring out what day of the cycle you're on and finding the appropriate spot on the map.



Example 1

## How to Use Your Moondial, cont.

Once you've located the appropriate spot of the Moondial for today's date, begin mapping by recording your emotional and physical well-being in the provided spaces as indicated by the key.

We recommend keeping your Moondial somewhere easy to access, such as on your bedside table or on your refrigerator, and updating it every day. Give yourself space to relax, nourish your soul, and record your awareness.

If you miss a day, don't sweat it: even if your observations cover a few days at a time, this will allow patterns and rhythms to emerge longer-term as you continue to track.

## Delve Deeper

Join us in the Lunar Ladies Club to receive weekly guidance on how the lunar cycle is affecting you personally. Accelerate your personal growth, join our community of like-minded women and have fun while we regain our natural vibration.

[Learn more at www.lunarladies.com/join-us](http://www.lunarladies.com/join-us)

