# The Luminary of Self Care

## Unlocking the Magic & the Mysteries of the Moon




# WORKBOOK

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BE BOTH

soft

AND

wild

JUST LIKE THE

moon



# To my lunar love =

I am so grateful that you are here, but more importantlly, you should be grateful to yourself for carving this time for yourself.

Our intuition is the most accurate voice we have to navigate this reality.

...but it's the quietest!

It whispers within the emotions we suppress

The gut instincts we ignore

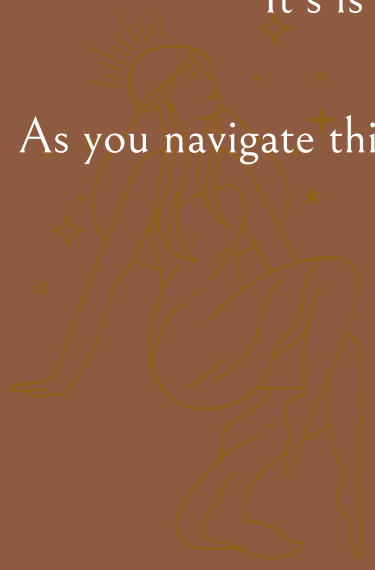
The synchronicities we dismiss as a coincidence

The ideas from muse we disregard

The moon is mystical, magical, mysterious - it's ever-changing, waxing and waning, fluctuating - mirroring our own natural rhythms.

It's is beautiful journey, one to be both learned and felt.

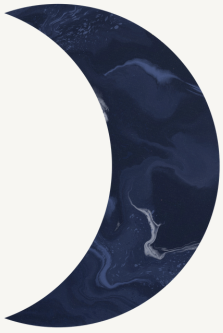
As you navigate this container, carve space for illuminations of all sorts to come to the surface.



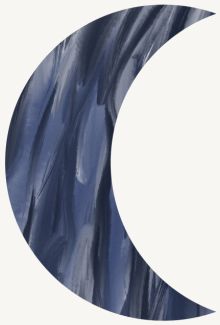
I'll be supporting you every step of the way.

Sending Moon Magic Your Way.

Haley Comet
ASTROLOGY



# Lunar CALENDAR



Use this journal template to observe how your emotions and inner landscape wax and wane with the moon! Begin to tune into how it is YOU experience these various moon phases and moon transits.

WEEK OF:

## Sunday

Moon Sign:
Moon Phase:

## Monday

Moon Sign:
Moon Phase:

## Tuesday

Moon Sign:
Moon Phase:

## Wednesday

Moon Sign:
Moon Phase:

## Thursday

Moon Sign:
Moon Phase:

## Friday

Moon Sign:
Moon Phase:

## Saturday

Moon Sign:
Moon Phase:

Self-Care ASTROLOGY

WHO I embody:

Notes on my natal Moon Phase

WHAT nourishes me:

Notes on my natal Moon sign

WHERE I experience fluctuations & emotions:

Notes on my natal Moon house placement

HOW my emotional landscape is modified:

Notes on my natal Moon aspects

# SIGN GUIDE

## Aries ♈

Modality: Cardinal
Element: Fire
Emblem: Ram
Ruling Planet: Mars
Keywords: Risk taker, Brash, Selfish, Courageous independent, Bold, Headstrong & Spontaneous

## Taurus ♉

Modality: Fixed
Element: Earth
Emblem: Bull
Ruling Planet: Venus
Keywords: Strong-willed, Stubborn, Steady, Loyal, Dependable, Generous, Sensual & Reliable

## Gemini ♊

Modality: Mutable
Element: Air
Emblem: Twins
Ruling Planet: Mercury
Keywords: Flirty, Articulate, Restless Social, Intelligent, Chatty, Curious & Loquacious

## Cancer ♋

Modality: Cardinal
Element: Water
Emblem: Crab
Ruling Planet: Moon
Keywords: Sweet, Homebody, Intuitive, Emotional, Responsive, Loving, Shrewd, Strategic & Affectionates

## Leo ♌

Modality: Fixed
Element: Fire
Emblem: Lion
Ruling Planet: Sun
Keywords: Proud, Loving, Generous, Showy, Passionate, Leader, Independent, Self-Centered, Ambitious & Loyal

## Virgo ♍

Modality: Mutable
Element: Earth
Emblem: Virgin
Ruling Planet: Mercury
Keywords: Habitual, Service-oriented, Helpful, Organized, Routine, Detailed, Efficient, Analytical, Hard-working & Witty

## Libra ♎

Modality: Cardinal
Element: Air
Emblem: Scales
Ruling Planet: Venus
Keywords: Sociable, stylish, Artistic, Harmonious, Fair, Charismatic, Flirtatious, Persuasive & Indecisive

## Scorpio ♏

Modality: Fixed
Element: Water
Emblem: Scorpion
Ruling Planet: Mars (Pluto)
Keywords: Intense, Possessive, Competitive, Intuitive, Shrewd, Jealous, Cunning, Resilient, Sharp and Loyal

## Sagittarius ♐

Modality: Mutable
Element: Fire
Emblem: Archer
Ruling Planet: Jupiter
Keywords: Bold, Optimistic, Curious, Free-Spirited, Adventurous Visionary, Uplifting, Optimistic & Wise

## Capricorn ♑

Modality: Cardinal
Element: Earth
Emblem: Goat
Ruling Planet: Saturn
Keywords: Disciplined, Hard-Working, Realistic, Competent, Sophisticated, Persistent, Goal-Oriented & Resourceful

## Aquarius ♒

Modality: Fixed
Element: Air
Emblem: Water Bearer
Ruling Planet Saturn (Uranus)
Keywords: Idealistic, Quirky, Free-Spirited, Independent, Rebellious, Eccentric, Friendly, Unique & Individualistic

## Pisces ♓

Modality: Mutable
Element: Water
Emblem: Fish
Ruling Planet: Jupiter (Neptune)
Keywords: Sensitive, Kind, Emotional, Gentle, Imaginative, Spiritual, Intuitive, Loving, & Ethereal

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# Aries Moon

Your emotional world is bold, volatile, and pure. Since you have a Mars-ruled Moon, you often take action on how you feel. Without losing your forthrightness, explore ways to create a gap time between what it is that upsets you and your response to it. This gives you more time to contemplate it further and respond in a more mindful way.

### *Self-Care Tip for the Aries Moon Soul:*

Movement is your best friend. You are passionate and when something upsets you, you feel it STRONGLY and INTENSELY. Get physical when you are upset - no, not punching the one in question who angered you, Aries! Channel your frustration into martial arts, kickboxing, walking - whatever it is to burn off some physical energy.



# Taurus Moon

Your moon is in a cozy sign, so making yourself feel as comfortable as possible is essential. Anchor into your senses to ground down your emotions in times when your world feels turbulent. You can get very attached and have a hard time separating from what hurts. Your feeling nature is a slow and steady one and the healing process cannot be rushed, so be patient.

### *Self-Care Tip for the Taurus Moon Soul:*

You don't have to spend a ton of money on luxury! YOU decide what luxury means for you. Does it mean succulents lining your side window? Afternoons free to sip wine in your bubble bath? Spending seven dollars on soy candles because it just fills you with joy when you sniff it? This can be emotionally supportive for you - to give yourself experiences that connect you deeper into yourself.



# Gemini Moon

You have a logical approach to your feeling nature. You can feel as if you are constantly battling a tendency to intellectualize your feelings. Know that you are valid for feeling what is coming to the surface. You don't need to have a thesis and three articles of research to support your argument! Feeling it is enough and tuning into your needs is enough.

### *Self-Care Tip for the Gemini Moon Soul:*

Converting your emotions into words could help you make sense of them and identify your needs. Call up a trusted friend when you're upset and see if telling them about the situation prompts insights or clarity. Or consider journaling, podcasting, or Voice Memo-ing on what's bothering you - when emotions feel murky, words can feel clarifying.



# Cancer Moon

You have a deep need to nurture and are gifted at doing so. You deeply care about those you hold dear and are ride or die for them. Ensure you have a safe space where you can also nurture yourself, as you can neglect what you emotionally need to feel safe.

### *Self-Care Tip for the Cancer Moon Soul:*

You can feel safest and most supported at home, so ensure it is a place that soothes your spirit. Decorate with the colors that make you feel comforted, have photos of those you love around you, have the coziest blankets and quilts - if you invest in anything, invest in making your sanctuary the most supportive environment possible.



# Leo Moon

Your emotions can be heightened, dramatic, and nearly theatrical. Honor their intensity; it's important for your internal landscape to have emotional authenticity and honesty of expression. Don't let other people tell you that you are "too much" - ask if THEY are enough!

## *Self-Care Tip for the Leo Moon Soul:*

Create because it feels good. Create because it makes you feel better. Create because it's a celebration of life, your unique style of viewing this world. Whatever the modality - cooking, theatre, singing, writing - make time weekly to allow your creativity and imagination to run wild.



# Virgo Moon

You may be restless from time to time. Inherently, you are a bit nervous. Virgo tends to scan for every possible thing that could go wrong, and you could emotionally take on what you worry about. For your internal health, it's super essential for you to connect to your body. Have ways to to start and end your day that allow you to find peace and "turn off" your nervous thoughts. You have an internal attachment to perfection and efficiency. You may only feel good about yourself when the bills are paid and the errands are taken care of. You are always scanning your life and your surroundings, trying to make sense of it all. Acknowledge how your daily routine helps or hurts you. You may find a mind/body movement practice helps you connect to your body.

## *Self-Care Tip for the Virgo Moon Soul:*

Acknowledge how your daily routine helps or hurts you. You may find a mind/body movement practice helps you connect to your body and get out of your mind. You are an Earth sign, Virgo, and with some deep breathing, you can come back into your body, to fully inhabit it.



# Libra Moon

Your emotional landscape may feel tied to the harmony you pick up, or don't, around you. You can feel deeply troubled when you perceive someone as upset and gravitate towards fixing it. While you can be gifted at attuning to the needs and desires of others to fix problems, it's important not to anchor your own emotional state to the issues of others. This is the sort of placement where you can look at your partner and absorb all of their frustrated emotions from work, even if you personally were having a good day.

## *Self-Care Tip for the Libra Moon Soul:*

Honor all of your emotions, even the ugly ones. Resist the temptation to brush the rawest of your emotions under the rug for the sake of keeping the peace.



# Scorpio Moon

Your emotional landscape runs DEEP. You may experience very polarizing emotions - diving into the abysses with every emotion you feel. You can't help it - you can experience even small inconveniences as crisis, a life or death scenario. However, you are the person others want around when things REALLY hit the fan - you come alive in intense situations and are able to be a rock others can rely on.

## *Self-Care Tip for the Scorpio Moon Soul:*

Because of your emotional depth, you are skilled in the art of transmutation. Rather than suppressing how you feel, turn it into something - those emotions are fuel! Whether it's art, a rigorous work out, sexuality - when you feel something, channel that strong emotion as fuel. This is a power source.



# Sagittarius Moon

You internally crave WIDE OPEN SPACES. You value freedom and love a life that allows you to be wealthy in experiences. While it's not feasible to travel every single day, even going to a new restaurant or learning about new topics could quench your soul's desire for wisdom and adventure. Give yourself permission to shake things up when they aren't serving you and gift your emotional landscape permission to spread its wings and fly.

### *Self-Care Tip for the Sagittarius Moon Soul:*

When emotionally incensed you have a tendency to run away from your own feelings. Your desire to see the bright side can lead to ignoring the raw emotions that are within. Notice when you are running away from feelings, or hiding your deepest emotions with reckless risk-taking or new experiences. Before you go on that hike or book that trip ask yourself - am I running away from what I'm feeling? Or am I looking to process it while I'm on this adventure?



# Capricorn Moon

You are internally fed and soothed by accomplishment, which can be challenging. You can relate your internal happiness with the success (or lack thereof) you see in the accolades around you. You may get stuck in the trap of "I'll be happy when I'm successful..." and lose out on the opportunity to create your own happiness in the pursuit of your ambitions and goals.

### *Self-Care Tip for the Capricorn Moon Soul:*

Choose endeavors that are soul-centered that make you proud of yourself. If you base your happiness off what others deem valuable, you can get stuck in a trap of living to make others proud, which is no way to live. Capricorn placements can have such pressure on themselves to get to the top of the ladder that they can forget to ensure the ladder is placed against the right wall. Work toward ambitions that mean something to you and honor your values.



# Aquarius Moon

There's an interesting push/pull when it comes to your emotional landscape. On one hand, you can be quite emotional when it comes to issues that plague humanity to a bigger scale. But when it comes to your interpersonal contacts, you can react to emotional situations with logic.

### *Self-Care Tip for the Aquarius Moon Soul:*

While your deep desire to save the world is laudable, it's important to set boundaries so you don't get emotionally overwhelmed. This means setting limits when it comes to your consumption of news and social media. You are naturally attuned to the collective consciousness, so taking in consistent stimuli of all of the problems plaguing humanity isn't healthy for your emotional landscape. Stay informed, but notice when your mental health is being affected and give yourself permission to walk away to fill your own cup.



# Pisces Moon

You have a natural intuition that is important for you to chisel within this lifetime. It can be confusing, feeling into this data and information without knowing the logical, exact source of it, but you're a Pisces - you're not here to process the world in a logical, exact way! Surrender to the flow of life, honor the insights that are generated, and TRUST your intuition - this psychic ability is looking out for you.

### *Self-Care Tip for the Pisces Moon Soul:*

When you feel emotionally incensed you may feel tempted to numb or escape from the depths of your emotions - you feel SO intensely that it feel overwhelming, like a gigantic wave washing over you. Allow yourself to feel that wave crash upon your skin, to feel it fully, and then let it ebb away. This is much healthier than numbing it, which simply delays the inevitability of dealing with these feelings.

# Living in Tune with the Moon



## New Moon

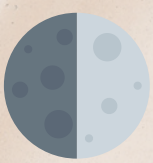
the beginning of the cycle. a blank slate to envision what you'd like to invite into your reality. a fertile foundation to plant the seeds you'd like to see blossom.

## Waxing Crescent Moon

an invitation to take aligned action. a time to plan and outline. the celestial call to make your dreams tangible and visible.



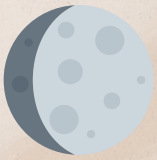
## First Quarter Moon



meeting (and conquering) challenges. a time to dig your heels in and continue to work onward. trusting inner guidance to make tough decisions

## Waxing Gibbous Moon

an opportunity to refine and improve. dialing into the details of your reality. reflecting and adjusting to ensure success.



## Full Moon



a culmination of your hard work. illumination of lessons and accomplishments. a peak to celebrate your successes and celebrate life

## Waxing Gibbous Moon

a cosmic call to give back to those around you. creativity and connection. an occasion to share your message with others.



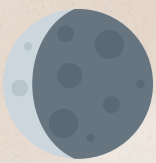
## Last Quarter Moon



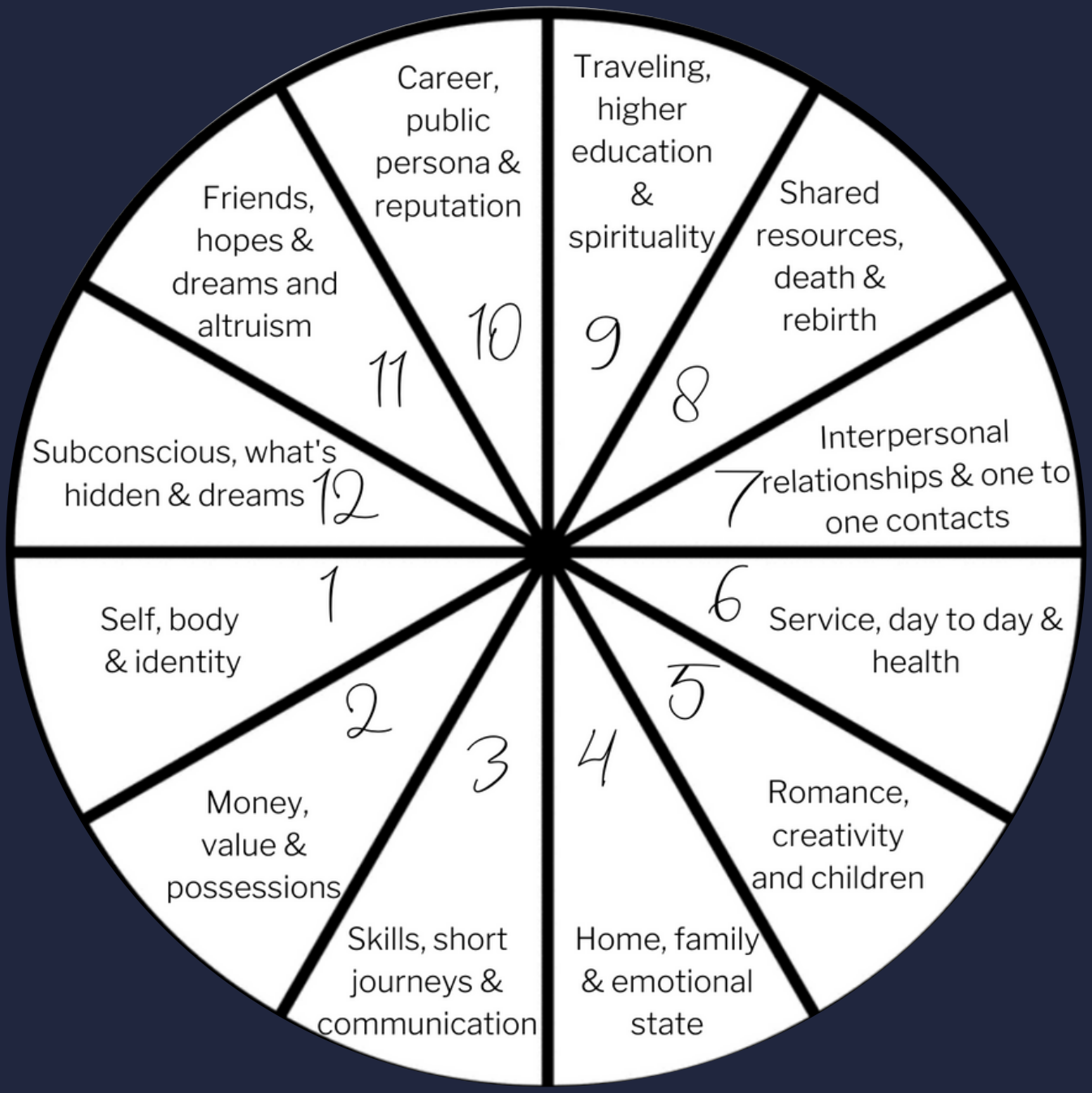
a release of what is no longer serving you. a shedding of outdated beliefs, possessions and projects. let go and create space

## Waning Crescent Moon

surrendering into spirit via prayer and meditation. the phase to come inward and reflect in soltitude. an honoring of your intuition.



# The Astrological Houses

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# Planet Guide

## Sun ☉

THE PLANET OF SELF-EXPRESSION & IDENTITY

## Moon ☽

THE LUMINARY OF EMOTIONS & NURTURING

## Rising AC

THE ANGLE OF HOW WE VIEW THE WORLD

## Mercury ☿

THE PLANET OF THOUGHTS AND INTELLECT

## Venus ♀

THE PLANET OF LOVE AND BEAUTY

## Mars ♂

THE PLANET OF ACTION AND ANGER

## Jupiter ♃

THE PLANET OF ABUNDANCE & LUCK

## Saturn ♄

THE PLANET OF RESTRICTIONS AND RULES

## Uranus ♅

THE PLANET OF REBELLION AND INSTABILITY

## Neptune ♆

THE PLANET OF ILLUSION & SPIRITUALITY

## Pluto ♇

THE PLANET OF POWER AND DESTRUCTION

## North Node ☊

YOUR SOUL'S JOURNEY

# Aspect Guide



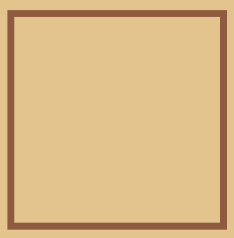
## Conjunction

Connects Signs

Degrees: 0

Energy: Synthesis & Concentration

FUSES planets



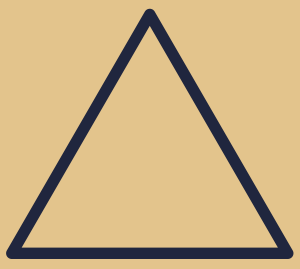
## Conjunction

Connects modality

Degrees: 90

Energy: Conflict & Challenge

CONFLICTS planets



## Trine

Links same element

Degrees: 120

Energy: Ability & Ease

LINKS planets together to work together



## Sextile

Links polarity

Degrees: 60

Energy: Complementary & Opportunity

Gives the OPPORTUNITY for planets to work together



## Opposition

Connects axis

Degrees: 180

Energy: Contrast & Stress

BALANCES planets

The aspects in brown are harsh aspects, indicating its energy is felt stronger

The aspects in blue are soft aspects, indicating its energy is felt less so