



*The girl + the moon*

*membership*

*Handbook*

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## How to use your diary.

On the dates of the energy use the prompts and zodiac updates in the pages below to harness the energy in line with your manifestations.

New Moon Aries - Use Aries Energy.  
Full Moon Libra - Use Libra Energy



On the New Moon - Make a wish, Say it out loud and write it down. Repeat after me I am all I ever dreamed. You can use the energies and exercise ideas outlined below to use that energy on the new moon and link that energy to your dreams.

The more you use these energies and align them with your intentions. The more you can explore your inner world and connect to your intuition. It takes practice and consistency. But through the membership you will get regular journals and workshops to help keep you on track





The card spread journal prompts throughout the journals you can either use for journaling or if you have oracle/tarot cards you can pull them on the new and full moon energy.

The prompts help you build and gain deeper clarity on what you want from life, your purpose, your connection to your higher self and this is the part of you that contains wisdom.

Lining up to the moon cycles is going to allow you to gain deeper sense of connection to your inner wisdom and magic. So the life of your dreams can unfold and you can boldly claim your destiny.

## *Find out your moon sign.*

The world represents your Inner World - Emotions - Hidden Personality.

This sign in your birth chart is known as your hidden personality. You are most likely to show these personality traits at home and with those closet to you.

Your moon sign is your gateway to your magic. Your relationship and nurturing your subconscious desires is key to support yourself to flourish.

It will also indicate the relationship you had with your Mother, therefore your inner child work is a great way to strengthen your connection to your moon.

Top tip read your moon sign first as it supports you in meeting your own needs first.

You can find out your moon sign by using your birth date, time and place.

If you use astro chart it will allow you to identify your moon, sun and rising sign (also known as ascendant - your rising sign is the best moon to manifest on! it's known as your super manifesting moon.)

Astro Chart Website Can Access Here:

[www.astro-charts.com](http://www.astro-charts.com)



# The Moon's 8 Phases

New Moon:- Make a wish, Say it out loud and write it down.  
Repeat after me I am all I ever dreamed.

Waxing Crescent:- My dreams are my priority. Share it with the world, Cease the opportunity. Repeat after me I prioritise my dreams.

First Quarter:- Spend time intentionally each day. Say no to the things that don't serve you. Repeat after me I am intentional with my energy.

Waxing Gibbous:- Observe your behaviour. Challenge old patterns. Repeat after me I am powerful.

Full Moon:- Celebrate your achievements. Write down what you are grateful for. Note down what holds you back and release it into the moon light. Repeat after me I am all I ever dreamed of and more.

Waning Gibbous:- Release what no longer serves you. Give back to others. Share your knowledge and skills. Repeat after me I attract my desires and give from my overflow.

Last Quarter:- Readjust, review and transition from what no longer serves you. What is working well and what isn't working so well for you. Repeat after me I prioritise my goals and my intention in all that I do.

Waxing Crescent:- Practice self care with love and ease. Release any feelings of guilt. Rest in a way which you soul desires. Repeat after me I nourish my soul to allow it to expand into who I am becoming.

Dark Moon:- Go inwards and listen to you higher self. What does she whisper to you. Day dream of your future self and commit to letting go of all of that which is no longer serving you. Repeat after me I am worthy of all my desire. I release stories, behaviour, souls and habits so they can transmute into new energy.

Through the girl and the moon membership we focus on the new moon and full moon in the journals.

If you do wish to upgrade you can access moon manifesting ecourse here which gives you a framework to use and harness all the moon energies available to buy [here](#).

# Moon Tips

## How to make the most of manifesting with the moon

Your Super Moon for Manifesting is:-

Two signs after your Sun Sign and Ascendant Sign e.g. if Aries is your sun sign your super moon for manifesting would be Aquarius

Your Moon Sign:-

The Moon in your chart represents our inner world, our emotions, subconscious and emotional needs. Your moon sign will tell you about your most vulnerable and emotional sides, and illuminates your private inner world. When reading your horoscope read you ascendant sign first, then your moon and then you sun sign.

If you are feeling particularly emotional about something that is going on in your life then reading your horoscope for your moon sign can support you with gaining further insights in to how you are feeling.

# Moon Tips

## How to make the most of manifesting with the moon

You can use this to plan out your year of moon wishing and use the energy to expand on each area of your development. Using this as a guide to support you and keep you accountable for your goals.

### New Moon and Full Moon

On the new moon you set the intentions in this area and then during the full moon you review your progress with the intentions you set at the new moon in the star sign in which it was in and celebrate your achievements and release any negative behaviours which are holding you back,

Note that the New Moon falls each month in the zodiac sign and then it will fall into the full moon in this sign - 6 months later you can check moon status through moon app.

### Daily Moon

You can check the daily moon as well to identify which sign it is in. That way you can bring in the energies of that day and your intentions under that new moon into every month as these go through the signs changing throughout.

The best app to track moon cycles to look for daily moon updates on the cycle and where the moon is free on app moon phases.

# *Moon Notes*

My moon journey

My moon sign is:-

My super moon for manifesting is:-

# Celestial Cleanse

A 121 session to get crystal clear on your vision and get you back on track.

Go from creating in chaos to clear crystal vision.

These sessions will get you back to where you are destined to be and feel clear on where you are going to get motivated and inspired.

Join the programme here:

[www.starsbystevie.com/celestialcleanse](http://www.starsbystevie.com/celestialcleanse)

# Lunar Activation Programme

A space for ambitious and driven souls ready to level up their manifestations with a group of like minded sisters in a sacred community.

From disconnected soul to the intuition lead goddess. A 5 month programme to unlock your most productive and balanced life.

This programme and sisterhood will provide you with personalised coaching, group sacred circles and personalised moon diary for you to feel inspired, activated and motivated in your dreams and visions.

Join the programme here:

[www.starsbystevie.com/thelunaractivationprogramme](http://www.starsbystevie.com/thelunaractivationprogramme)

*It's time to reach for the stars...*



Tag me in your moon rituals on your stories  
#thegirl+themoon



Keep me posted on your progress through dm's @starsbystevie

