# Seasonal Reflection Guide

A journal for living in rhythm with the moon, the seasons, and yourself.



### Welcome to Your Seasonal Reflection Journey

A sacred pause to come home to yourself, again and again.

Here, we honor the art of living in rhythm—with nature, with the moon, and most importantly, with yourself. This guide is your invitation to slow down and spiral inward, aligning with the natural cycles that shape our world and your own unfolding life.

### → What is Cyclical Living?

Cyclical living is the practice of aligning with the rhythms of nature—daily, seasonally, and moonly—so you can live in deeper connection with your body, your energy, and your sacred unfolding.

In a world that rewards hustle and constancy, cyclical living offers another way:

A way that listens before it leaps.

A way that trusts the wisdom of timing.

A way that teaches us: everything has a season.

This path isn't linear. It's spiral-shaped. It moves like the moon and the tides.

Some days are for planting. Others are for resting.

There's a time to go inward, a time to take action, and a time to simply be.

### Nervous System Wisdom & Sacred Pacing

Cyclical living is also about regulating your nervous system—getting to know your unique rhythm, honoring when you need rest, and reclaiming your energy from all the places it's been scattered.

Your body already knows.

When to pause.

When to create.

When to begin again.

By rooting into your natural rhythm, you begin to live from your center—not from pressure, perfectionism, or performance.

Snail pace is sacred pace.







### How to Use This Guide

This is not a planner.

It's a sacred companion—here to meet you in reflection, intention, and rhythm.

There is no right way to use this guide. Trust your body. Trust your timing.

Here are a few ways to move through it:

- Use the moon phase pages weekly to journal through each phase of the lunar cycle.
- Pause with the seasonal holidays (Wheel of the Year) to check in, realign, and reflect.
- © Begin each month or moon cycle with the Intention Setting Spread and/or an Oracle Card Pull.
- 🔅 Come back to the closing page any time you need a gentle reminder to begin again.

Let it be imperfect. Let it be yours.

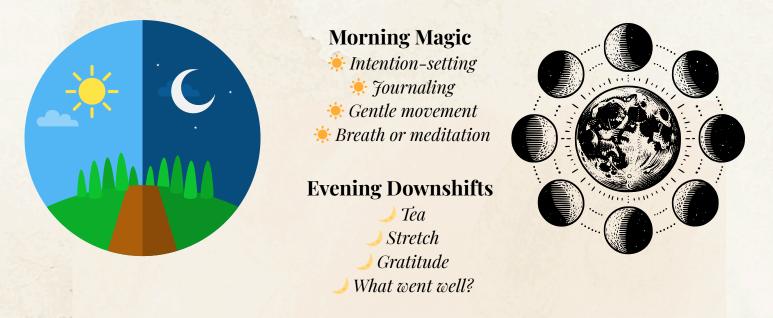
You can print it, write in it, scribble in the margins, or revisit one page over and over.

This guide is here to support you as you spiral deeper into your sacred way—one cycle at a time.



### Rhythms to Anchor Your Days

We weave in micro-rhythms (daily rituals) alongside macro-cycles (moons and seasons):



And throughout the day: small sacred pauses—hydrate, breathe, recalibrate.

These practices aren't about productivity—they're about presence.

### The Moon as a Mirror

The moon moves through a cycle every 28-29 days, and so do we.

These four anchor points can guide your energy and reflection:

**New Moon** – Dark sky. Deep soil. A time to set intentions and plant seeds. What do you want to grow?

First Quarter Moon - Energy builds. Take action. Push through resistance. Align effort with intention.

Full Moon – Peak energy. Celebrate. Illuminate. What's coming to light? What's ready to be released?

**Last Quarter Moon** – The letting go. Time to tie up loose ends, integrate, and go inward.

\*You don't need to do it all—just notice. Tune in. Trust the ebb and flow.



### Noodle & Intuition Encouragement

Doodling, drawing, and creative mark-making can help your brain integrate and retain insights—there's even neuroscience showing that it boosts focus and memory!

Don't be afraid to scribble, sketch, or collage your way through this guide. Magic doesn't need to be tidy to be true. Let your intuition lead.

★ This is your page—draw, doodle, scribble, collage, explore!

Doodle Away...

Allow yourself to be MESSY...to be PERFECTLY IMPERFECT...to be HUMAN.

### There's Never too MUCH Space to Doodle..

IT'S OKAY FOR YOU TO TAKE UP SPACE TOO!

### **\*** The Wheel of the Year

Cyclical living also follows the seasonal turning points—ancient markers of time celebrated in cultures around the world. These eight holidays (four quarter days and four cross-quarter days) offer a beautiful rhythm to live by:

### Quarter Days:

- **Y Spring Equinox** Balance & new beginnings
- **※** Summer Solstice − Full bloom & celebration
  - **♦** Fall Equinox Harvest & realignment
  - **※ Winter Solstice** − Deep rest & reflection

### Cross-Quarter Days:

- **Beltane** Spring Fire Festival of sensual aliveness
  - 烽 Imbolc − Spark of light & quiet visioning
    - **以 Lammas** − *Gratitude* & abundance
  - **Samhain** Honoring endings & the unseen

\*Each seasonal turning point offers an opportunity to pause, reflect, and realign your energy for the months ahead.



### Optional Opening Ritual: Oracle Card Pull

A sacred way to tune into the energy of your cycle.

Before you begin journaling, take a few moments to pause and pull an oracle or tarot card (or even a random page from a favorite book or deck of quotes).

### Mini Ritual:

Light a candle, take 3 deep breaths.

Ask: "What energy wants to guide me this cycle?"

Pull a card or intuitive message.

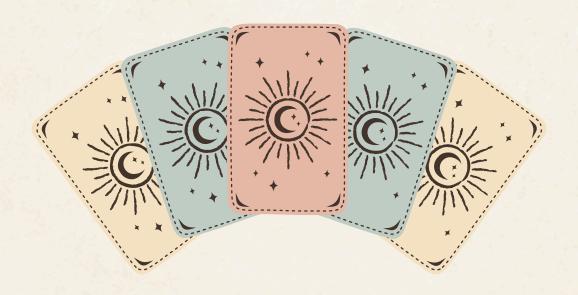
Notice what symbols, themes, or feelings arise.

You can journal or doodle your interpretation:

Card Pulled / Message Received

Reflections or Insights

You might return to this card throughout the cycle, noticing how its wisdom unfolds over time.



### What card did you pull?

Before reading someone else's interpretation, really feel into the image	ry, the symbolism.
Turn inward to determine what message you are supposed to glean	from the card

How does the message you're getting relate to your life, or to any patterns you've noticed in your life? How can you truly apply the messages your intuition is receiving?

### Netting Intentions That Feel Like You

Forget SMART goals.

We're not forcing outcomes—we're feeling into alignment.

Instead of "achieve X," we ask:

How do I want to feel?

Liberated? Connected? Peaceful? Playful?

### Then we ask:

Where do I want to focus my energy this cycle?

Career? Creativity? Relationships? Spirituality? Pleasure? You get to name it. You get to claim it.

Your life is your sacred work—and you get to shape it slowly, soulfully, one spiral at a time.







### **\*** Intention Setting Spread: Living in Rhythm

### Name This Cycle:

(A phrase or theme to describe the energy of this season. Ex: The Season of Deep Listening)

### **Anchor Word(s):**

(Choose 1–3 words that will guide you—ex: Spaciousness, Courage, Devotion)

### **How I Want to Feel:**

(Drop into your body—what emotional or energetic state are you longing for?)

### Where I'm Focusing My Energy:

(What area(s) of life are asking for attention? Ex: Creativity, Healing, Connection, Fun)

### What I'm Letting Go Of:

(Habits, fears, patterns, beliefs, or expectations no longer aligned)

### What I'm Welcoming In:

(New energies, practices, or invitations you're saying yes to)

### Symbols, Signs, or Synchronicities Noticed:

(Any messages or magic from nature, dreams, cards, or the world around you?)

### This Cycle, I Will...

(Write an intention, prayer, or soul statement to anchor your rhythm. Ex: I will trust the timing of my becoming.)



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### This Guide is Here to Help You...

Reflect.

Reconnect.

Realign.

Season by season. Moon by moon. Moment by moment.

There is no rush. No perfection. Just a gentle unfolding.

This is your path to walk, your rhythm to reclaim.

I have Jessie's Way—and you get to shape your way, too.

### Moon Phase Prompts

### New Moon

Themes: Planting seeds, new beginnings, visioning

What is calling to be birthed through me this cycle?
What intention feels alive and true for me right now?
If I could feel one way more often this month, what would it be?
What do I need to clear away to make room for the new?
Where in my life am I ready to begin again?

### First Quarter Moon

Themes: Commitment, action, growth through challenge

What small aligned action will move my intention forward today?

What resistance is showing up—and what might it be teaching me?

What part of me is ready to be seen, heard, or expressed?

Where do I need a little courage right now?

How can I support my energy while still taking meaningful steps?

### Full Moon

Themes: Illumination, celebration, letting go

What has come to light since the New Moon?
What am I ready to release or forgive?
What is something I can celebrate or honor about myself right now?
Where is life asking me to shine more brightly?
How am I being invited to surrender what no longer serves?

### **1** Last Quarter Moon

Themes: Integration, completion, inner reflection

What have I learned this cycle?
What loose ends am I being called to tie up?
How can I honor rest, solitude, or quiet right now?
What do I want to carry forward into the next cycle—and what will I leave behind?
What does my body need to restore and renew?

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Capture any Random Thoughts, Synchronicities, Images, Doodles throughout the moon cycle that arise. Anything goes.

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This is	s YOUR way!.		

### **◯** Wheel of the Year Journaling Prompts

### Imbole

### (Feb 1-2 | Midwinter) — Spark of hope, gentle beginnings

What is quietly stirring within me right now?
What seeds of possibility am I sensing, even if I can't see them yet?
How can I tend the small flame of my dreams with care and patience?
Where in my life am I ready to begin gently, without rushing?

### 🌼 Spring Equinox (Ostara)

### (~March 20 | Day and night are equal) — Balance, renewal, emergence

Where am I finding new life or fresh energy in my world?
What does balance look and feel like for me right now?
What intentions am I ready to grow and nurture this season?
What areas of my life are beginning to bloom?

### **Beltane**

### (May 1 | High Spring) — Passion, fertility, embodiment

Where am I being called to awaken my joy, play, or sensuality?
What desires want to be honored or expressed more fully?
How can I say yes to life in a more embodied way?
What would it look like to be wildly, unapologetically alive?

### \* Summer Solstice (Litha)

### (~June 20 | Longest day) — Radiance, celebration, expansion

What am I ready to celebrate about myself or my journey?
Where am I being invited to shine more boldly?
How do I want to use my energy while it is at its peak?
What brings me the most aliveness—and how can I welcome more of it?

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## Wheel of the Year Journaling Prompts (Cont.)

### Lammas (Lughnasadh)

### (August 1 | First Harvest) — Gratitude, tending, reassessment

What am I harvesting from my intentions so far this year? What has come to fruition—and what still needs care? Where can I offer gratitude, even for the imperfect? How can I tend what's already growing with more love?

### **♦** Fall Equinox (Mabon)

### (~September 22 | Day and night equal again) — Reflection, balance, letting go

What needs rebalancing in my life at this time? What have I learned from the year so far? What am I being asked to release or reframe? Where am I being invited to prepare for rest?

### **&** Samhain

# (October 31-Nov 1 | Ancestors, endings, the unseen) — Deep reflection, intuition, death & rebirth

What is ready to die or fall away in my life?
What messages are rising from my inner wisdom or intuition?
How can I honor my ancestors, guides, or inner knowing?
What are the hidden truths I'm ready to acknowledge?

### **\*\* Winter Solstice (Yule)**

### (~December 21 | Longest night) — Rest, stillness, rebirth

Where in my life am I craving deep rest?
What has this year taught me—and what do I want to carry forward?
What new vision is quietly taking root in the darkness?
How can I create a winter sanctuary for my soul?



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### The Sacred Spiral Continues

You've moved through the seasons, the moon phases, the sacred pauses.
You've planted, bloomed, released, and rested.

You've honored your feelings, your rhythms, your own unfolding way.

And now...

you get to begin again.

This is the beauty of living in rhythm.

You are never behind. Never too late.

Only ever right on time in your own cycle.

Your life is not a project to finish.

It's a garden to tend.

A flame to nurture.

A sacred spiral to walk, again and again.

Come back to these pages when you need a reminder.

Pause. Breathe. Listen.

The moon will rise.

The seasons will turn.

And you—you will continue crafting your way.

One sacred step at a time.

With deep trust,

