



Art of Sacred Living

THRIVE 2025

Magical
Planner

Envisioning The Year Ahead





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Welcome

THE ART OF SACRED LIVING
&
THE ALCHEMY OF INTENTION

Hello and welcome! I'm so happy you're taking a little time all for yourself, you deserve it.

You have in your hands here infinite possibility – this Magical Planner is the culmination of decades of self-exploration, experimentation, study and my own personal growth. I have tested and used the tools in this planner to transform myself and my life and they have the potential to guide you towards a life you truly love living if you choose to take the first step.

The journey of transformation begins within, interior exploration is required in order to affect the changes we desire for our lives both within and without. By training the gaze inward and following your heart you have access to your higher self and the infinite wisdom available to all beings. The Art of Sacred Living is but one path.

There are many elements and layers to the Art of Sacred Living, for our purposes here we're going to focus on the art of intention through the vehicle of Magical Planning.

Magical Planning is the alchemy of imagining + action. Within these pages are tools, techniques and rituals for unearthing your dreams and bringing magic to your daily life and out into the world.

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The First Step

*IN AN EASY AND RELAXED MANNER
IN A HEALTHY AND POSITIVE WAY
IN ITS OWN PERFECT TIME
FOR THE HIGHEST GOOD OF ALL*

WHAT YOU NEED TO EMBARK ON THIS JOURNEY

- A quiet, cozy spot to settle into (your sacred space)
- An hour or two of uninterrupted time
- A cup of tea or whatever beverage makes you happy
- A candle and any little items to make a sacred space near you
- Matches or lighter
- Blessing herbs of your choice – sage, palo santo, or whatever you prefer to cleanse your space
- Small piece of paper that you will burn
- Your favorite writing pen
- Your journal

Closing Ceremony

Before we move forward into the New Year we'll say good-bye to 2024 by taking some time to reflect on the past twelve months.

Start by creating a sacred container as you begin this journey. You've gathered your supplies and now is the time to light your candle, smudge yourself, your space and supplies, get comfortable, close your eyes, take a few cleansing breaths, and set your intention for this sacred process.

Spend some time reflecting on 2024 and the impact it's had.

Let us begin...

REFLECTING ON 2024

Did you choose a word for 2024? If yes, what was it? If no, you can choose one for 2025 (more on that later).

How did your word influence your year?

What changed for you in 2024?

What did you embrace?

What did you resist?

What did you discover about yourself?

What was the most significant thing(s) that occurred for you in 2024?

How did this impact your life?

What lessons did you learn in 2024?

What new things were you introduced to?

Who supported you and your dreams in 2024?

What are you most proud of in 2024?

What do you want more of?

What were the most impactful books you read or things you learned in 2024?

And because the darkness is a brilliant teacher, it's helpful to explore the shadow as well as the light...

What struggle(s) did you have to overcome?

How did you handle the struggle(s)?

What did you learn?

Where did you stretch yourself?

How did it feel to be outside of your comfort zone?

What do you want to let go of?

Who or what do you need to forgive?

In Closing

Any final words...?

Now is the time to let go of anything else you're holding on to.

Do you need to rant, share, release, journal, write about anything else to feel COMPLETE about 2024?

Do it here.

Circle of Completion

Write down what you want to release on a small piece of paper and burn it (safely in your fireplace, sink, or cauldron:-). As it burns place your hand on the magic releasing symbol and bring 2024 to a close by reciting out loud or to yourself:

*I breathe and give thanks for all that has passed
I open up to the beautiful possibilities unfurling before me
I let go and breathe, releasing all that is old and no longer serves me
I radiate in light and joy... all is beautiful and all is well*



Hello brand New Year!

LET'S EXPLORE

It's not uncommon to move through life without really contemplating what a well lived life means to you. Most don't make the time to think about what truly makes them happy. This is the space to do just that! Start exploring.

Writing things down gives them (and you) power. By writing down what you want more of you are signaling the Universe that you intend to manifest and thus tap into both your subconscious and the Universal Creative Energy that will assist you to in creating what you desire. Clarity is Queen.

How do I want to feel in 2025?

What would feel most nourishing? (This is a great question to ask yourself everyday)

3 things that bring me joy...

3 things that give me energy...

3 things I want to experience in 2024...

My 3 best qualities at this time are...

Gifts I will give myself this year...

Hobbies I would like to explore...

Places I'd like to visit this year...

Health

How do I feel right now physically?

What 3 are things that make me feel really good physically?

How do I feel right now mentally/emotionally?

What 3 are things that make me feel really good mentally/emotionally?

This year I will honor my beautiful body (sacred temple) by...

Learning

What do I want to learn in 2025?

Subjects I want to explore this year...

What books would I like to read in 2025?

Classes I want to take (in person and/or online)...

Make a reading/learning list here

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Sacred Space

Your home is your sanctuary. It should feel good to cross the threshold from the outside world into your home, a space that is welcoming and peaceful.

How do you feel when you enter your home?

Are there any changes or improvements you want to make to your home and/or yard this year?

How would you like to create sacred space in your home this year?

Is there anything more you'd like to add? This is the space for infinite possibilities. Go ahead, let your imagination soar.

Personal Mission Statement

GOING A LITTLE DEEPER...
WHY ARE YOU HERE, ON THIS PLANET, LIVING THIS LIFE?

Those are big questions, they deserve reflection, and they're important to think about. Why does this matter? I believe we all come to this life with a purpose and our own unique genius. When we live with purpose we're in the flow of creation, on our path, in our lane. When we're out of our lane we feel disease, this can show up as discontentment, frustration, resentment, depression, anger, or a host of other unpleasant feelings. Again, clarity is Queen! Ambiguity does not serve living a sacred, intentional life.

Take some time to think about and write out your Personal Mission Statement. Don't worry, it's not set in stone you can change it anytime. Mine has changed over the years as I grow and change.

Personal Success Statement

What does it mean to be successful? Success is something that we, as a culture, spend a lot of time striving for. But what is success really? Is it having a lot of money? The best job? The best house, car, clothes, possession, etc.? Our western, capitalistic culture has programmed us to have certain beliefs about what it means to be successful. I would challenge you to spend some time thinking about what success is to you, and of course to write that down. Don't be afraid to think outside of the box! Maybe being successful doesn't have anything to do with money, possessions or position.

Setting the Tone

CHOOSE YOUR WORD

Now that you've taken some time to explore how you want 2025 to feel and flow, and what you would like to create for yourself, it's time to choose a Word to support you and your vision throughout the year.

Why a Word you may ask? Life is a beautiful, messy, flowing mystery and I find it much more powerful to choose a single word to guide the year ahead. New Year resolutions feel too finite to me, without much room for the unexpected, and for most (including myself), an exercise in failure. It is the rare person that keeps their New Year resolution. A single Word leaves room for unexpected possibility, and magic.

This will be the 14th year that I've chosen a Word, and each year as I reflect, I never cease to be amazed at the magical influence my chosen word has had.

Take some time to think about what Word you will choose to guide you throughout 2025. You may already know your Word, or may need a little time to decide. There's no rush so just let your intuition guide you.

I've compiled a list of possible Words on the following page (of course feel free to add to the list). As you read through them, see if one stands out for you. Try to be intuitive about it, feel the Word that has the most meaning or relevance for what you'd like the New Year to bring forth. It's tempting to choose three or four, often more than one word feels very appealing. However, I highly recommend trying to narrow it down to one. It's been my experience that when I have just one Word, one theme for the year, and have clarity, the Universe taps into that focus and aligns energy around the word/idea/intention/desire.

Word of the Year

Compassion	Devotion	Heal
Delight	Surrender	Patience
Generosity	Clarity	Friendship
Effortlessness	Pioneer	Fun
Wealth	Peace	Grace
Gratitude	Love	Laughter
Abundance	Expansion	No
Creativity	Exploration	Beauty
Willingness	Adventure	Joy
Change	Openness	Gentleness
Growth	Discipline	Choice
Freedom	Awe	Spirit
Mastery	Awareness	Prayerfulness
Kindness	Focus	Trust
Health	Risk	Knowing
Presence	Artfulness	Affluence
Acceptance	Attention	Depth
Courage	Focus	Brave
Confidence	Yes	Prolific
Self-Love	Deliberateness	Prosperity
Action	Commitment	Unfurl
Forgiveness	Savor	Miracle
Forgive	Integrity	Vulnerable
Release	Listen	Hope
Order	Power	Possibility
Held	Allow	Opening
Magical	Journey	Courageous
Sacred	Priestess	Sovereign
Goddess	Vision	Supported
Independent	Boundaries	Ease
Building	Ritual	

What is your word for 2025?

WRITE IT IN THE CENTER OF THE LABYRINTH

Using a pen, follow the labyrinth's path to your word in the center as you invite your Word to guide your year



If you truly embodied your Word every day in 2024, what would you do differently?

What one thing could you do each day to anchor your Word into your routine?

How does your Word make you feel?

Empowerment Affirmations

One of the most amazing and beautiful things about the mind is that it's pliable. Contrary to what was once believed, your brain is NOT fully formed in early childhood. Modern brain science now proves that our brains are completely malleable, this is known as neuroplasticity. Basically, what this means is that every single thought (and you have about 80,000 a day), either reinforces an existing neuro pathway or creates a new one. This is why affirmations work. Even if you don't believe what you're affirming to begin with, your brain is creating brand new neuro pathways that will ultimately make the affirmation(s) a reality. Choose one or a few that that will support you, and your YES's, throughout 2025. Write them on sticky notes and place around your house, in your car, at work, or wherever you'll see them regularly. Say them out loud throughout the day, especially right when you wake up in the morning and right before you go to sleep.

I am an Infinite Powerful Being

I have the power to make changes

I love doing my work, and am richly rewarded creatively and financially

I have the perfect partner in life

I am successful doing what I love and I do it in an easy and relaxed manner, in a healthy and positive way

I am now creating the life of my dreams

I am willing to be happy and successful

I am dynamically self-expressive

I express myself freely, fully, and easily

My life is blossoming in total perfection

Everything I need and want is coming to me easily and effortlessly

I am kind and loving, and I have a great deal to share with others

Every day in every way I'm getting better and better

I have a lot to offer and I am recognized

I love and accept myself exactly as I am

I am talented, intelligent, and creative

In an easy and relaxed manner, all the money I want and need is coming to me now

I have the power to create the life of my dreams

I am now creating total financial success

I now completely accept all the abundance and good that the universe has to offer me

I am healthy and beautiful

I am now open to hearing my higher self

I now enjoy everything I do

I am a powerful, loving, and creative being

I am always in the right place at the right time

I express myself freely, fully, and easily

I accept all my feelings
as important parts of myself

I am completely comfortable setting
boundaries that are just right for me

I move through life with ease and grace

I now have all the time I need
To pursue my passions

I say YES to me

* * *

Add a few of your own that speak
to your heart

**Below are a few of my favorite quotes from
Living with Joy by Sanaya Roman**

“I know who I am.
My vision of my potential and myself expands
every day.”

“I release anything that is not for my highest
good.”

“I believe in my unlimited capacity to create
whatever I want.”

“I listen to people with an open heart and ear.”

“I support the success and happiness of everyone
I know.”

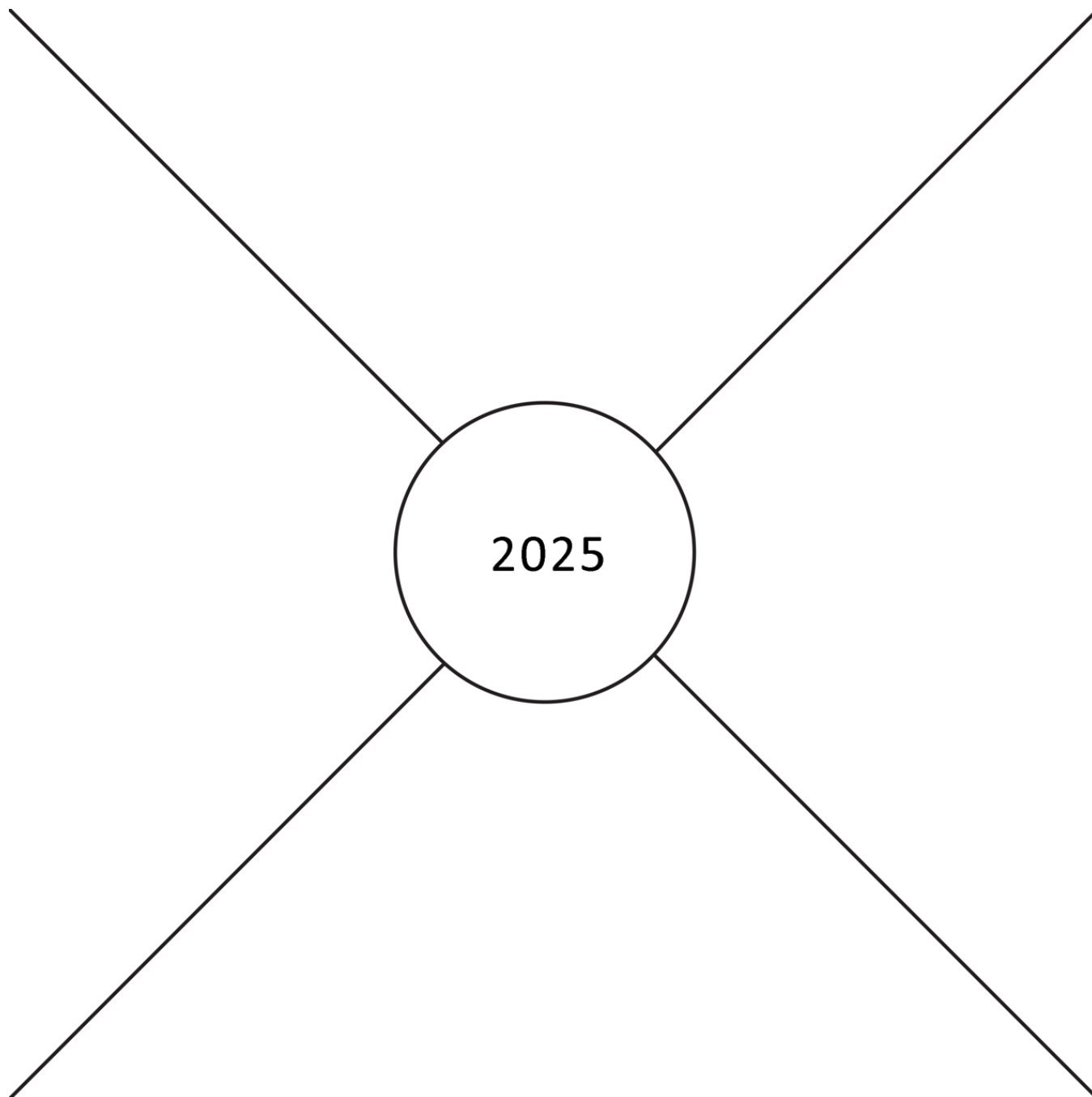
“I speak positive, uplifting words.”

**+ I highly recommend reading this book
to get your year off to the best possible
start. :-)**

Yes Map

WHAT WILL YOU SAY YES TO IN 2025?

Use this template to brainstorm and write down everything you want to do, create, feel, etc. Feel free to do this on a poster board if you need more space (that's what I use) and add paint, markers, or whatever feels good.



A note on YES – having strong boundaries is an essential ingredient in crafting your best life. Sometimes a NO equals a YES to you. Just a little food for thought. Stay mindful and feel into your yes's and don't be afraid to say no when it supports the vision you have for your life.

Everything is Possible

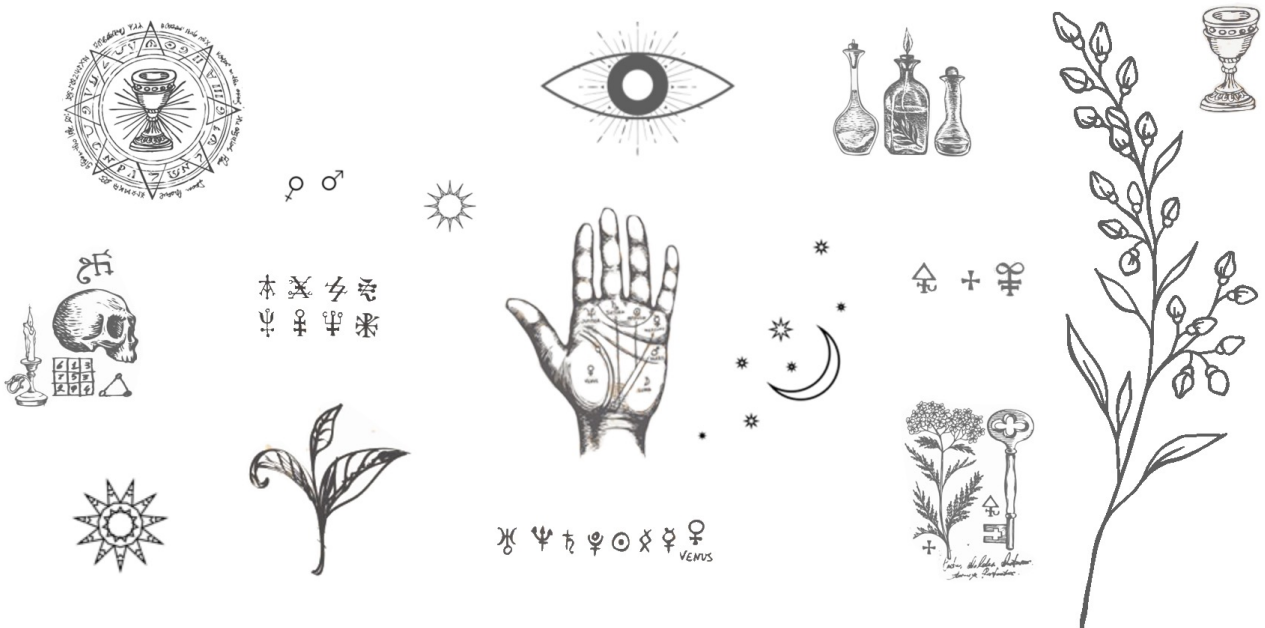
IDEAL SCENE

Let the dreaming commence! Here's the thing about this part, go BIG. We will pare things down later, for now let your heart sing and your imagination soar. Don't over think this, just go with whatever comes to mind.

Use this page to describe what 2025 looks like in your ideal world. Be specific! What are your dreams for love this year? Work? Play? Where are you hungry for change? How do you want 2025 to FEEL? Use your answers from the previous pages to craft your ideal vision for the next 12 months. What would saying YES to your life look and feel like? Write out everything your heart desires for this new year. Be bold.

The Plan

MAKING THE MAGIC HAPPEN



Hello Magical YOU!

Manifesting dreams is part alchemy, part action, and is wholly reliant on one's beliefs. If you believe it is possible then it is, if you don't then it isn't.

To begin you must have a vision, followed by action steps you can take to move yourself forward. You've taken time to explore your heart's desires, to dream, and imagine the life you love. Action is a necessary ingredient and here are the tools to create the actions steps needed to bring those dreams to life. *So is rest.*

On the next page you'll be guided to think about the year in its entirety and write down what you'd like to create in each season of the year, i.e. some milestones. I believe it's important to always try to see the big picture so the the smaller steps are easier to identify and act on. That said when thinking about what you want to **do**, remember that we are in the season of winter right now and this is a fallow time for **deep rest**. Yes set intentions and create goals but use this season to allow your dreams to percolate, planning your major action steps for spring.

Okay let's first review the energy of the seasons and then think about the year ahead.

Connecting with Nature

WINTER – December, January, February

Energetics: Dreaming and imagination, the fertile darkness, the void

Moon phase: Dark moon / new moon

Time of day: 10PM – 4AM

Direction: North

Element: Earth

We begin in winter, which is the perfect time for inner exploration and reflection. Winter is the direction of the North, element of Earth, the energy is grounding. It's the dream time, a time for quiet introspection – the fertile darkness where seeds dream waiting patiently for the arrival of spring. This is the perfect time to focus on personal growth and imagine new possibilities. This is the time to compost what is no longer serving you and plant your seeds and allowing space for dreaming.

With shorter days, winter asks us to rest and replenish our energy in preparation for the growing season of Spring. Take this time to listen to your intuition, what feels good/right for you? What feels most nourishing? Give yourself permission to slow down. It's okay not to be full speed ahead. Our culture is divorced from Nature and rewards constant motion, busy, busy, busy. However, this mindset is counterproductive and can make it more difficult to create the atmosphere required for healthy and sustainable growth.

Creating rituals that support deep rest is a beautiful way to connect with the energy of winter. Here are some suggestions to explore ways to slow down.

- Digital detox. I know this sounds impossible to many people but consider keeping your phone out of your bedroom. I started this practice last spring and it's been a game changer. And it was a serious struggle at first, I had to get myself an old school clock for my nightstand, lol.
- Begin your day with 30 minute of sacred morning time. This can look like anything that feels nourishing to you. Mine is simple, I make my coffee and get back in bed, snuggle with my dogs and read for a half hour or so. When my phone lived in my room that time would more than likely be spent scrolling and definitely didn't feel relaxing let alone nourishing. Spending that time disconnected and unavailable to the outside world feels so nourishing to me. Find what feel nourishing to you and make it a daily practice.
- Consider creating an evening practice that included dimming your lights when the sun goes down, perhaps lighting some candles and consciously slowing down and choosing activities that are relaxing. We want to do our best to attune to our nature circadian rhythm, which is attuned to the cycles of light and dark.

Here's why it's important. Our circadian rhythm evolved over tens of thousands of years to be in sync with the rising and setting of the sun. We have been living with artificial light for a blink in our evolution and there are now many studies demonstrating that disruption to our circadian rhythms has significant impact on various aspects of health, including sleep quality, mood regulation, cognitive function, metabolism, immune response, and even cardiovascular health. It's definitely in our best to align with the natural cycles of light and dark to the best of our ability.

Activities to align with the energy of winter – Gentle movement such as walking and yoga. Hot baths and sauna. Cooking warming, nourishing meals, I love soups this time of year and I share recipes with my newsletter subscribers. This is a great time of year for exploring interests, take a trip to the library and/or visit your local museums. Spend quality time with friends. Spend time alone doing nothing. This is a REALLY hard one for most people, myself included, but give it a try for even 15 minutes, just lay on the couch and look out the window for a while. Also I love to do some kind of a cleanse in the winter after the holidays. Nothing too extreme, it should be something gentle. Perhaps consider eliminating alcohol, processed foods, dairy, sugar, gluten and meat for the month of January. This feels very nourishing to me.

What feels nourishing to you right now?

What can you stop doing in order to create time for stillness?

What dreams are stirring in your heart?

Altar themes – For my winter altar I like to keep it simple, creating space for dreams and dreaming, and I like a lots of candles to add a sense of magic, and crystals such as tourmaline and clear quartz. Feel into your heart to see what speaks to you at this time. Our winter altars are a point of focus that will help us slow down and align with the Earth energy in the midst of the bustling holiday season.

Spring – March, April, May
Energetics: Rebirth, new beginnings, growth
Moon phase: Waxing moon
Time of day: 4AM – 10AM
Direction: East
Element: Air

Spring is the season of awakening from the dreams of winter. It's a time of rebirth and new beginnings. Spring is represented by the direction of East and the element of Air. Just as the Sun arises anew each day so does the spring arrive ripe with possibility.

We are now called upon to choose a path that excites us. Spring helps us build up energy and momentum; it's our job to direct that energy toward whatever we want to grow be it a garden, creative project, career, or our relationships. It's time to set clear intentions and get to work.

Activities to align with the energy of spring – Getting out into nature. Vigorous exercise such as vinyasa yoga, hiking, power walking, weight training. Spring is a great time to gain clarity, make a vision board, brainstorm, journal, write down what you'd like to achieve. By bringing your ideas out of your head and into the material world you give them more power and make manifesting much easier. Set specific goals and taking action. Of course, planting your garden

What dreams were revealed during winter?

What is calling to you now?

Where do you want to take action?

Altar themes – For your spring altar bring together things that inspire you and represent what you would like to birth into your life and the world at this time. Candles, crystals such as labradorite, and of course an abundance of fresh flowers are welcome additions to your spring altar.

Summer – June, July, August

Energetics: The season of satisfaction, fulfillment and celebration

Moon phase: Full moon

Time of day: 10AM – 4PM (and especially the height of the sun, noon)

Direction: South

Element: Fire

Summer is the season of celebration and is represented by the direction South, element of Fire, and energy of transformation.

You've worked hard all spring, planting the seeds, nurturing your dreams, and taking action towards your goals. Summer is the season to relax a bit, enjoy the fruits of your labor, it's a natural time for sharing, community and playing. The exuberance and enthusiasm of the season can be intoxicating, unleash your inner wild woman and dance in the Sun, play with your friends.

Activities to align with the energy of summer – Play! Spend time outdoors. Entertain your family and friends. Summer is the time to enjoy yourself and celebrate life. Make time to just have fun!

What are you celebrating?

What would bring you joy right now?

What would you like to transform?

Altar themes – Abundance, celebration, transformation. For your summer altar anything that represent play and fun! Candles, crystals such as citrine, shells, anything that brings you joy and reminds you to celebrate being alive.

Autumn – September, October, December

Energetics: The harvest season

Moon phase: Waning moon

Time of day: 4PM – 12AM

Direction: West

Element: Water

Autumn, paradoxically, is a time of simultaneous bounty and withering; crops are harvested, even as the natural world begins to fade. It's both a time for gratitude and is the dying season. It's a time to give thanks, prune back, and let go. Autumn is also the time to get really grounded setting the stage for pulling inward in preparation for winter.

This is a good time acknowledge all the blessings and abundance in our lives and to experience letting go of unnecessary burdens and the things that drain our energy. It's the season to take stock and release what no longer serves you. All this work helps create the space for winter dreams.

Activities to align with the energy of Autumn – Start to slow things down, easing back on social obligations. This is the perfect time to practice yin yoga, take morning or sunset walks. Take your shoes off and put your feet on the Earth. (Of course this is a good practice anytime:-). I like to clean up my studio and office space get rid of things that I'm no longer using. This is the time to prune your garden, add compost and mulch.

Where is the abundance in your life?

What and who are you grateful for?

What can you prune back and let go of at this time?

What makes you feel grounded?

Altar themes – In autumn the veil between worlds is at its thinnest and is traditionally the time to honor our ancestors. Create an altar in their honor adding photos, ripe fruit, candles, a crystal skull, smoky quartz. Anything that reminds you of those who've crossed over and who you want to connect with and pay special honor to.

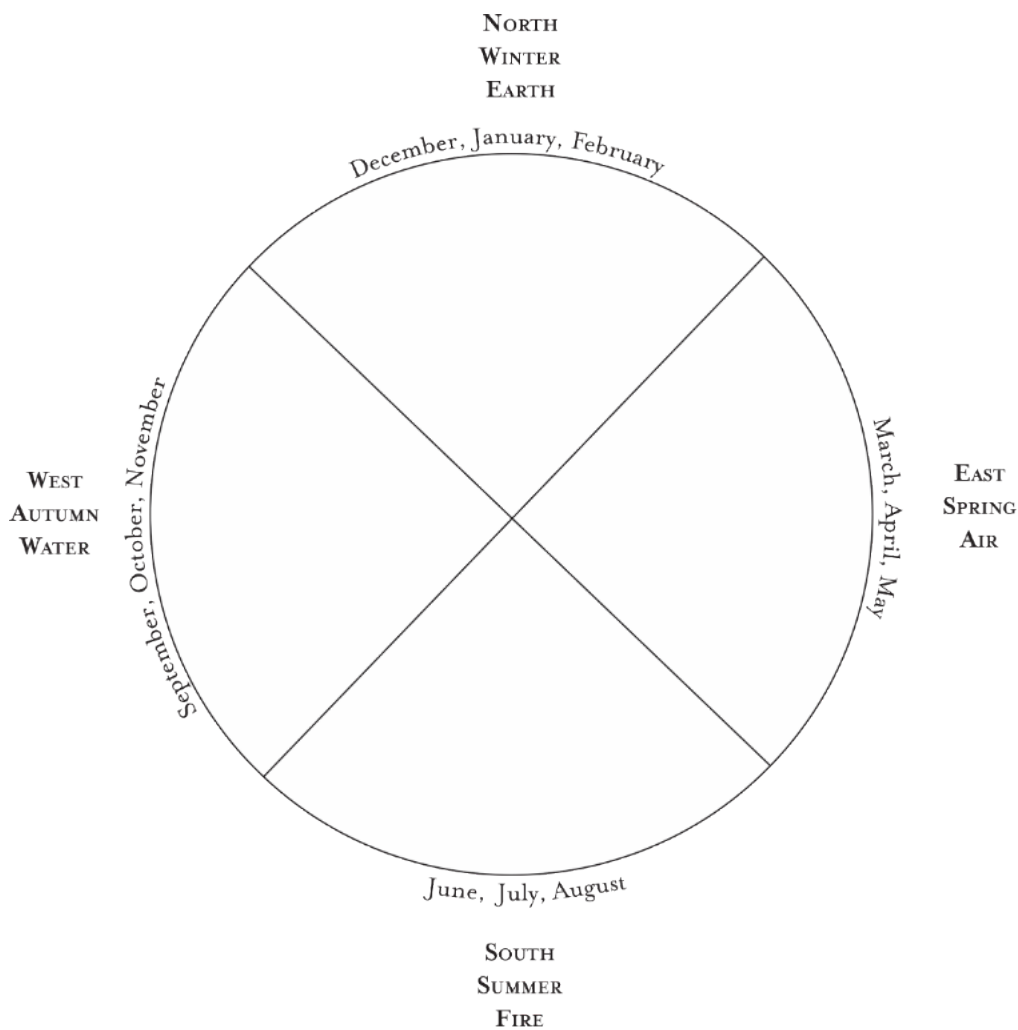
The Year Ahead

BEGIN WITH THE BIG PICTURE

Now that you've spent time getting familiar with and connecting with the energy of Mother Nature, and exploring your dreams, let's zero in on making them come true. I have found it much easier to first plan by the season.

There was a time when I did my planning by the quarter system, Q1, Q2, Q3 & Q4. However, as I became more connected to Mother Nature and more fully aware of my witchy, priestess, earth mama self, I found that I desired to live more aligned with the energy of the seasons. We are not part of Nature. We are Nature. It feels much more natural to move in sync with her powerful energy rather than strain against it. For that reason we'll be using the medicine wheel and the Moon cycles as our guides rather than the patriarchal calendar and quarter system.

In each section of the medicine wheel write down how you would like to feel and what you would like to create or accomplish for that season, keeping in mind that the intention is to stay in tune with the rhythm of Nature.



Keeping Up Momentum

Once you've made a rough map of the year it's important to keep up the momentum. I like to create both monthly and weekly rituals for planning. This not only helps me stay on track, it also helps to bring mindfulness and presence to my life.

The following pages give you space to write down your main intentions and goals for each month. Look over what you wrote in the 'Hello brand new year' section, on your YES map, and in your 'Ideal Scene' and using the month blocks fill in your intentions by month. These aren't set in stone, you can always change your mind, the idea is to create some scaffolding for yourself to keep you focused throughout the year.

If you want even more structure you can use the S.M.A.R.T. Goal template on page 30. If you'd like to print it out go to <https://www.artofsacredliving.com/magical-planner> and download your copy to print.

<p>Full Moon 13th / New Moon 29th</p> <p style="text-align: center;">January</p>	<p>Full Moon 12th /New Moon 27th</p> <p style="text-align: center;">February</p>
<p>Full Moon 13th (Lunar eclipse) New Moon 29th (Solar eclipse)</p> <p style="text-align: center;">March</p>	<p>Full Moon 12th / New Moon 27th</p> <p style="text-align: center;">April</p>
<p>Full Moon 12th / New Moon 26th</p> <p style="text-align: center;">May</p>	<p>Full Moon 11th / New Moon 25th</p> <p style="text-align: center;">June</p>

<p>Full Moon 10th / New Moon 24th</p> <p>July</p>	<p>Full Moon 9th / New Moon 22nd</p> <p>August</p>
<p>Full Moon 7th (Lunar eclipse) New Moon 21st (Solar eclipse)</p> <p>September</p>	<p>Full Moon 6th / New Moon 21st</p> <p>October</p>
<p>Full Moon 5th / New Moon 19th</p> <p>November</p>	<p>Full Moon 4th / New Moon 19th</p> <p>December</p>

S.M.A.R.T. Goals

This month's INTENTIONS

This month's GOALS

MAKING MY GOALS SMART

My GOAL is:

--

Specific: What specifically will I achieve?	
Measurable: How will I measure it?	
Achievable: Is it achievable for me now?	
Relevant: Is it relevant to my larger goals?	
Time-framed: By what dates will I achieve it?	

MAKING MY GOALS SMART

My GOAL is:

--

Specific: What specifically will I achieve?	
Measurable: How will I measure it?	
Achievable: Is it achievable for me now?	
Relevant: Is it relevant to my larger goals?	
Time-framed: By what dates will I achieve it?	

Living in Harmony with the Moon

In this next section are a monthly calendars, Moon Trackers, and New Moon Intention ritual pages to use throughout the year. On the calendar pages are journal prompts to help you connect to the energy of the month as well as space to keep your goals for the year fresh in your mind. I also recommend printing out the new Moon intention page each month and creating the ritual of setting your intention at this fertile time.

Why pay attention to the Moon?

Before the patriarchy ancient humans tracked time by the Moon. The first lunar calendars discovered so far were found in caves in France and Germany, these calendars date back to the late Paleolithic era - around 32,000 years before present (BP). Our ancient ancestors understood our connection to nature and to the elemental forces all around us.

The Moon is responsible for the gravitational force on our planet. It effects all the tides – not only the oceans, but the lakes and rivers. Not just the water on the surface but all water on Earth and in Earth. That includes the water in plants and animals, including humans. Humans consist of 60% water, the Moon influences all the water inside of you.

Modern humans have for the most part lost our connection to the natural cycles all around us. This disconnection has a profound effect, we've lost touch with an essential part of ourselves. It's high time we remember that we are in fact not a part of nature, we are nature. By taking notice of the Moon phases throughout each month we can begin to reconnect not only with Nature but with our elemental selves bringing us into greater harmony with the Earth.

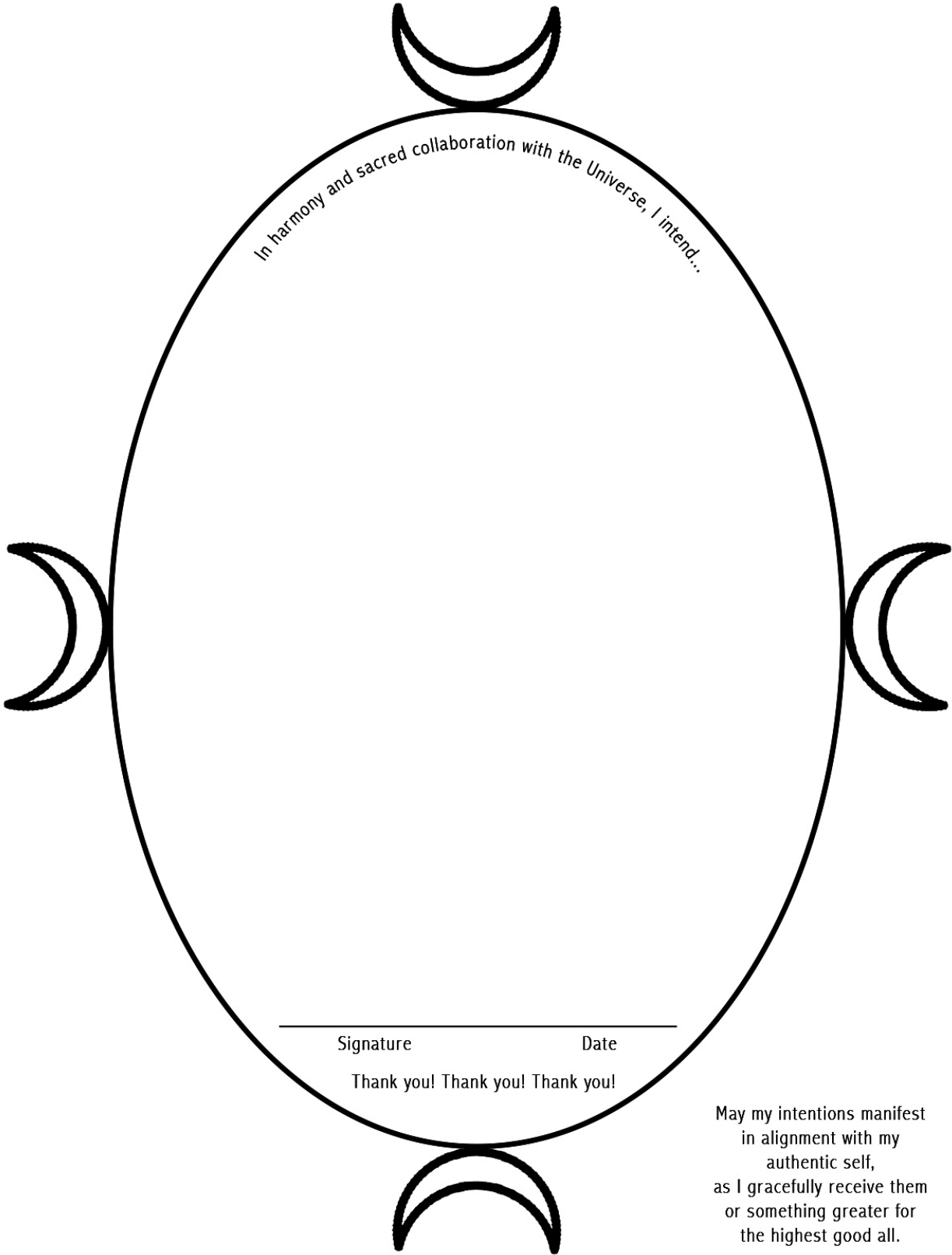
Moon mapping is an enlightening way to reconnect yourself to the cycles of nature, to the Moon, and to the ebb and flow of not just the tides but your energetic ebb and flow. By paying attention and noting how you're feeling and what your energy is each day, over time you will begin to see and feel your own natural rhythm as it relates to the rhythm of Nature and can adjust your plans accordingly.

About the phases of the Moon

The new or dark Moon represents the fertile darkness and new beginnings. This is the time to plant your seeds and to set intentions for the month and it corresponds to the season of winter. Use the New Moon Intention template on the following page to create an intention setting ritual on each new Moon. This is also a good time to fill out your SMART goals for the month, pg 30. I recommend printing both the new Moon intention template and the SMART goals out each month. You can download pdf's for both here: <https://www.artofsacredliving.com/magical-planner>

Then as the Moon waxes, building up energy towards full, take actions in the direction of your goals and vision. The waxing Moon corresponds to spring. The full Moon is a time to celebrate and give thanks – maximum energy, it corresponds with summer. Then as the Moon waxes back to new, start to wind down and take stock. The waxing Moon corresponds to fall.

New Moon Intention Ritual

A large oval frame with four crescent moon shapes at the top, bottom, left, and right. The text 'In harmony and sacred collaboration with the Universe, I intend...' is written along the top inner curve. At the bottom, there are fields for 'Signature' and 'Date', followed by the text 'Thank you! Thank you! Thank you!'. To the right of the oval is a short prayer: 'May my intentions manifest in alignment with my authentic self, as I gracefully receive them or something greater for the highest good all.'

In harmony and sacred collaboration with the Universe, I intend...

Signature

Date

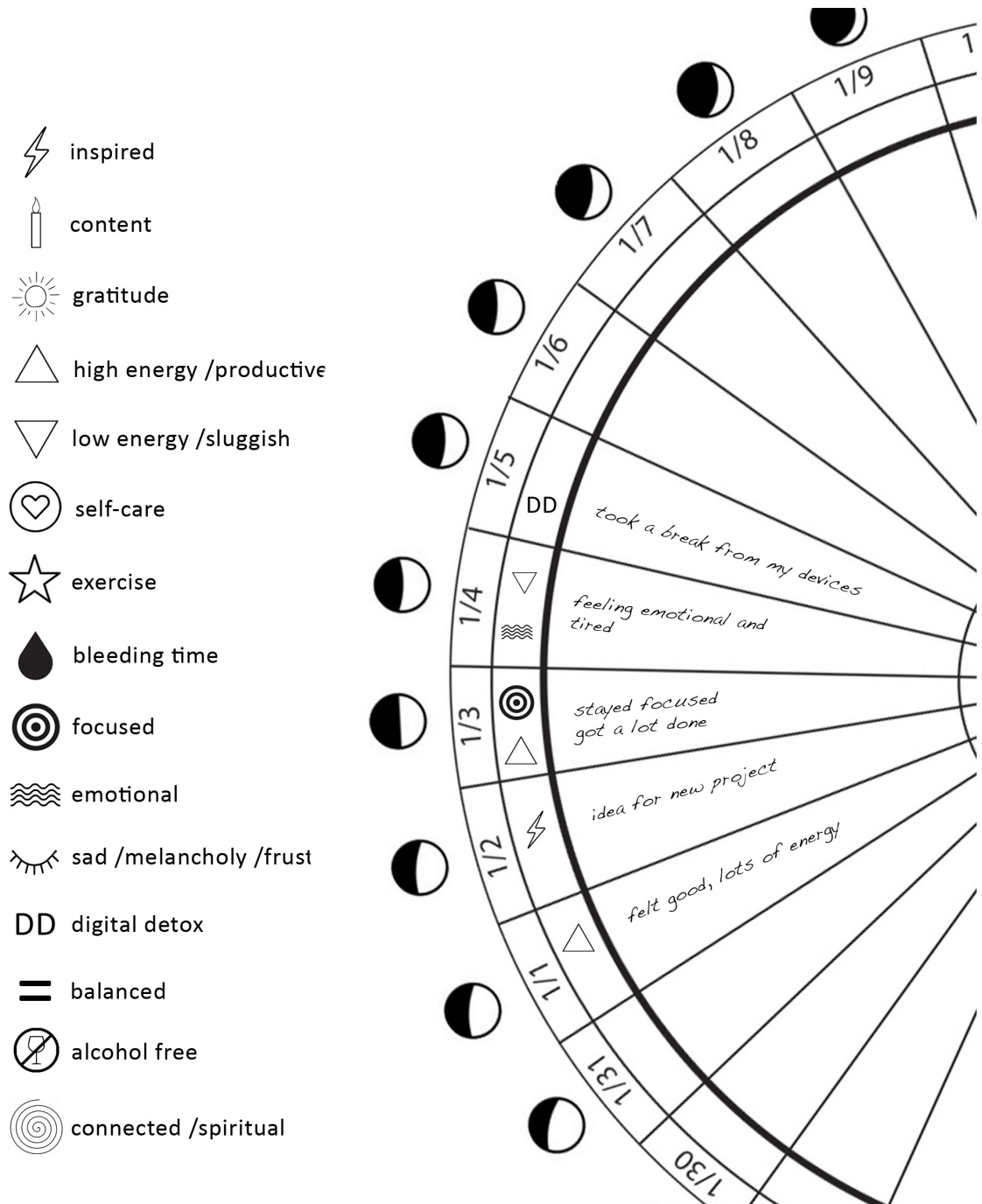
Thank you! Thank you! Thank you!

May my intentions manifest
in alignment with my
authentic self,
as I gracefully receive them
or something greater for
the highest good all.









Moon Tracker

Align yourself with the energy of the Moon and Nature by using the Moon Tracker. At the end of each day make a note about how you were feeling throughout the day, your energy, emotions, as well as your monthly bleed. If you commit to this exercise you will discover your own energetic cycles, which is very helpful for planning as well as just living in accordance with what is most natural for you. Why swim upstream if you have the opportunity to flow?

I've created a key of symbols to make it easy to note how you're feeling each day. Use these symbols to track your mood, energy levels, inspiration, creativity, bleeding time, windows of fertility, goals, rest time, self-care, etc. These are suggestions, feel free to create whatever symbols are best for you.



JANUARY 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 	3 	4 
	6 	7 	8 	9 	10 	11 
2 	13 	14 	15 	16 	17 	18 
3 	20 	21 	22 	23 	24 	25 
6 	27 	28 	29 	30 	31 	

Winter ~ the element of Earth ~ the energy is grounding

What would feel most nourishing to you this month?

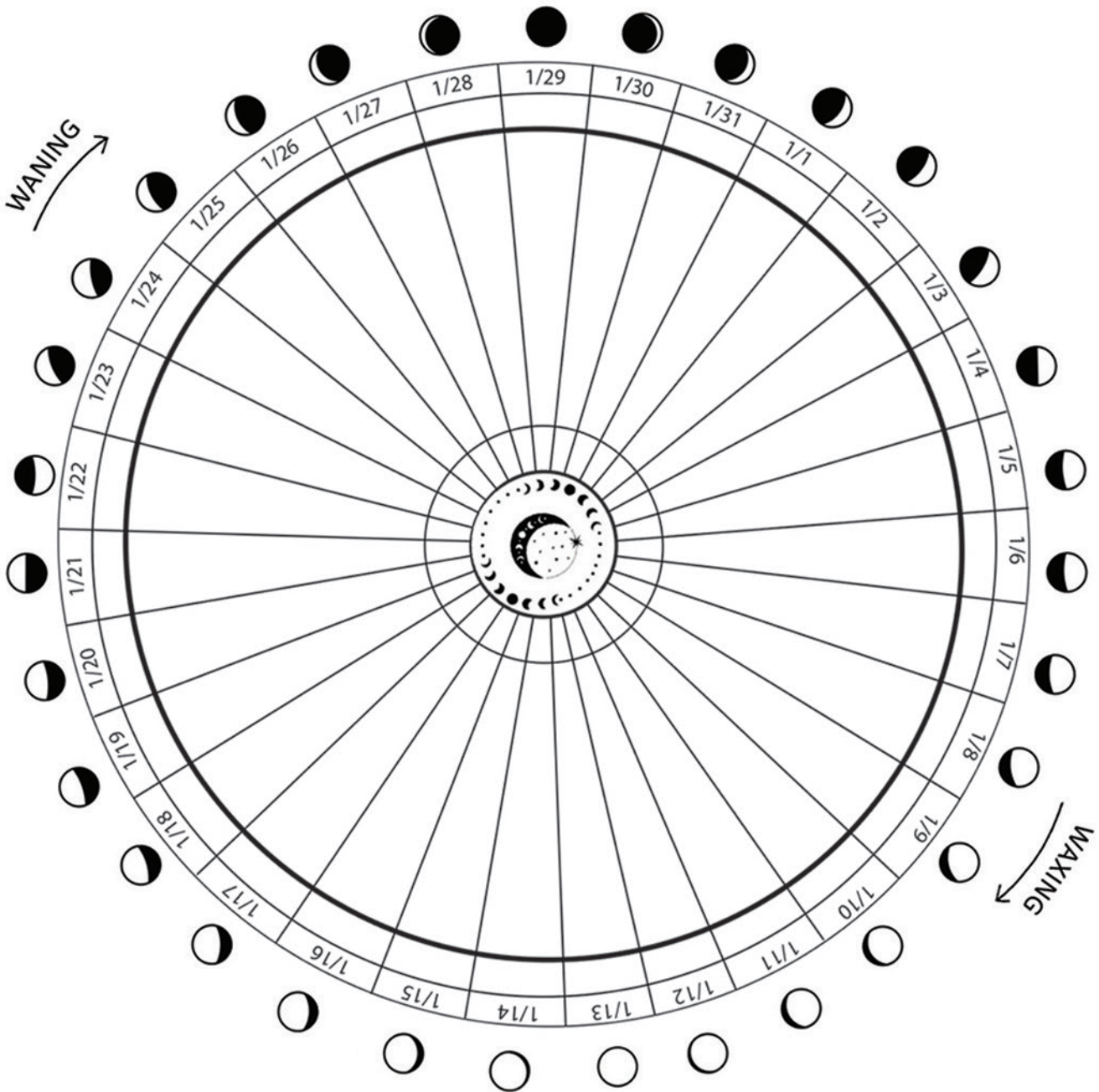
Winter is the time of fertile darkness. What is your relationship to darkness? To Winter?

How can you create time for stillness this season?

What is your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____

Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is you fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

FEBRUARY 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2 	3 	4 	5 	6 	7 	8 
9 	10 	11 	12 Full Moon in Leo 	13 	14 	15 
16 	17 	18 	19 	20 	21 	22 
23 	24 	25 	26 	27 New Moon In Pisces 	28 	

What would feel most nourishing to you this month?

What brings you pleasure?

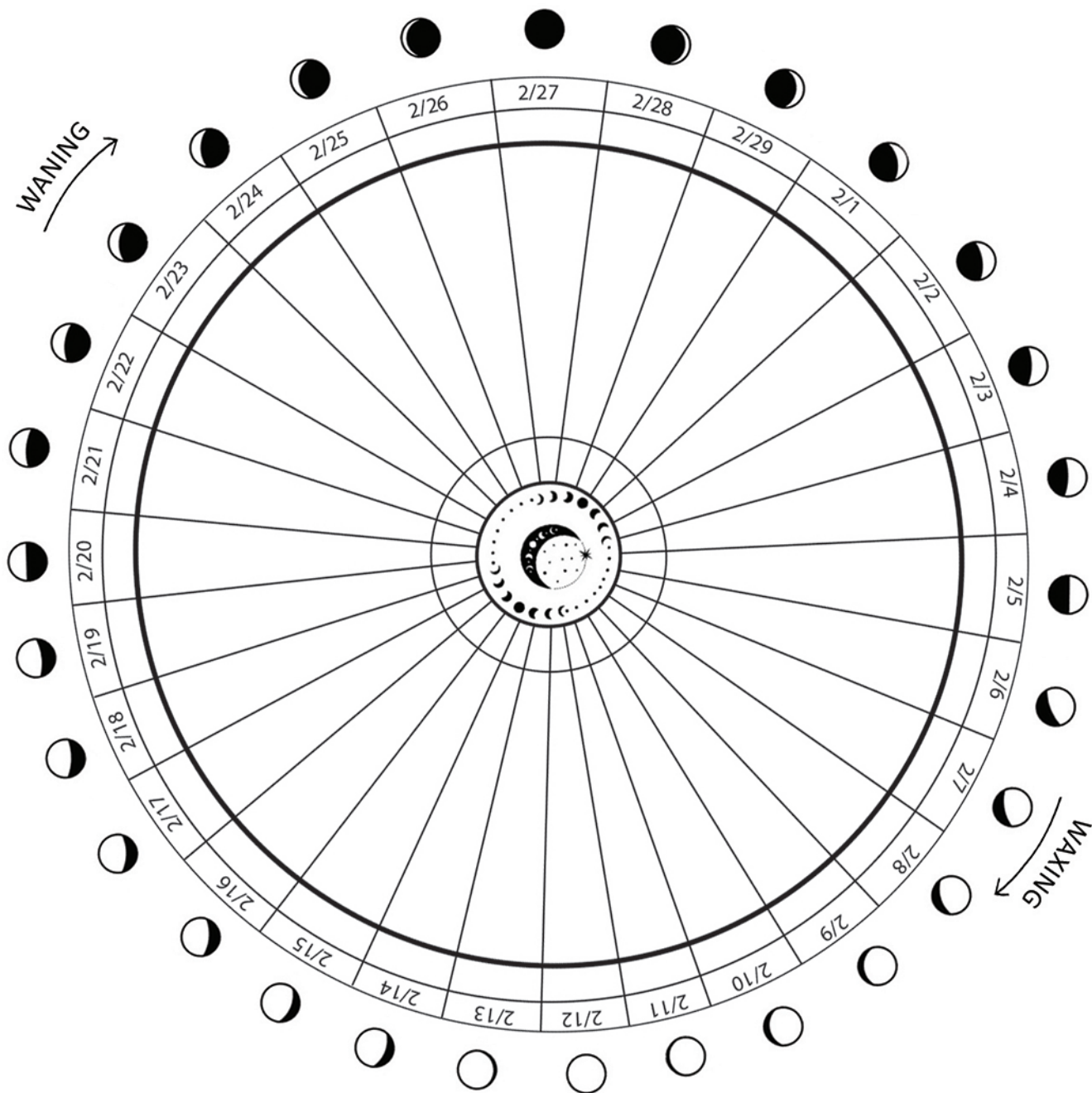
What feels so good?

Make a stream of consciousness list.

What is your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____








Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is you fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

MARCH 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2 	3 	4 	5 	6 	7 	8 
9 	10 	11 	12 	13 	14 	15 
16 	17 	18 	19 	20 	21 	22 
23 	24 	25 	26 	27 	28 	29 
30 	31 					

Spring ~ the element of Air ~ the energy of growth

What would feel most nourishing to you this month?

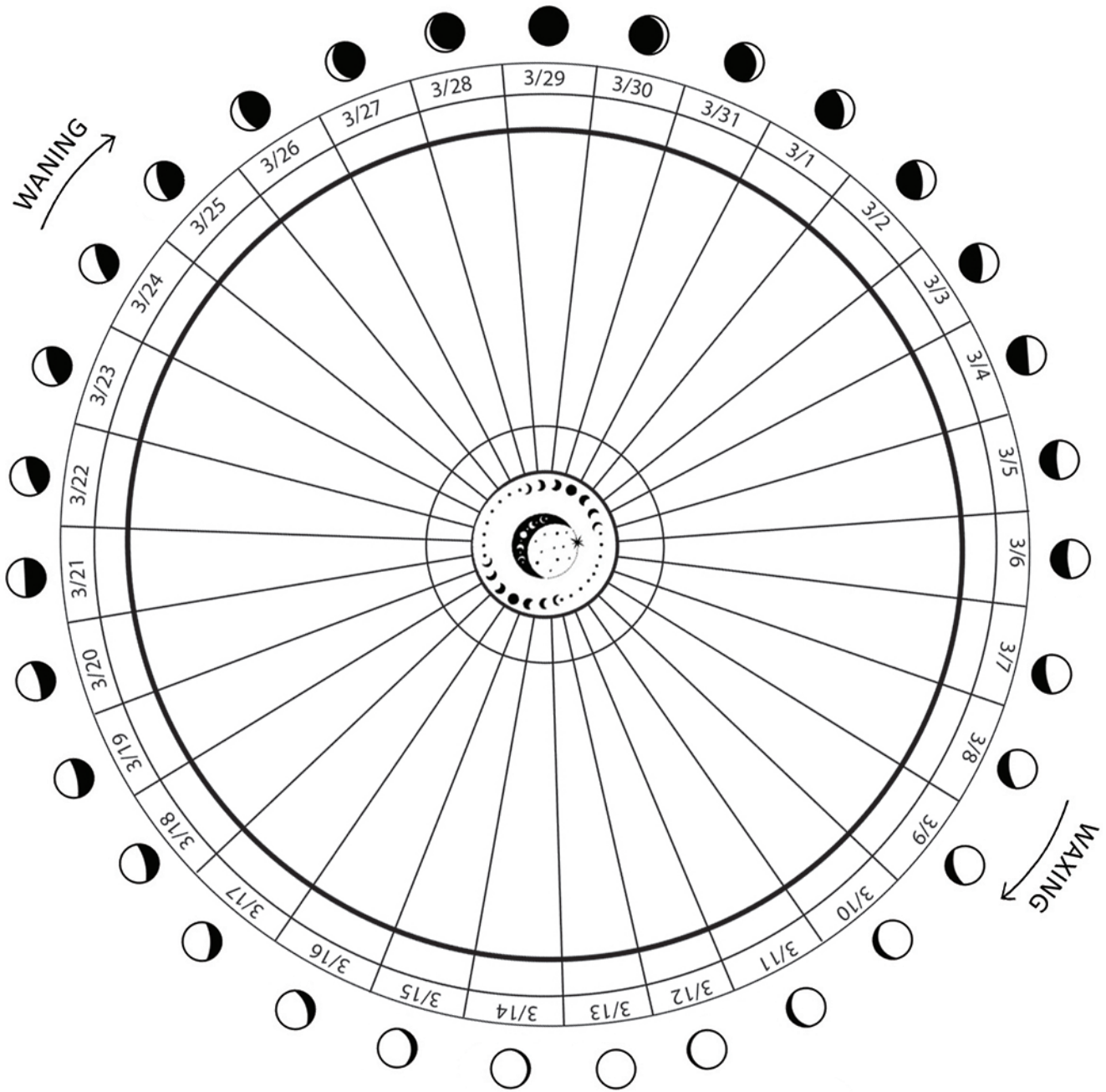
What did winter, the fertile darkness, reveal?

What is awakening in you?

What is your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____































Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is your fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

APRIL 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12  Full Moon in Libra
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 	25 	26 
27  New Moon in Taurus	28 	29 	30 			

What would feel most nourishing to you this month?

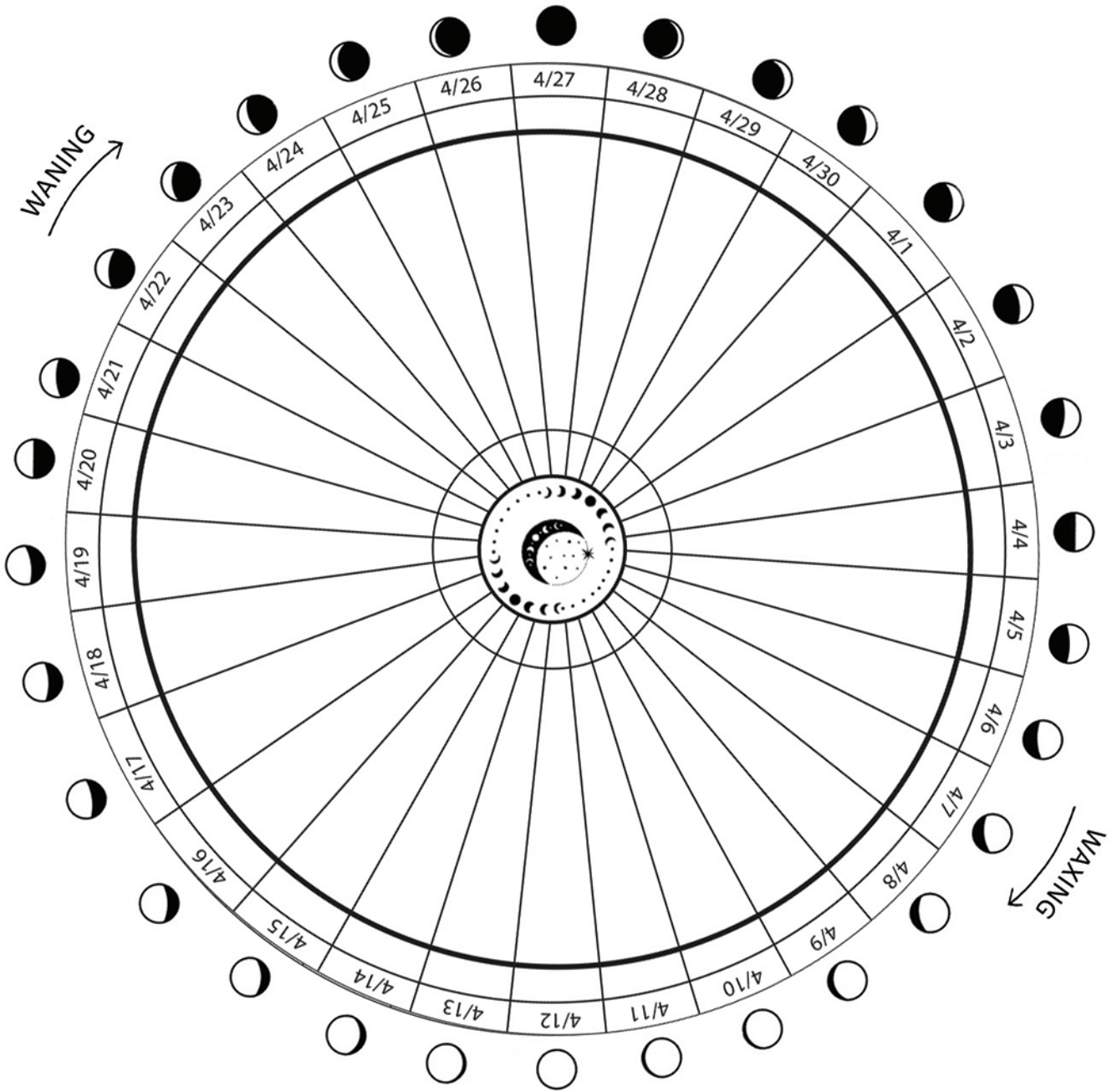
What is inspiring you right now?

What inspired action can you take?

What is your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____


Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is you fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

MAY 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 	3 
4 	5 	6 	7 	8 	9 	10 
11 	12 Full Moon in Scorpio 	13 	14 	15 	16 	17 
18 	19 	20 	21 	22 	23 	24 
25 	26 	27 New Moon in Gemini 	28 	29 	30 	31 

What would feel most nourishing to you this month?

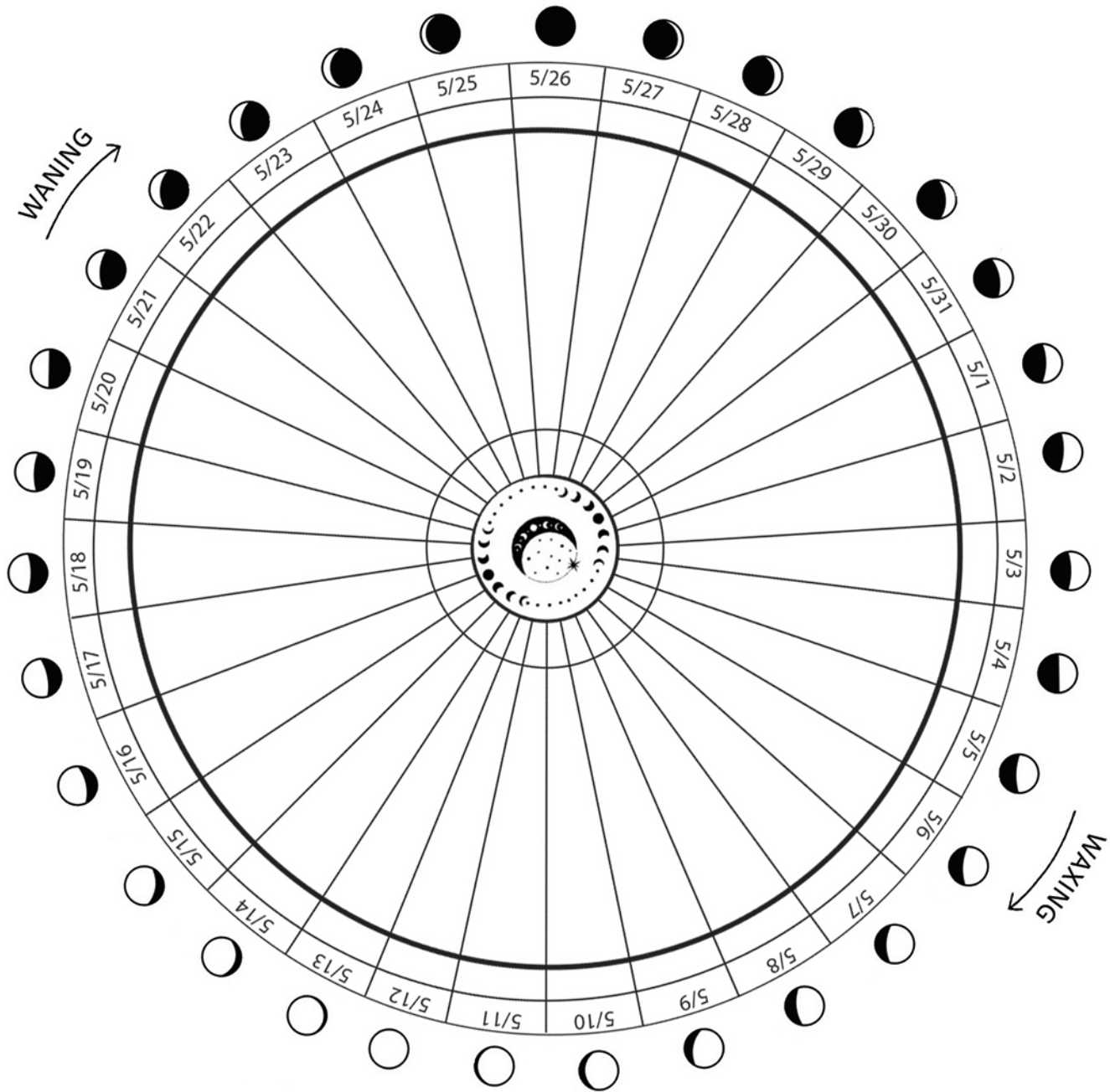
What areas of your life could use some tending right now?

In this moment what would bring you deep joy?

What is your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____































Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is your fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

JUNE 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 Full Moon in Sagittarius 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 New Moon in Cancer 	26 	27 	28 
29 	30 					

Summer ~ the element of Fire ~ the energy of transformation

Mid-year check in.

What would feel most nourishing this month? (So important to ask ourselves everyday:-)

Looking back over pages 8-11, how's your year going so far?

What's working?

What isn't?

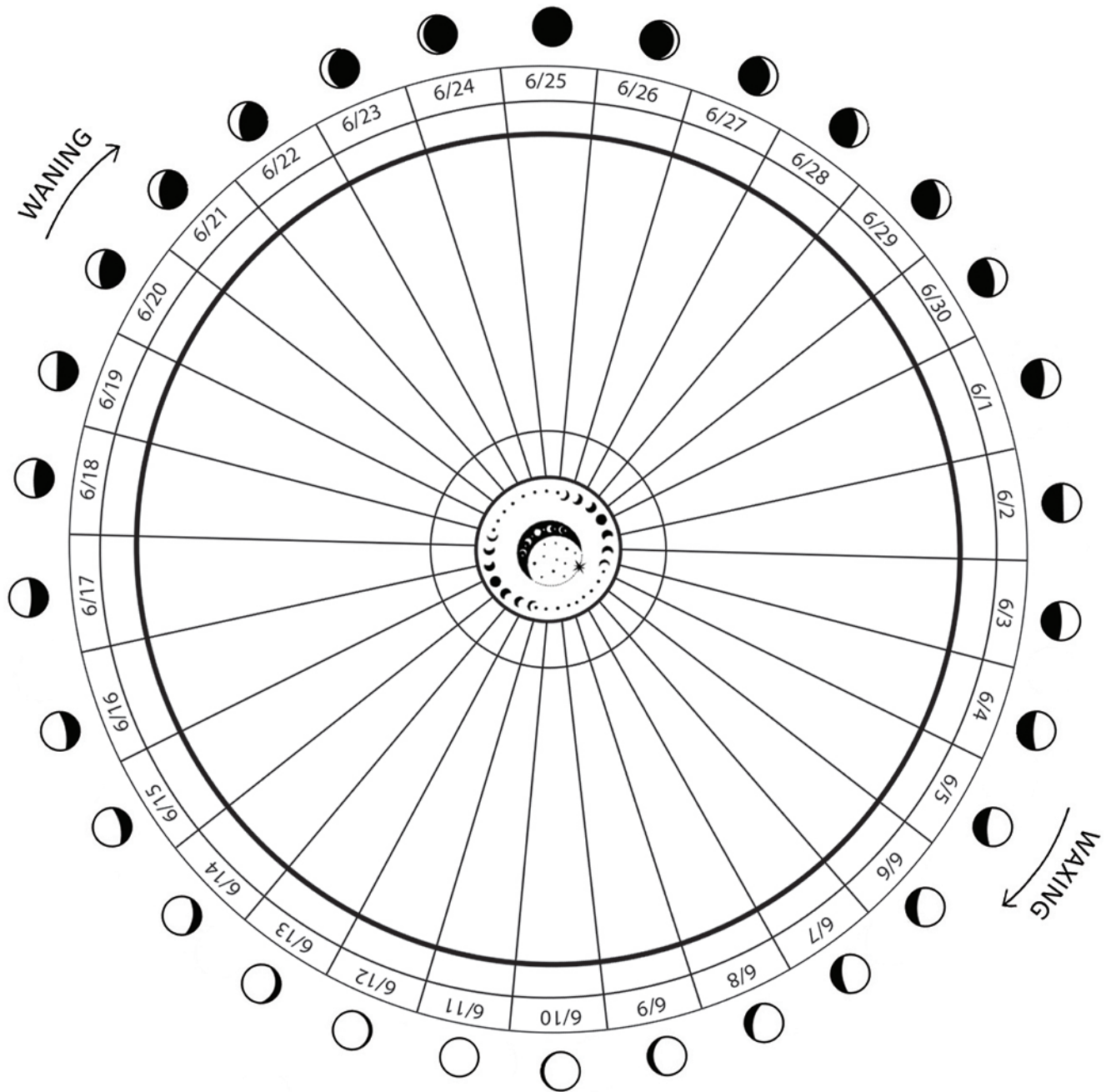
What would you like to clear out?

What part of you, your creativity, your relationship to self can you celebrate and honor?

What's your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____
































Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is your fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

JULY 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 Full Moon in Capricorn 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 New Moon in Leo 	25 	26 
27 	28 	29 	30 	31 		

What would feel most nourishing this month?

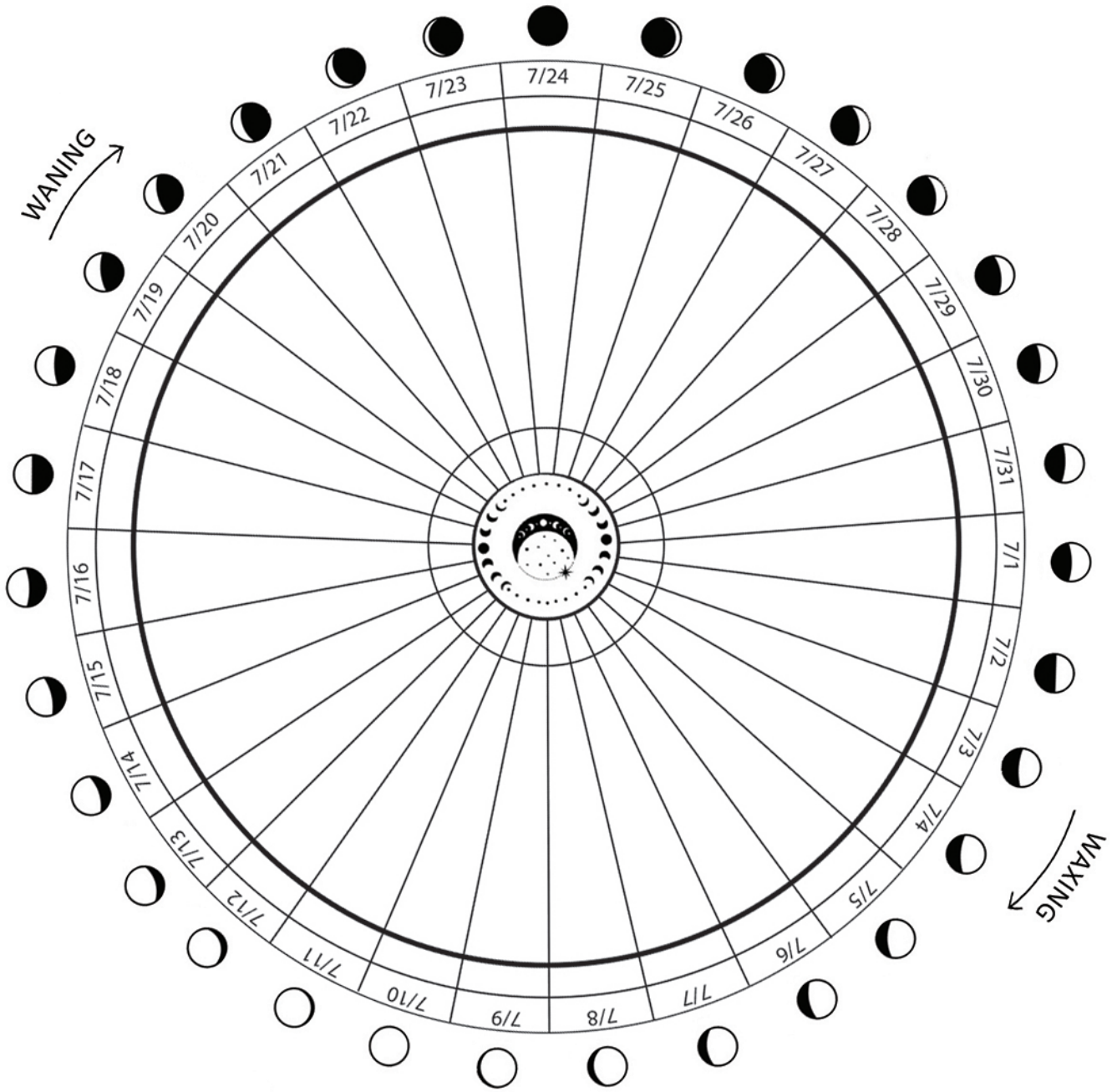
How can you add more play to you life right now?

Who and what brings you exquisite joy?

What's your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____

























Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is you fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

AUGUST 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 	2 
3 	4 	5 	6 	7 	8 	9  Full Moon in Aquarius
10 	11 	12 	13 	14 	15 	16 
17 	18 	19 	20 	21 	22 	23 
24  New Moon in Virgo	25 	26 	27 	28 	29 	30 
31						

What would feel most nourishing this month?

What is asking for your energy right now?

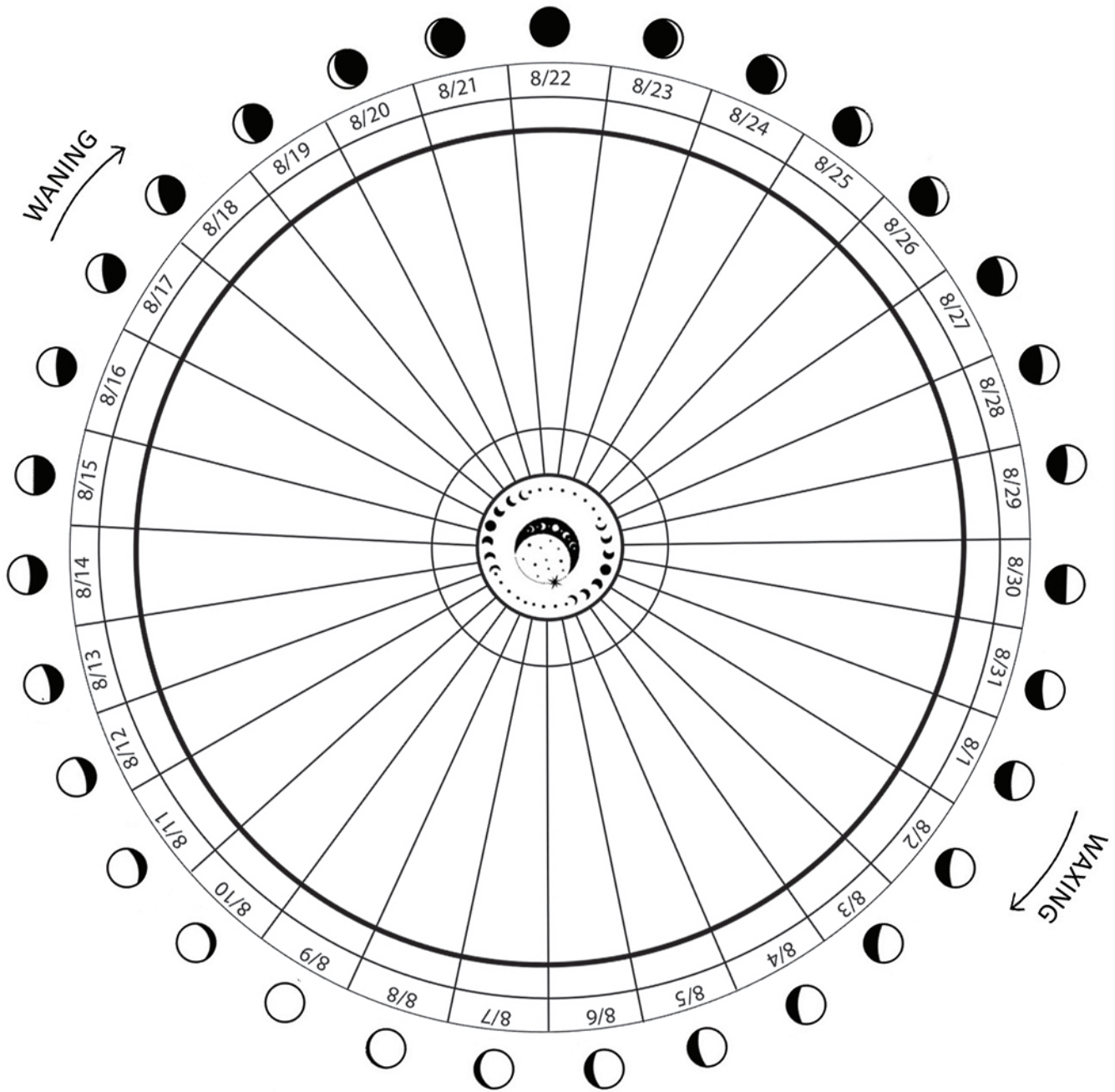
How would you like to spend the final month of summer?

What would make it really juicy and meaningful?

What's your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____































Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is you fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

SEPTEMBER 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 
28 	29 	30 				

Fall ~ the element of Water ~ the energy of flow

What would feel most nourishing this month?

Fall is a time of renewal, a time to reflect on how you are cultivating balance in your life.

What changes do you need to make to enjoy greater balance?

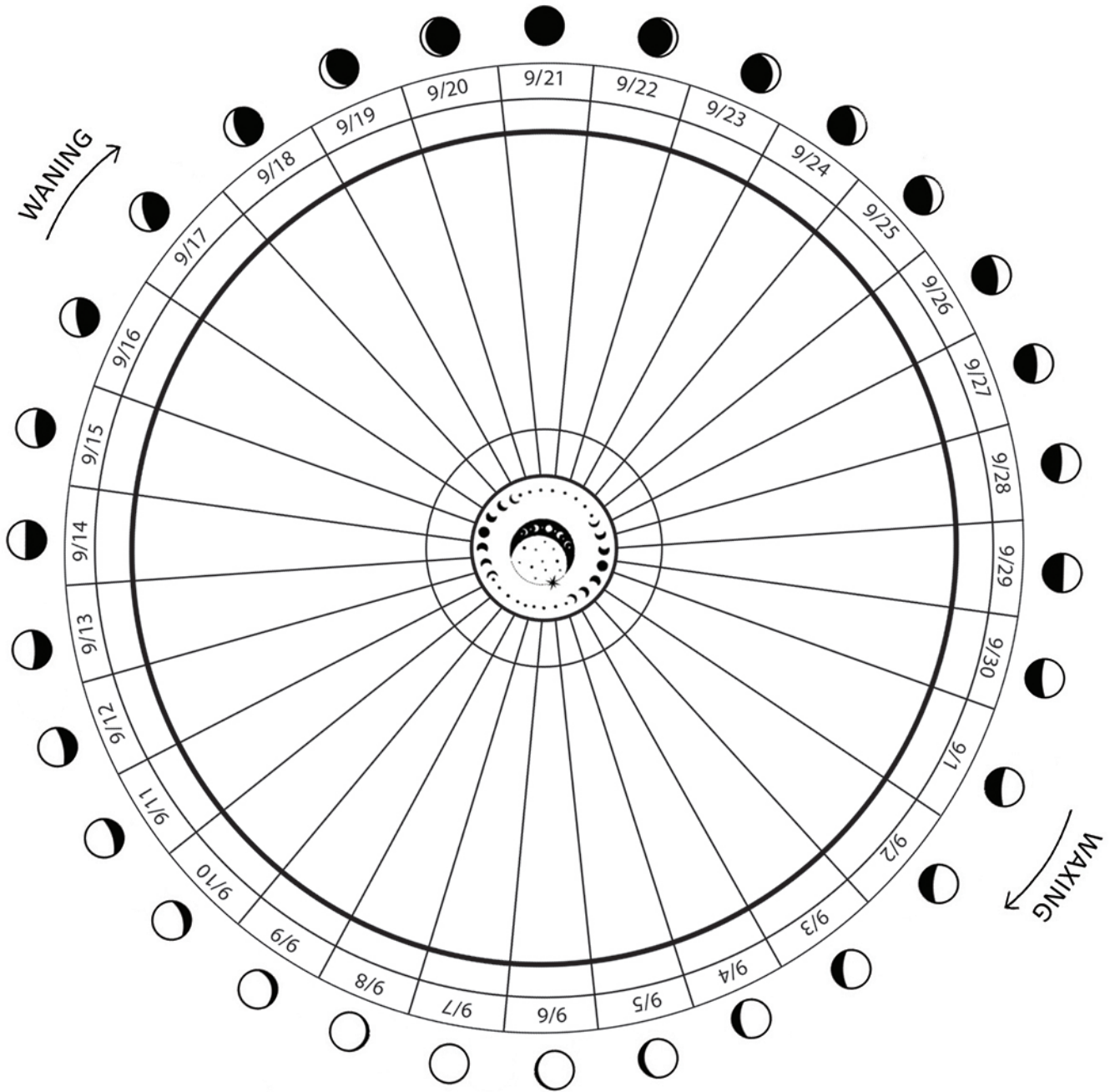
What needs to be released? What needs to be called in?

Take some time with your journal to reflect on what balance is to you?

What's your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____



Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is your fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

OCTOBER 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 	3 	4 
5 	6 	7 	8 	9 	10 	11 
12 	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 	25 
26 	27 	28 	29 	30 	31 	

What would feel most nourishing this month?

October is traditionally a time to honor our ancestors.

Who are your ancestors? What are their stories? Where did they come from?

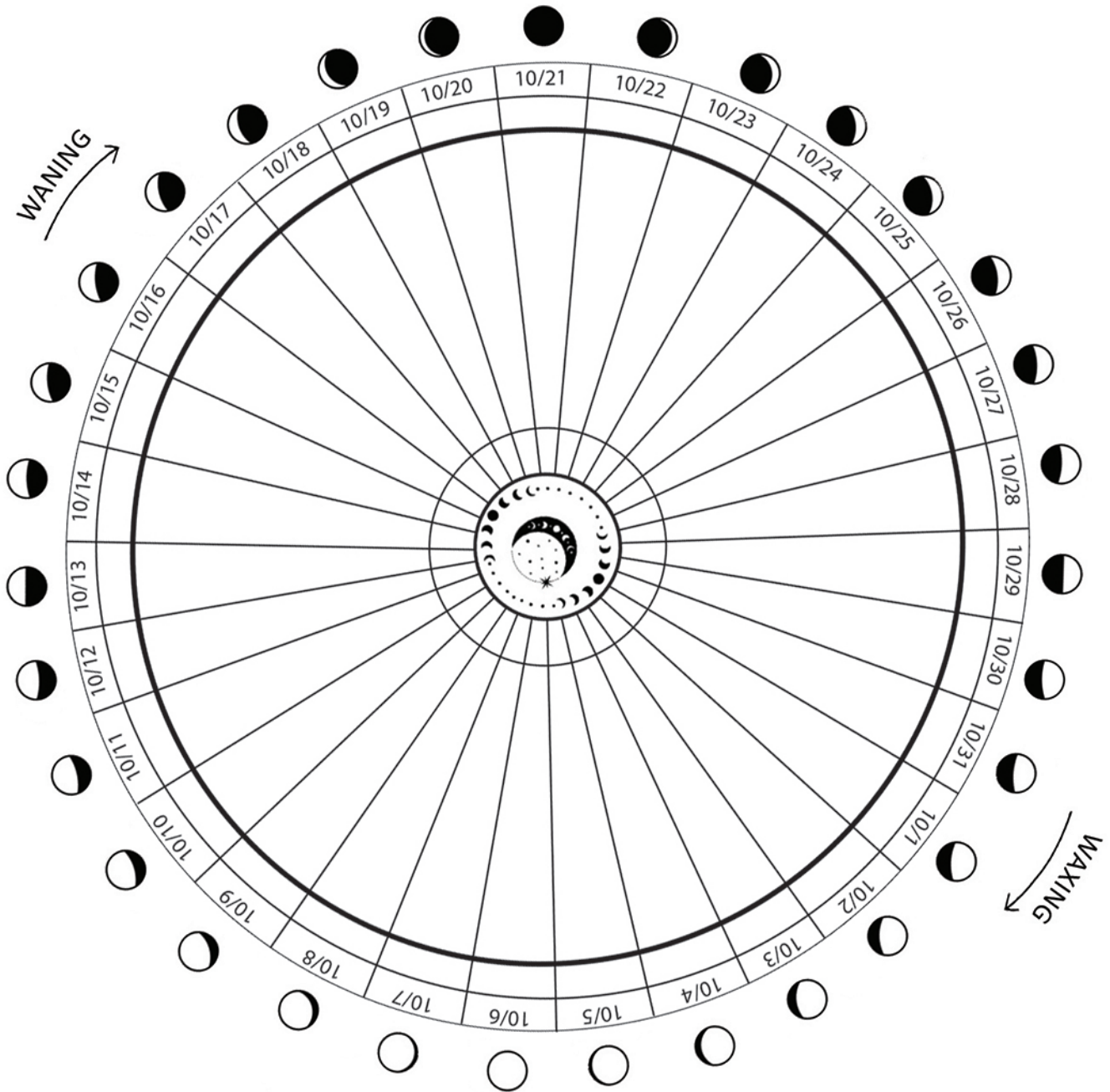
What Native Peoples lived on the land you now live on? What did they call this place?

How can you honor your ancestors and the land you are living on?

What's your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____































Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is your fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

NOVEMBER 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2 	3 	4 	5 Full Moon in Taurus 	6 	7 	8 
9 	10 	11 	12 	13 	14 	15 
16 	17 	18 	19 New Moon in Scorpio 	20 	21 	22 
23 	24 	25 	26 	27 	28 	29 
30 						

What would feel most nourishing this month?

November is a time rest and release, a time to ease back on the “doing”.

What can you let go of or set down right now?

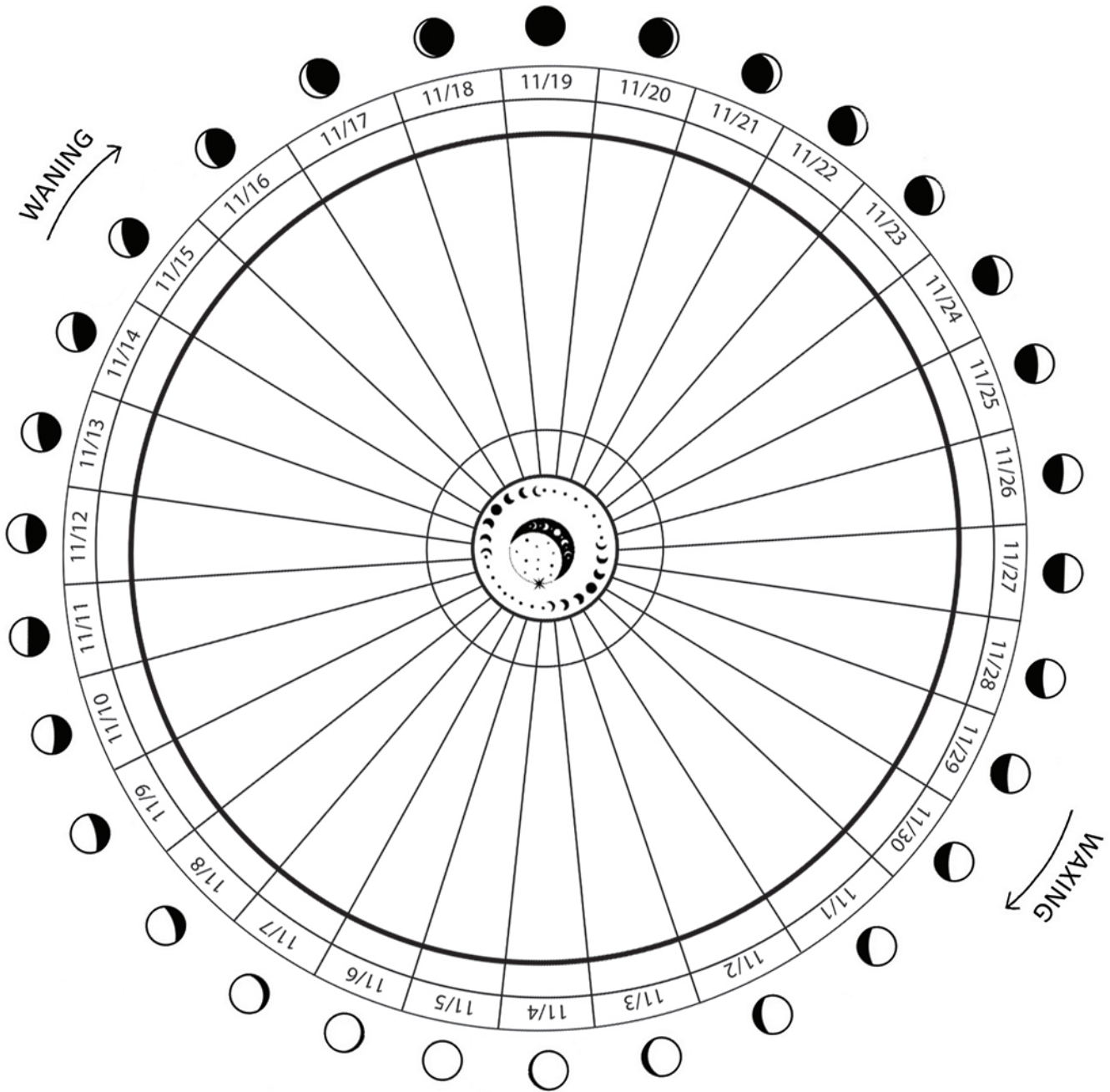
What can you prune back?

What would help you slow things down?

What’s your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____
































Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is you fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

DECEMBER 2025 MOON TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 
28 	29 	30 	31 			

Winter ~ the element of Earth ~ the energy is grounding

And we're back where we started, winter, where life springs forth from the darkness. This can be a tricky month to slow things down with the demands of the holidays. While Nature signals it's time to go inward and rest our culture doesn't really support that. So ask yourself what would feel most nourishing to you this month and get still to hear the answer. When you what would feel most nourishing to you allow yourself that.

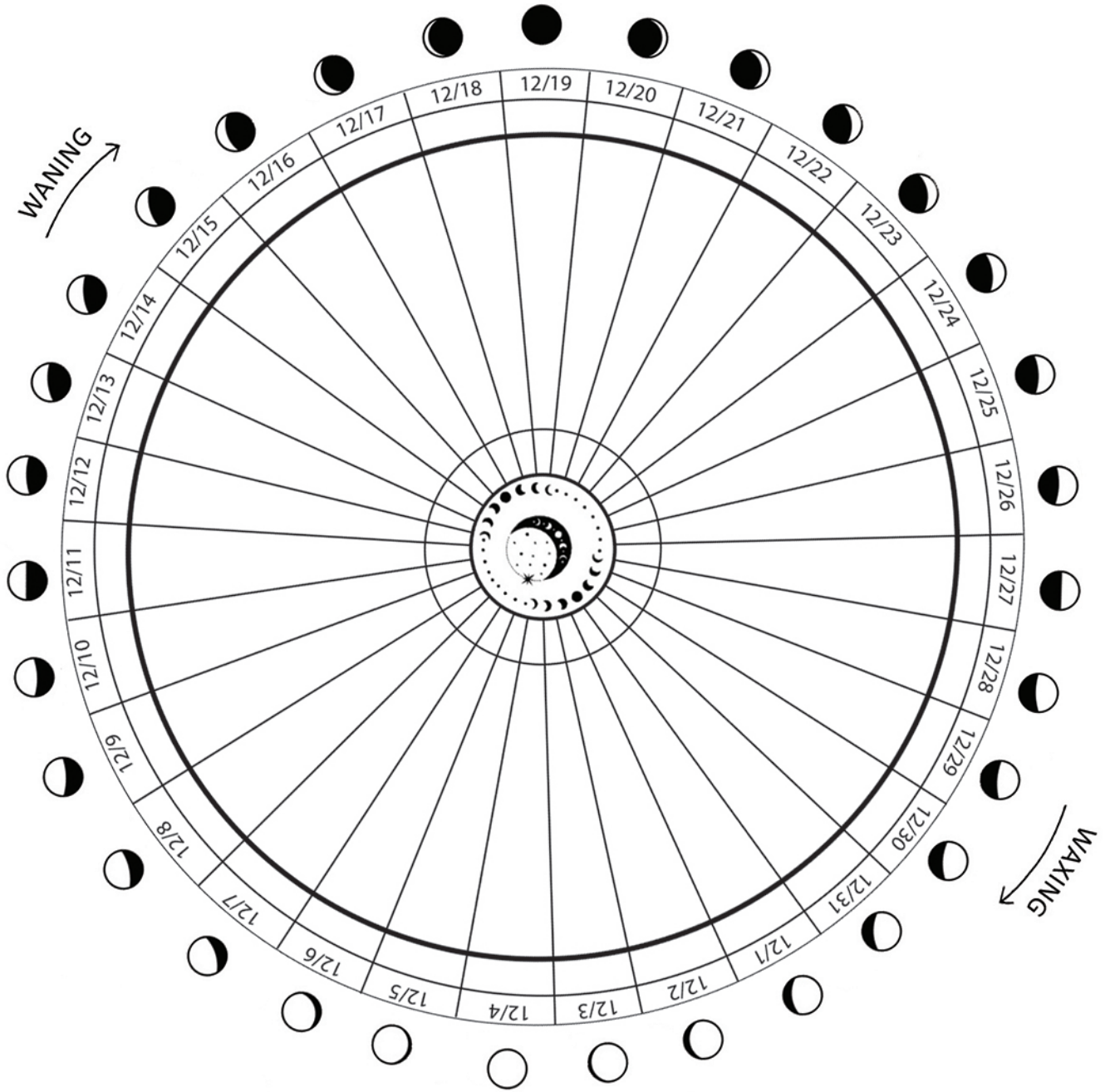
How can you more grounded throughout the holiday season?

What gift would you like to give yourself this month?

What is your intention for this month?

I Rest _____

I Intend _____



I Release _____

I Celebrate _____

Dark Moon is your winter time. Slow down and rest, plant the seeds for this Moon cycle. Do what feels nourishing.

Waxing Moon is your spring time. Energy is building, it's a good time to begin a project and to take action steps.

Full Moon is your summer time. Peak energy, move with confidence.

Waning Moon is your fall time. Start to wind down, wrap up any monthly projects, preparing to rest.

Dates to take notice of

Equinoxes & Solstices

Think of the Equinoxes and Solstices in terms of a life, the year is “born” on the winter solstice, matures at the spring equinox, and reaches the prime of life at the summer solstice. The autumnal equinox marks the descent into old age, and, finally, the moment of the winter solstice marks simultaneous death and rebirth, starting the cycle anew.

Spring Equinox – March 20, 2025
Summer Solstice – June 20, 2025
Autumn Equinox – September 22, 2025
Winter Solstice – December 21, 2025

Samhain, the witches New Year – November 1, 2025

Is a time to honor ancestors and the thinning veil between the living and the spirit world. Samhain is typically celebrated with rituals that include lighting candles to guide ancestral spirits, divination to seek insights from the otherworld, and setting up altars with offerings for departed loved ones.

Use the space below to explore how you want to acknowledge, incorporate, celebrate the important dates, Moon phases and seasonal events this year.

Yule – December 21, 2025

celebrated at the winter solstice represents the rebirth of the sun and the return of light to the world. Yule celebrations involve decorating homes with evergreen branches, lighting a Yule log, exchanging gifts, and performing rituals to welcome the return of the sun’s warmth and light.

Imbolc – February 1, 2025

Imbolc heralds the first signs of spring and is dedicated to Brigid, the goddess of poetry, healing, and smithcraft. Imbolc is often celebrated with the lighting of candles or a hearth fire to symbolize the growing strength of the sun and performing rituals related to healing, creativity, and purification.

Beltane – May 1, 2025

is a joyful fertility festival that welcomes the height of spring and the union of the God and Goddess. Beltane is marked by dancing around the Maypole, lighting bonfires for purification and fertility, and performing rites of union and love.

Litha, or Midsummer – June 20, 2025

honors the longest day of the year, highlighting the peak of solar energy and the power of the sun. Litha celebrations may include bonfires, outdoor feasts, and rituals that honor the sun’s power and seek blessings for the season’s abundance.

The 2025 Oracle

Oracle cards are excellent tools for self-discovery and a fabulous way to hone your intuition. Shuffle your favorite deck and randomly draw a card for each month of 2025, make notes in the grid for each card in the corresponding month. Let's really create a sacred space for this, light a candle, take a few cleansing breaths, smudge yourself, your cards, the room.

January

February

March

April

May

June

July

August

September

October

November

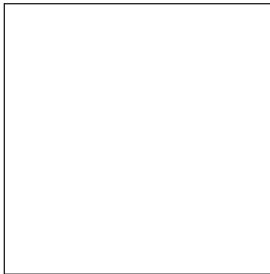
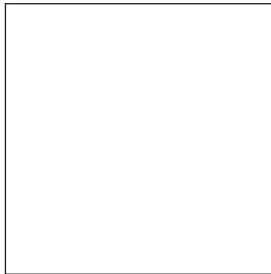
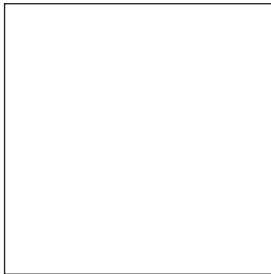
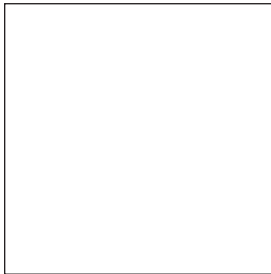
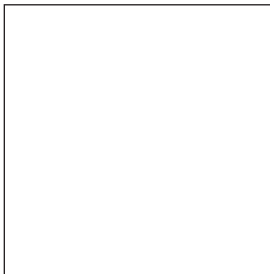
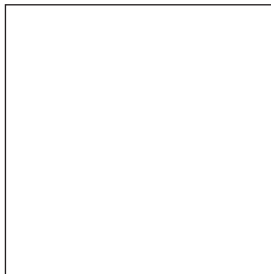
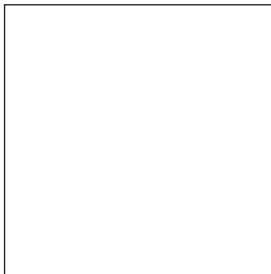
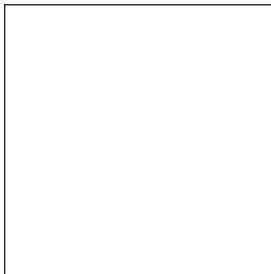
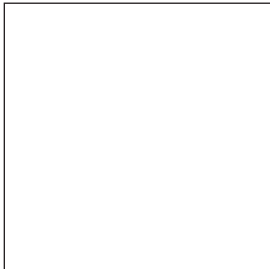
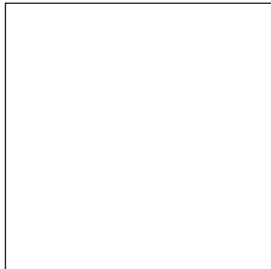
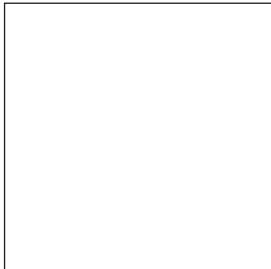
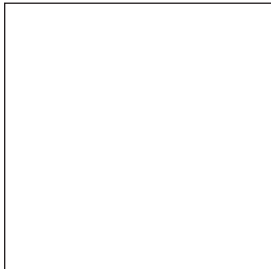
December

2025 Crystal support

Again, let's create a sacred space for this; light a candle, take a few cleansing breaths, smudge yourself, your crystals, the room. Crystals are an intricate part of my daily life and I would like to suggest that you give yourself the gift of crystal support. To do this you will need at least 12 different tumbled crystals (more is better:) or you can use crystal oracle cards such as this deck: Crystals: The Stone Deck by Andrew Smart, available on amazon.com

If using tumble stones put them in a bag, ask the crystal beings to help you choose the perfect stone to guide and support you for each month throughout the year, then draw out a crystal for each month and make note of it below. If using crystal oracle cards, draw a card for each month. I would highly recommend acquiring the actual crystal for each card you've drawn, that way you can keep it with you over the month.

This practice is the perfect opportunity to create a sacred monthly ritual. You can set up a little altar space with a candle, a few sacred, meaningful objects and the crystal you selected for the month. You may want to include the oracle card you selected as well. Take a few moments at the start of each month to meditate on the message and support you are receiving from your crystal, welcome its energy and input and thank it for being of service to you.

January 	February 	March 	April 
May 	June 	July 	August 
September 	October 	November 	December 



Tia Tuenge is the founder and director of Art of Sacred Living. She's a Sacred Living mentor and coach, a teacher, an energy healer, a gatherer of women, workshop facilitator, an herbalist in training, an Earth steward, a student of ancient feminine history, a creator of sacred space, and a maker of sacred objects.

Her work spans a wide array of mediums. She is a devoted seeker, explorer of the infinite, and Earth tender. Tia has been learning, sharing, teaching, mentoring and hosting sacred gatherings and women's circles for over a decade. She has spent her entire adult life studying history, religion, philosophy, and numerous healing modalities, bringing a wealth of knowledge and experience to the workshops and gatherings she designs and hosts.

I incorporate my love of the sacred feminine, Council, ceremony & ritual, meditation/journeying, sacred sound, Reiki & crystal healing and my expertise in the secret history of women into all that I do to create unique and magical experiences that uplifts women and reminds them of their beauty and sovereignty.

Tia is a Council facilitator trained at the Ojai Foundation, Reiki 2 certified practitioner, certified crystal healer, sound medicine woman, 300YT yoga instructor, and founder and director of Art of Sacred Living and the Center for Sacred Living, and herbalist in training with School of the Sacred Wild.

Tia is thrilled to share that she is launching a brand new group mentoring program this spring
A Year of Sacred Living.

Scan the QR code to find out more.



To find out about Tia's offerings visit:

www.ArtofSacredLiving.com
contact tia@artofsacredliving.com
connect [@artofsacredliving_](https://www.instagram.com/artofsacredliving_)



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