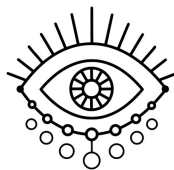


# 2020 MOON CYCLES MANIFESTATION PLANNER



Guided Moon Cycle Calendar

Created By



Esoteric Esa

SOULIMINATI



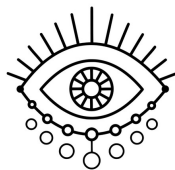
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# PURPOSE

**THIS YEARLY LUNAR CYCLE PLANNER IS INTENDED FOR PURPOSES OF TRACKING MOON CYCLES IN ORDER TO HONOR OUR CONNECTION TO MOTHER MOON FOR ALL ILLUMINATION SHE BRINGS FORTH IN OUR LIFESPAN. THIS KNOWLEDGE IS INTENDED FOR PAIRINGS OF NEW MOON AND FULL MOON INTENTION SETTING, VISION BUILDING AND MANIFESTATION RITUALS.**



"Don't worry if you're making waves just by being yourself.  
The moon does it all the time." —Scott Stabilea



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# 2020 OVERVIEW

## NEW MOON DATES

**JAN. 24**

**FEB. 23**

**MARCH 24**

**APRIL 22**

**MAY 22**

**JUNE 21**

**JULY 20**

**AUG. 18**

**SEPT. 17**

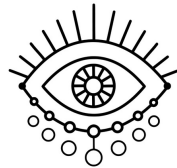
**OCT. 16**

**NOV. 15**

**DEC. 14**

## WHAT IS A NEW MOON?

NEW MOONS ARE NOT ILLUMINATED AND SOMETIMES REFERENCED AS DARK MOONS. THESE PHASES HELP US GO FURTHER INTO OUR DEPTHS OF OUR SOUL OR SHADOWS. THIS CYCLE IS HELPFUL FOR BEGINNING NEW ENDEAVORS.



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# 2020 OVERVIEW

## FULL MOON DATES

JAN. 10

FEB. 9

MARCH 9

APRIL 7

MAY 7

JUNE 5

JULY 5

AUG. 3

SEPT. 2

OCT. 1

OCT. 31

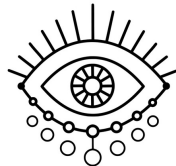
NOV. 30

DEC. 29

WHAT IS A FULL MOON?

FULL MOONS ARE ILLUMINATED AND VISIBLE.

THESE PHASES HELP US GO BRING TO  
SURFACE POSITIVE OR NEGATIVE ASPECTS  
OF OUR HABITS. THIS CYCLE IS HELPFUL  
FOR RELEASING, LETTING GO  
OR COMPLETING CHAPTERS IN ONES LIFE.



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# HOW DO I MANIFEST WITH MOON PHASES?

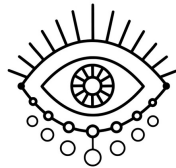
**This can be as simple or as intricate as you feel called to do.**

**We can manifest with or without tools. The Moon is a potent resource ready to nurture us during our process of bringing ideas into reality.**

**Manifesting is the process of bringing your thought from your mind birthed into a tangible physical thing (e.g. home, job, new habit, exercise routine, money, anything that positively lifts your spiritual vibration).**

**What's needed to manifest?**

- 1) An intention (thought)**
- 2) Hardcore belief in the possibility of its fruition**
- 3) Your positive thoughts/behaviors to help the Universe co-create this intention**
- 4) Do not get attached to the outcome. Release it into the Universe**
- 5) Allow time for it to become a reality (days, months or years)**
- 6) Determined persistence in the outcome, remaining positive on the outlook of it all. How you feel determines a lot!**



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**REFLECTION WORK:**

**WHEN WE WORK WITH LUNAR CYCLES TO**

**MANIFEST, SUCH AS**

**NEW MOONS AND FULL MOONS,**

**WE MUST BE MINDFUL OF NOT FOCUSING**

**ON SURFACE-LEVEL THINGS.**

**MOON CYCLES ARE TO BE RESPECTED**

**AND GRATEFULLY HONORED FOR THE OPPORTUNITY**

**FOR US TO**

**ILLUMINATE PROGRESS INTO OUR LIVES.**

**SHORTCOMINGS CAN BE**

**TURNED INTO SUCCESS STORIES WHEN WE**

**CHANGE OUR PERCEPTION**

**AND ALLOW THE MAGIC OF MOTHER MOON**

**TO GUIDE US DURING THE**

**PROCESS OF CREATING ALCHEMY.**



# MY MOON MANTRA

THIS IS YOUR 2020 MOTHER MOON, LUNA LOVE  
MANTRA FOR THE YEAR.  
MEANING, NO MATTER THE UPS OR DOWNS THRU  
2020, THIS MANTRA WILL  
REMAIN TRUE TO YOU BECAUSE YOU MAKE THIS  
PROMISE TO YOURSELF AS  
AN ACT OF SELF-LOVE.  
REPEAT THIS MANTRA DURING TIMES OF DISTRESS  
OR AS A DAILY WAKE UP AFFIRMATION OF  
GRATITUDE BEFORE YOU START YOUR  
DAY...

MY MOON MANTRA IS:

"I AM/WILL \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_."

(Length of Mantra is up to you. Long or Short)



# WRITE YOUR SOUL ON PAPER

I AM NO LONGER LIMITING MYSELF WITH  
THE SELF-SABOTAGING  
BELIEF OF:

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I AM GOING TO REMOVE THE MENTAL ROADBLOCK BY  
REPLACING IT WITH ACTS OF SELF-LOVE SUCH AS:

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# THANK YOU

I AM SO GRATEFUL FOR YOUR CONTINUED  
SUPPORT IN THIS  
JOURNEY. I WANT TO THANK YOU FOR LISTENING  
TO BETTER WORK BITCH! PODCAST AND FOR  
SHARING YOUR OWN VULNERABILITY WITH ME.  
YOUR STORIES ENCOURAGE AND MOTIVATE ME WHEN  
I MIGHT FEEL LIKE GIVING UP.  
WE ARE CO-CREATING DAILY.  
I HAVE TO LET YOU KNOW HOW MUCH OF A DRIVING  
FORCE YOU ARE IN MY MISSION TO BE A LOVING  
EMPATHETIC HUMAN.  
I APPRECIATE YOU.  
AS ABOVE, SO BELOW.

MAY YOU MANIFEST WISELY,  
ESOTERIC ESA  
AKA: YOUR ESOTERIC HOMEGIRL JASMIN



Esoteric Esa