



FAMILY Moon CALENDAR



You've probably heard the stories about how us humans respond to the moon. Nurses will tell you that more babies seem to be born around a full moon, or the ER has more injuries during the full moon.

It makes sense if the moon governs the oceans and we're over 60% water that the moon would have an effect on our lives. In astrology the moon is viewed to rule our emotions.

You can look to what moon someone was born under and know if they're going to be a passionate, hot-head or slow to process, keeping their emotions close to the chest. With our brain & heart being 73% water, this matches up.

Track Your Natural Energy Rhythms with the Moon

This guide is intended to support you and your family (*not a predictive tool*).

FAMILY MOON TRACKING

This calendar is to support you and your family in your daily life.

For me knowing when mine and my family's energy is going to be lower or higher and if we need a little more down time (water) or more fun and movement (fire) helps us maintain more harmony in our lives.

Weekly Moon Energy:

The two weeks leading up to the full moon our energy increases. (Why people say the crazy comes out with the full moon, because the energy is at its peak.)

And the two weeks following the full moon, leading to the new moon, is when we experience our lowest level of energy as a collective from the moon.

Orange weeks show energy building, with arrows pointing where the energy is going that week.

Blue weeks tell us when our energy might be naturally low. I like this because it takes out the thought, "There's something wrong with me," or "I need to be different."

Notice how you respond to the moon's energy
with the daily elements, and the weekly full moon & new moon vibes.



Fire: **Passionate, determined, may be a hot head** if the pressure builds too much or you don't get what you want. Being able to express your emotions with energy and passion can be a gift as long as you don't blow up. Physical movement can be a great tool for you to let off some steam before you erupt.

air: **You're probably a talker**, someone who might be good at articulating your emotions and forget to actually feel them. Talking about your feelings can help you get your energy flowing. Be aware of the temptation to be detached and shut down. Journaling is a great tool for to connect with your emotions – just remember to feel as you analyze.

water: **Highly sensitive, emotional, and intuitive** would be the norm for a water moon. Pay attention to your gut instincts and definitely give yourself permission to be alone to process your feelings. It's a good sign if you cry easily, if not, it might be time to allow the ice to thaw and feel your emotions. Sometimes a good, sad movie does the trick. (The more you allow your emotions to flow, the more intuitive you will be.)

earth: **Reasonable, logical, maybe even practical** to a fault. Your emotional world is probably overlooked because you appear so solid and stable, and people may not be able to read your emotions easily. As you pay attention to your emotions and allow them to be expressed, you will probably notice a balance in your relationships where you become the receiver as well as the giver.

How to Find Your Family's Elements

Gather Your Birth Info: Date, Time, City

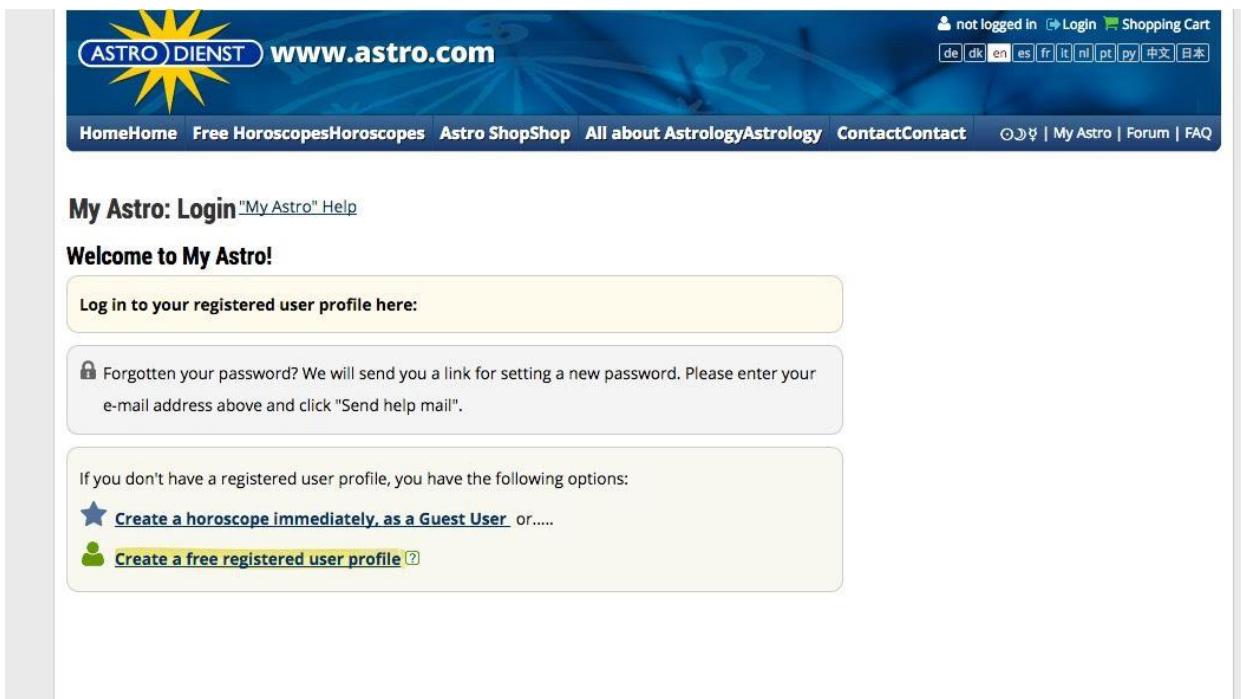
It's important to note that Moon signs change every 2 or 2-1/2 days, and on some days, can be one of two signs, in which case an **accurate birth time is necessary**.

[Download and Print Your Natal Chart](#)

Follow these steps to find your moon element:

1. Go to <http://www.astro.com/> (You may want to bookmark this link - it's a very valuable tool)
2. Register for a free account by clicking "Login" in the upper-right corner

3. Click "[Create a free registered user profile](#)" (as seen below)



My Astro: Login ["My Astro" Help](#)

Welcome to My Astro!

Log in to your registered user profile here:

Forgot your password? We will send you a link for setting a new password. Please enter your e-mail address above and click "Send help mail".

If you don't have a registered user profile, you have the following options:

- ★ [Create a horoscope immediately, as a Guest User](#) or....
- 👤 [Create a free registered user profile](#) ?

4. Fill in all fields and click "OK" (then click "OK" again - it makes you do it twice)
5. Click the last link on the page - “add new astro data”
6. Enter your birth information and click "Continue" (then click "Continue" again)
7. Once entered, your name and birth data should now appear under "Stored Astro Data". Click on your name.

8. Now scroll down, and on the lower-right hand column beneath where it says "Horoscope Chart Drawings," click "Chart Drawing, Ascendant" (as seen below)

Partner Horoscope
 How do you match? A short horoscope by Robert Hand

Astro Click Partner
 Check the potential of your relationship with the interactive partner horoscope

Children & Youth

The Child's Horoscope
 The Child's Horoscope by **Liz Greene**, free Try-Out Edition

Children and Young People
 Robert Hand's accurate horoscope for children and teenagers

Special

Horoscope Chart Drawings

Chart drawing, Ascendant
 Quick access to your chart and calculations

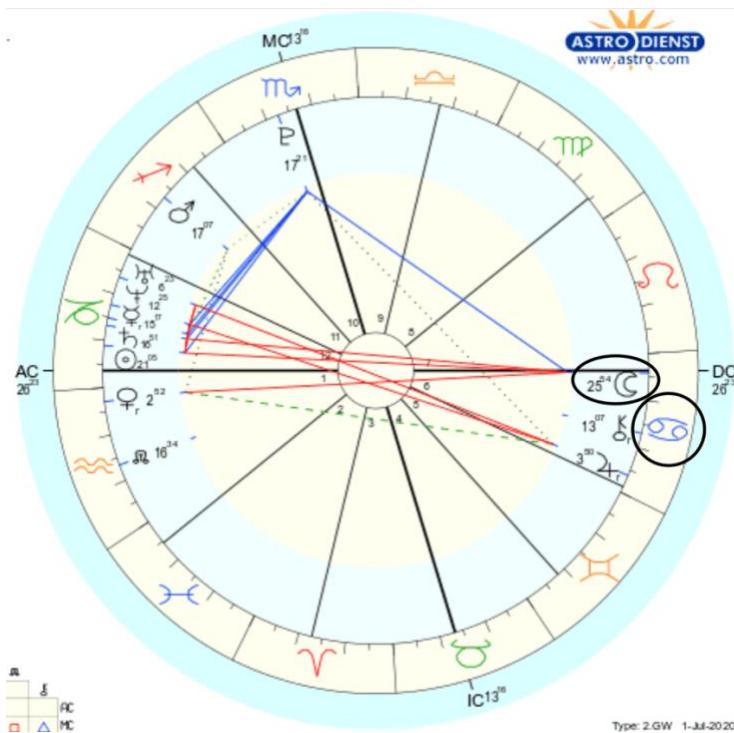
Extended Chart Selection
 A wide selection of horoscope types, house systems, asteroids, etc.

Voila  You should now see your chart. **Next...**

9. Look for the moon symbol within the chart and notice what color the symbol is in the outside circle. In the below example the symbol is blue = water.

Make a note on your Family Moon Calendar.

(Red = Fire, Orange = Air, Blue = Water, Green = Earth)



Repeat steps 5-9 with your family's birth data to add their moon element to your Family Moon Calendar.