

# JANUARY 2024

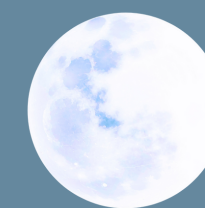
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21	22	23	24	<b>25</b>	26	27
28	29	30	31			

Overarching Energy Card: Your Are Supported  
Aligned Life Oracle Card Deck

## KEY LUNAR PHASES:



**New Moon in Capricorn**  
11th January  
11:57 London

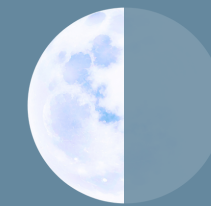


**Full Moon in Leo**  
25th January  
07:53 London

-YOU ARE SUPPORTED-

# JANUARY 2024

## LUNAR CALENDAR



LAST QUARTER MOON

4th January @ 00:47 London

Allow what isn't working to fall away



NEW MOON IN CAPRICORN

11th January @ 11:57 London

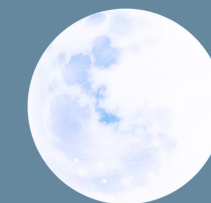
Set your intentions for the month ahead



FIRST QUARTER MOON

18th January @ 08:12 London

Recommit to your intentions with practical action



FULL MOON IN LEO

25th January @ 17:53 London

Review your progress so far and release your blocks



# THINGS TO KNOW . . .

## **Overarching energy message for January: Your Are Supported**

Life may not always be a bed of roses. We all have challenges and obstacles to face, but we are never alone. The Universe always finds a way to support us. If you're feeling scared, fearful and disillusioned right now, hopeless or frustrated, this card brings a message that you are supported. Even if you feel heavy with burden, you are as light as a feather and the Universe can carry you with ease.

# THINGS TO DO . . .

## **Full Moon Exercise: Let it go**

The full moon is a great time to focus on releasing what is no longer serving you. This might include beliefs you have that are limiting you or holding you back from making the changes and progress you want in your life, or perhaps patterns of behaviour, situations or past experiences. You may also feel it's time to release energetic ties to relationships, jobs or other commitments which are stopping you from moving forward.

1. Find a glass and fill it with some fresh water. You may want to have your own favourite glass for these moon practices.
2. Think of 3 things you are grateful for. Hold the glass in your hands and speak into the water, repeating what you're grateful for. If you prefer not to speak out loud, say it in your head and imagine the words flowing into the water.
3. Now think of what you want to release. Think of as many things as you like. You can set the intention to release any emotional blocks, unhelpful beliefs or past experiences and trauma you want. Note: Some things are harder to release than others, and sometimes we may need support to fully release things that are particularly stuck. You may therefore wish to seek support from a specialist or qualified professional in this instance.
4. Now, focus again on the water and either speak into it, or in your head, saying what you intend to release. Now pour the water away into a border or on the earth and repeat this affirmation, *'I release what no longer serves me, and make room to welcome in abundance and joy in all areas of my life. For the good of all, or not at all'*.

## **New Moon Exercise: Wishing on a moon**

The new moon is a great time to think about what you want to bring into your life, and make wishes to invite these things in - to set your positive intentions for what you want to happen next and surrender this to the Universe.

1. Find a piece of paper and a pen
2. Write down 3 things you are grateful for, over the last month or beyond
3. Now write down what you would like to create/ achieve in the month ahead. It may be best to focus on up to 3 things. You can wish for anything you want, but remember not to be too attached to the form, or the timing! Trust that your wishes will manifest in Diving timing, and the form that is in your highest good.
4. Now write down one step for each of the items you have listed, that you can take straight away to start working towards your wish.
5. Keep the list safe and make time each day in the coming week to look at your wishes, and take any actions you have committed to.



'I AM COMPLETELY SUPPORTED IN  
ALL THAT I DO'