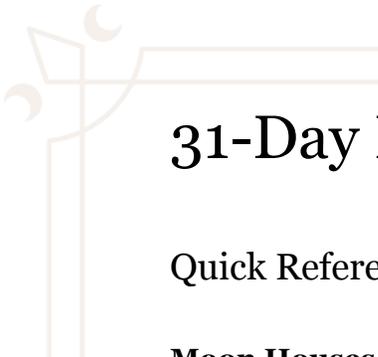




# LUNAR Tracker



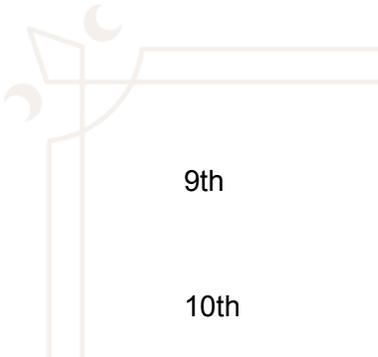


# 31-Day Lunar Tracker + Sacral Energy Companion Guide

Quick Reference: Moon Houses & Signs for Sacral Awareness

## **Moon Houses – Themes for Daily Tracking**

<b><u>House</u></b>	<b><u>Life Area</u></b>	<b><u>Sacral &amp; Emotional Focus</u></b>
1st	Self / Identity	Personal expression, intuition, body awareness, sacral energy flow
2nd	Finances / Values	Self-worth, abundance, pleasure, material creativity
3rd	Communication / Learning	Emotional expression, curiosity, creative ideas, sharing feelings
4th	Home / Family	Emotional roots, nurturing, comfort, inner security
5th	Creativity / Pleasure	Play, joy, artistic expression, romance, fun, sacral stimulation
6th	Work / Health	Daily routines, self-care, body alignment, energetic maintenance
7th	Partnerships / Relationships	Emotional connections, intimacy, collaboration, relational flow
8th	Transformation / Shared Resources	Deep emotional release, sexual energy, personal transformation



9th	Expansion / Higher Learning	Vision, inspiration, spiritual growth, intuitive exploration
10th	Career / Public Life	Ambition, confidence, expressing authentic self in the world
11th	Community / Goals	Friendships, group energy, creative collaboration, social flow
12th	Inner Reflection / Spirituality	Rest, inner healing, subconscious insights, dream work

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### **Moon Signs – Emotional & Sacral Themes**

<b><u>Sign</u></b>	<b><u>Emotional / Sacral Focus</u></b>
Aries	Bold action, assertive creativity, igniting desire
Taurus	Pleasure, sensuality, grounding, body connection
Gemini	Curiosity, communication, playful energy
Cancer	Emotional depth, nurturing, inner security
Leo	Creative self-expression, joy, radiant confidence



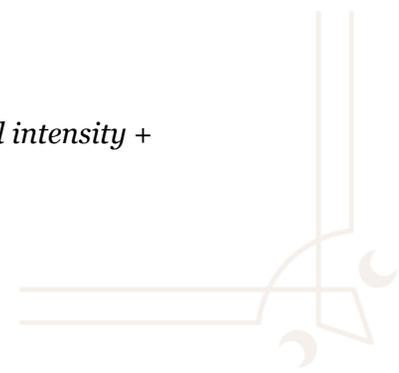


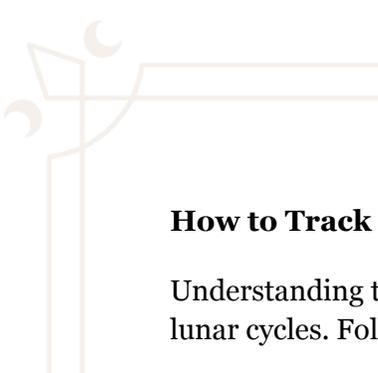
Virgo	Service, self-care, structured flow, health awareness
Libra	Harmony, relationships, balancing energy flow
Scorpio	Emotional transformation, release, deep sacral connection
Sagittarius	Exploration, inspiration, expansive creativity
Capricorn	Discipline, manifestation, building stability in energy
Aquarius	Innovation, experimentation, social creativity
Pisces	Intuition, dream work, emotional and energetic fluidity

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### How to Use This Guide

1. Check which House and sign the Moon is transiting and enter it into your tracker.
2. Note the sacral and emotional themes listed above to guide your movement, journaling, and ritual practices.
3. Combine with Moon-phase energy for optimal alignment (*e.g., Full Moon in 5th House Leo = high emotional intensity + playful, creative sacral activation*)
4. Use this reference daily to tune into your Divine Feminine, sacral flow, and emotional insights.





## How to Track the Moon & Align Your Sacral Energy

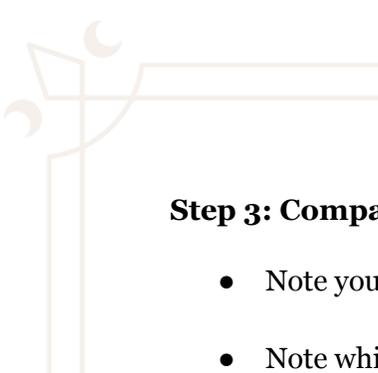
Understanding the **Moon's current position** helps you connect your **emotions, intuition, and sacral energy** with the natural lunar cycles. Follow these steps daily to get the most from your tracker.

### Step 1: Find Today's Moon Phase

- Visit [Astro-Seek Moon Calendar](#) or a similar site.
  - Note the **Moon phase** (New, Waxing Crescent, First Quarter, Waxing Gibbous, Full, Waning Gibbous, Last Quarter, Waning Crescent).
  - Record the **Moon sign** (e.g., Aries, Taurus, Gemini) and **degree** (e.g., 15° Taurus).
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### Step 2: Find the Moon's Current House

- The **Moon's house** shows which life area is currently influenced by its energy.
1. **Know Your Natal Chart Houses:** Your natal chart has **12 houses** representing life areas. Generate a free chart at Astro-Seek or Astro.com.
  2. **Check Today's Moon Sign & Degree**
  3. **Compare to Your Natal Chart:** Locate which House in your natal chart contains the Moon's current position (e.g., 15° Taurus in your 1st house).



### Step 3: Compare to Your Natal Chart

- Note your **natal Moon sign, degree, and House**.
  - Note which House the transiting Moon is in. How does this compare to your Natal House placements?
  - Compare how the current Moon interacts with your natal Moon. Are there any aspects with any other planets in your natal chart?
  - Compare how the current Moon interacts with these placements.
  - Reflect on how this energy shows up in your body, emotions, and sacral energy.
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### Step 4: Record in Your Tracker

- Fill in columns:
  - Moon Phase
  - Current Moon Sign & Degree
  - Moon House (Transiting through your Natal Chart)
  - Natal Moon Sign & Degree
  - Natal Moon House
  - Significant aspects to any other natal planetary placements
  - Energy Level, Mood, Body Sensations, Rituals, Intentions, Reflections





## Moon Phase Guide & Sacral Focus

### Moon Phase

### Energy & Focus

### Sacral Practice Ideas

**New Moon** ●

Fresh, receptive, inward

Set intentions, gentle hip/pelvic movements, journaling on desires

**Waxing Crescent** ●◐

Growing, initiating

Flowing movement, light sacral somatics, breathwork for empowerment

**First Quarter** ●◑

Overcome obstacles

Hip circles, pelvic tilts, journal limiting beliefs or challenges

**Waxing Gibbous** ●◒

Refine & expand

Core-focused movement, solar plexus engagement, intention-setting

**Full Moon** ●◐◑

Release & celebrate

Pelvic floor awareness, expressive movement, gratitude journaling, letting go ritual

**Waning Gibbous** ●◒◑

Reflect & share

Somatic journaling, heart-focused breathwork, gentle flows to integrate insights

**Last Quarter** ●◑◐

Let go & simplify

Abdominal massage, gentle hip circles, release rituals, mindful reflection

**Waning Crescent** ●◐◑

Rest & restore

Gentle pelvic rocking, breath meditation, somatic rest, visualization

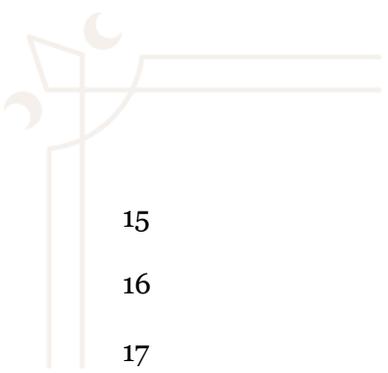


### 31-Day Lunar Tracker Table

*You may need and/or choose to journal these responses in a separate notebook, or duplicate these pages as much as needed.*

Day	Moon Phase	Current Moon Sign & Degree	Moon House (Transit)	Natal Moon Sign & Degree	Natal Moon House	Aspects	Record Energy Level / Mood / Sensations / Daily Intention / Somatic Ritual / Reflection - Notes
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