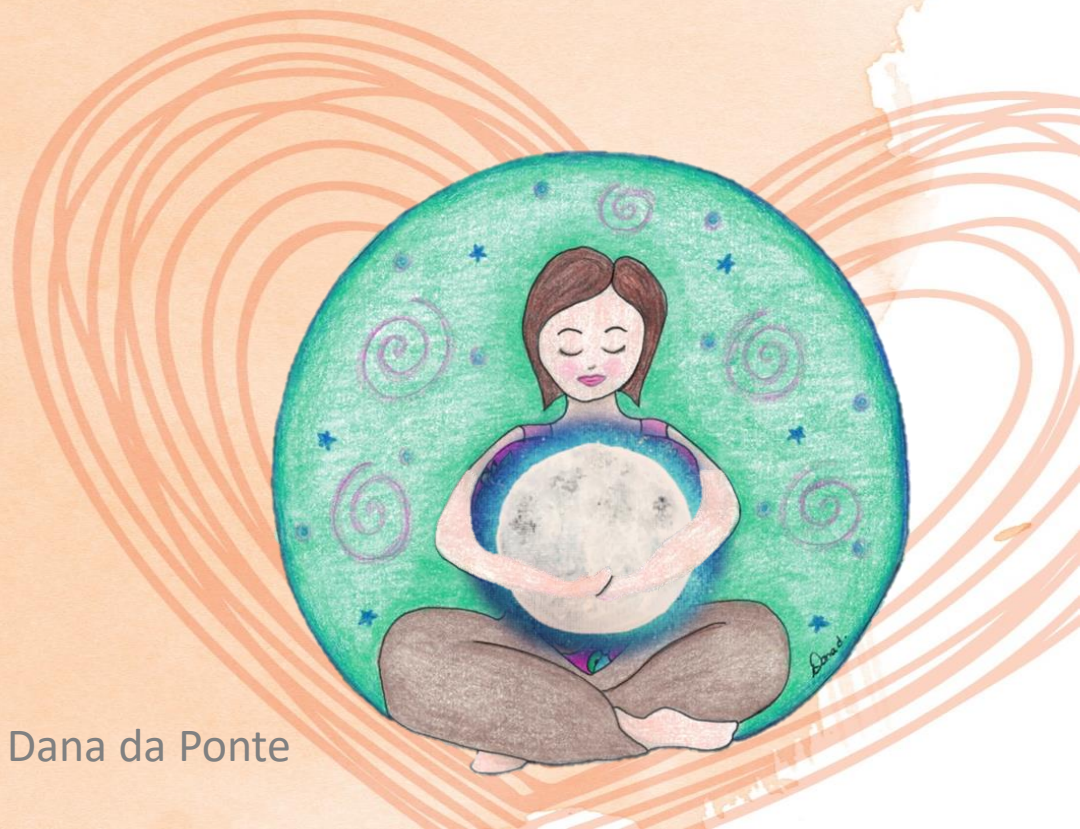


# My Moon Calendar

2023



by Dana da Ponte

# Legend

## Moon Phases



The dates for the new and full moons are indicated by the mountain time zone. You can refer to this link for specific times:

<https://mooncalendar.astro-seek.com/full-moons-new-moons-2023>

## Moon Signs



Aries



Taurus



Gemini



Cancer



Leo



Virgo



Libra



Scorpio



Sagittarius



Capricorn



Aquarius



Pisces

## Other



Mercury Retrograde – good time for reviewing & introspection. Hold off on action. Watch communication.



## *Important Moon Events*

### **Supermoon**

A supermoon happens when the full moon coincides with the moon's closest approach to Earth in its orbit. Supermoons make the moon appear a little brighter and closer than normal. Since, astrologically speaking full moons amplify the qualities of the sign they are in, supermoons do the same thing.

### **Full Moon**

A Full Moon will amplify whatever qualities come with that particular Zodiac sign

### **New Moon**

A New Moon invites introspection and renewal. When it comes into a particular sign, it may be showing us the potential for renewal or rebirth in those areas of our lives.

### **Eclipse**

Signals change, often in ways we are uncomfortable with so an eclipse usually also conjures feelings of anxiety or the feeling that something's off or wrong but you can't quite put your finger on what it is. Eclipses signal us to pay attention to areas in our lives that need to change.




### **Lunar Eclipse**

Marks endings and culmination points and increases the potency of the Full Moon.


### **Solar Eclipse**

Marks beginnings and newness and increases the potency of the New Moon.





# January 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
26	27	28 <input type="checkbox"/> Support yourself during the retrograde. Listen to episode 17, 63 or 66	29	30	31 <input type="checkbox"/> Listen to episode #16 or 67 & 68 on New Year's Eve or New Year's Day	1
2 <input type="checkbox"/> Start the Inner Child Series. Listen to episode #34	3	4	5	6 	7 <input type="checkbox"/> Clear relationship issues. Work on self-love. Listen to episode #1, 13, 30, 44 or 52	8
9 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #35	10	11	12		14	15
16 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #39	17	18	19	20	21 	22 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80
23 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #49	24	25	26	27	28 	39
30 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #50	31	2	3	4	5	6





# February 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31	1 <input type="checkbox"/> Celebrate Imbolc. Listen to episode 23	2	3	4  	5 <input type="checkbox"/> Shine your light & stand in your power. Listen to episode #10, 20, 43 or 45.
6 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #51	7	8	9	10	11	12
13 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #53	14	15	16	17	18	19
20   ← supermoon	21 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80	22	23	24	25	26
27 <input type="checkbox"/> Continue the Inner Child Series. Listen to episode #55	28	1	2	3	4	5
6	7	8	9	10	11	12




















# March 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
27	28	1	2	3	4	5
6 <input type="checkbox"/> Complete the Inner Child Series. Listen to episode #57	7  	8 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.	9	10	11	12
13 <input type="checkbox"/> Moving forward. Listen to episode #18	14	15	16	17	18	19
20 <input type="checkbox"/> Celebrate Spring Equinox. Listen to episode 24 or 29	21  	22 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80	23	24	25	26
27 <input type="checkbox"/> Moving forward. Listen to episode #19	28	29	30	31	1	2
3	4	5	6	7	8	9

# April 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
27	28	29	30	31	1	2
3 <input type="checkbox"/> Align with the Libra full moon energy. Listen to episode #52	4	5  	6 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.	7	8	9
10 <input type="checkbox"/> Clear emotions from the hips. Listen to episode #46	11	12	13	14	15	16
17 <input type="checkbox"/> Release relationship issues with the waning moon. Listen to episode #30	18	19   Solar eclipse	20	21 <input type="checkbox"/> Because of eclipse set new moon intentions here. Listen to episode #2, 14, 37, 80	22 <input type="checkbox"/> Support yourself during the retrograde. Listen to episode 17, 63 or 66	23
24 <input type="checkbox"/> Boost your energy. Listen to episode #24	25	26	27	28	29	30
1	2	3	4	5	6	7

# May 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p>1 <input type="checkbox"/> Celebrate the peak of spring. Listen to episode #24 or 29 </p>	<p>2 </p>	<p>3 </p>	<p>4 </p>	<p>5  Lunar eclipse  </p>	<p>6 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73. </p>	<p>7 </p>
<p>8 <input type="checkbox"/> Psychic protection with the archangels. Listen to episode #27 </p>	<p>9 </p>	<p>10 </p>	<p>11 </p>	<p>12 </p>	<p>13 </p>	<p>14 </p>
<p>15 <input type="checkbox"/> Releasing emotions from the digestive system. Listen to episode #33</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19   </p>	<p>20 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80</p>	<p>21</p>
<p>22 <input type="checkbox"/> Clear emotional triggers around food. Listen to episode #31</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29 <input type="checkbox"/> Clear harmful beliefs about food. Listen to episode #32</p>	<p>30</p>	<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>







# June 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	30	31	1	2	3 	4  
5 <input type="checkbox"/> Reclaim your power. Listen to episode #10	6	7	8	9	10	11
12 <input type="checkbox"/> Clear with cards for inner child healing. Listen to episode #79	13	14	15	16 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80	17  	18
19 <input type="checkbox"/> Navigate transformation. Listen to episode #81	20	21 <input type="checkbox"/> Celebrate summer. Listen to episode #42	22	23	24	25
26 <input type="checkbox"/> Enjoy an intuitive mapping session. Listen to episode #9	27	28	29	30	1	2
3	4	5	6	7	8	9




















# July 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
26	27	28	29	30	1	2
3 	4 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.	5	6	7	8	9
10 <input type="checkbox"/> Clear the body. Listen to episode #26	11	12	13	14	15	16
17 	18 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80	19	20	21	22	23
24 <input type="checkbox"/> Calm anxiety. Listen to episode #25	25	26	27	28	29	30
31 <input type="checkbox"/> Communicate with your angels. Listen to episode #28	1	2	3	4	5	6

# August 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p>31 <input type="checkbox"/> Celebrate the beginning of the harvest. Listen to episode #14</p>	<p>1     ←   supermoon</p>	<p>2 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.</p>	3	4	5	6
<p>7 <input type="checkbox"/> Protect your energy field. Listen to episode #84</p>	8	9	10	11	12	13
<p>14 <input type="checkbox"/> Clear the body. Listen to episode #26</p>	15	<p>16   ←</p>	<p>17 <input type="checkbox"/> Set new moon intentions. Listen to episode #2, 14, 37, 80</p>	18	19	20
<p>21 <input type="checkbox"/> Communicate with your angels. Listen to episode #28</p>	22	23	24	25	26	27
<p>28 <input type="checkbox"/> Calm anxiety. Listen to episode #25</p>	29	<p>30     ←   blue moon supermoon</p>	<p>31 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.</p>	1	2	3
4	5	6	7	8	9	10

# September 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
28	29	30	31	1 <input type="checkbox"/> Support yourself during the retrograde. Listen to episode 17, 63 or 66 	2 	3 
4 <input type="checkbox"/> Address what's arising in the present moment. Listen to episode #36 	5 	6 	7 	8 	9 	10 
11 <input type="checkbox"/> Use your voice and clear emotions from your neck and throat. Listen to episode #66 	12 	13 	14  	15 <input type="checkbox"/> Set new moon intentions with the Virgo new moon. Listen to episode #54 	16	17
18 <input type="checkbox"/> Clear with tarot cards and MAP. Listen to episode #80	19	20	21	22	23 <input type="checkbox"/> Celebrate the autumn equinox. Listen to episode #3	24
25 <input type="checkbox"/> Clear blocks to your creativity. Listen to episode #76	26	27	28	29  	30 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73. 	1
2	3	4	5	6	7	8



# October 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
25	26	27	28	29	30	1
2 <input type="checkbox"/> Clear ancestral memories series. Listen to episode #5	3	4	5	6	7	8
9 <input type="checkbox"/> Clear ancestral memories series. Listen to episode #6	10	11	12	13	14  solar eclipse	15
16 <input type="checkbox"/> Clear ancestral memories series. Listen to episode #7	17 <input type="checkbox"/> Because of eclipse season set your new moon intentions here. Listen to episode #2, 14, 37, 80	18	19	20	21 <input type="checkbox"/> Celebrate the autumn equinox. Listen to episode #3	22
23 <input type="checkbox"/> Clear ancestral memories series. #8	24	25	26	27	28  lunar eclipse	29 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.
30 <input type="checkbox"/> Clear ancestral memories series. #61	31 <input type="checkbox"/> Connect to your higher self. Listen to episode #45	1	2	3	4	5

# November 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31	1	2	3	4	5
6 <input type="checkbox"/> Clear ancestral money blocks. Listen to episode #62	7	8	9	10	11	12
13  	14 <input type="checkbox"/> Set your new moon intentions. Listen to episode #2, 14, 37, 80	15	16	17	18	19
20 <input type="checkbox"/> Clear money blocks. Listen to episode #11	21	22	23	24	25	26
27  	28 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.	29	30	1	2	3
4 <input type="checkbox"/> Clear chakras. Listen to episode #17	5 <input type="checkbox"/> Connect to your higher self. Listen to episode #45	6	7	8	9	10

# December 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
27	28	29	30	1	2	3
4 <input type="checkbox"/> Release regrets. Listen to episode #70	5	6	7	8	9	10
11 <input type="checkbox"/> Do an end of year review. Listen to episode #67	12 	13 <input type="checkbox"/> Set your new moon intentions. Listen to episode #2, 14, 37, 80	14 <input type="checkbox"/> Support yourself during the retrograde. Listen to episode 17, 63 or 66	15	16	17
18 <input type="checkbox"/> Grow the feeling of gratitude. Listen to episode #59	19	20	21 <input type="checkbox"/> Celebrate the winter solstice. Listen to episode #14	22	23	24
25 <input type="checkbox"/> Rest and relax. Listen to episode #63	26 	27 <input type="checkbox"/> Clear with the full moon. Listen to episode #1, 4, 13, 14, 56, 60, 70 or 73.	28	29	30	31
1	2	3	4	5	6	7