

Episode Directory

THE Moon Mapping Year

The Moon Mapping Year

Episode Directory

Hello...

Thank you once again for being part of the Moon Mapping Year.

On the following pages you will find a directory of the Moon Mapping episodes that are currently available and my suggested times to listen to them.

The Moon Mapping Year doesn't have a definitive starting point so there are different ways you can approach your journey. There are also various ways to use each episode so I thought if I created a few reference lists, it will help you know when to listen to a specific episode.

There are no hard and fast rules and if you know me, you know I like to look inward and ask my body what it needs but its also helpful to categorize things so that when an issue arises or I'm experiencing an emotional trigger or my trauma response is activated, I can look and see if there's a Moon Mapping session that will support me through it. However you use the Moon Mapping Year, I hope this directory helps you to access the full benefit of these sessions.

Dana da Ponte

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The Complete List

Sometimes I use my pendulum or muscle test to see which Moon Mapping episode my subconscious feels is most beneficial for me in that moment. This is a list of all the episodes so you can do the same.

1. Cutting Cords from the Heart Chakra
2. Planting New Moon Intentions
3. Calming Anxiety and Celebrating Autumn
4. Full Moon Clearing with Great Mother to Claim Your Worth
5. Clearing Ancestral Memories from the Lower Body

6. Clearing Ancestral Memories from the Hips and Pelvis
7. Clearing Ancestral Memories from the Upper Body
8. Clearing Ancestral Memories from Your Third Eye and Connecting to Your Spirit Guides and Angels
9. Intuitive Mapping Session
10. Reclaiming Your Power

11. Clearing Money Blocks
12. Honoring Grief from the Pandemic
13. Full Moon Clearing
14. The Art of Receiving
15. The Current Troubling Situation

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16. *End of Year Release and New Year Intentions*
17. *Bonus: Chakra Clearing Shorter Version*
18. *Moving Forward and Releasing Trapped Emotions from the Bones and Muscles of the Feet*
19. *Moving Forward and Releasing Trapped Emotions from the Circulation and Meridians in the Feet*
20. *Clearing Blocks to Trusting Your Own Path*

21. *Planning the Year Ahead*
22. *Managing Physical Pain*
23. *Clearing Memories of House and Home*
24. *Boost Your Energy*
25. *Calming Anxiety by Activating the Ventral Branch of the Vagus Nerve*

26. *Clearing What Surfaces in the Body in the Present Moment*
27. *Psychic Protection with the Archangels*
28. *Communicating with your Spirit Guides and Angels*
29. *Calming Anxiety and Celebrating Spring*
30. *Neutralizing Emotional Triggers in a Relationship*

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31. *Neutralizing Emotional Triggers Around Food and Eating*
32. *Clearing Harmful Beliefs About Food and Eating*
33. *Releasing Trapped Emotions from the Stomach and Digestive System*
34. *Releasing Trapped Emotions from Conception to Eight Weeks*
35. *Releasing Trapped Emotions from the Fetal Period*

36. *Addressing What Arises in the Present Moment*
37. *Magnetizing Your New Moon Intentions*
38. *Clearing the Week Ahead with Insight From the Light Seer's Tarot Deck*
39. *Releasing Trapped Emotions from Your Birth*
40. *Inviting a Deep and Restful Sleep with Peaceful Dreams*

41. *Wake Up Mindfully and Visualize Your Day*
42. *Celebrating Summer and Visualizing Success*
43. *Leading Your Inner Critic with Love*
44. *Cultivating Self-Compassion*
45. *Connecting to Your Higher Self*

46. *Clearing Emotions from the Hips*
47. *Clearing Emotions from the Jaw*
48. *Reviewing Your New Year Intentions*
49. *Neutralizing Memories from Birth the Age 1*
50. *Neutralizing Memories from Ages 1 to 3*

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51. *Neutralizing Memories from Ages 4 to 6*
52. *Clearing Emotional History in a Relationship*
53. *Neutralizing Memories from Ages 7 to 9*
54. *Visualizing Your Future with the New Moon in Virgo*
55. *Neutralizing Memories from Ages 10 to 12*

56. *Releasing and Letting Go Under the Full Moon*
57. *Neutralizing Memories from Ages 13 to 18*
58. *Growing the Feeling of Safety in Your Body*
59. *Growing the Feeling of Gratitude*
60. *Releasing Anger and Reducing Aggressive Behavior*

61. *Clearing Ancestral Money Blocks*
62. *Clearing Ancestral Money Blocks from your Female Lineage*
63. *Relaxing as Deeply as Possible*
64. *Living Peacefully with a Chronic Condition*
65. *Rewriting a Bad Day*

66. *Using Your Voice and Releasing Trapped Emotions from the Neck and Throat*
67. *End of Year Review*
68. *Visioning the Year Ahead*
69. *Clearing with the Moon Phases*
70. *Releasing Regrets*

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- 71. *Energetically and Emotionally Preparing for 2022*
- 72. *Emotional Relief from the Pandemic*
- 73. *Releasing an Unhealthy Habit*
- 74. *Unblocking the Heart Chakra*
- 75. *Clearing Memories and Emotions from the Lungs*

- 76. *Clearing Blocks to Your Creativity*
- 77. *Seven Card Spread for Clearing Different Areas of Your Life*
- 78. *Three Card Morning Spread*
- 79. *Clearing with Tarot or Oracle Cards for Inner Child Healing*
- 80. *Clearing with Tarot or Oracle Cards for a New Project or Goal*

- 81. *Navigating Transformation*
- 82. *Clearing with the Moon Phases - Version 2*
- 83. *Exploring Your Childhood Mother-Daughter Relationship*
- 84. *Morning Energy Field Protection*

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New Moon

Listen to these episodes when the moon is in the new moon phase.

Episode 2 *Planting New Moon Intentions*

Episode 8 *Clearing Ancestral Memories from Your Third Eye and Connecting to Your Ancestors*

Episode 27 *Psychic Protection with the Archangels*

Episode 28 *Communicating with your Spirit Guides and Angels*

Episode 37 *Magnetizing Your New Moon Intention*

Episode 46 *Connecting to Your Higher Self*

Episode 54 *Visualizing Your Future with the New Moon in Virgo*

Episode 68 *Clearing with the Moon Phases*

Episode 80 *Clearing with Tarot or Oracle Cards for a New Project or Goal*

New Moon Episodes

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Full Moon

Listen to these episodes when the moon is in the full moon phase.

Episode 1 *Cutting Cords from the Heart Chakra*

Episode 8 *Clearing Ancestral Memories from Your Third Eye and Connecting to Your Ancestors*

Episode 4 *Full Moon Clearing with Great Mother to Claim Your Worth*

Episode 13 *Full Moon Chakra Clearing*

Episode 17 *Chakra Clearing Shorter Version*

Episode 27 *Psychic Protection with the Archangels*

Episode 56 *Releasing and Letting Go Under the Full Moon*

Episode 60 *Clearing with the Moon Phases*

Episode 70 *Releasing Regrets*

Episode 73 *Releasing an Unhealthy Habit*

Full Moon Episodes

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Wheel of the Year Episodes

These episodes align with the seasons, the sun and the celebrations of the Wheel of the Year.

Samhain

Episode 5 *Clearing Ancestral Memories from the Lower Body*

Episode 6 *Clearing Ancestral Memories from the Hips and Pelvis*

Episode 7 *Clearing Ancestral Memories from the Upper Body*

Episode 8 *Clearing Ancestral Memories from Your Third Eye and Connecting with Your Ancestors*

Episode 61 *Clearing Ancestral Money Blocks*

Episode 62 *Clearing Ancestral Money Blocks in Your Female Lineage*

Yule/Winter Solstice

Episode 14 *The Art of Receiving*

Episode 16 *End of Year Release and New Year Intentions*

Episode 67 *End of Year Review*

Episode 68 *Visioning the Year Ahead*

Imbolc

Episode 23 *Clearing Memories of House and Home*

Wheel of the Year Episodes

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Ostara/Spring Equinox

Episode 24 *Boost Your Energy*

Episode 29 *Calming Anxiety and Celebrating Spring*

Beltane

Episode 34 *Releasing Trapped Emotions from Conception to Eight Weeks*

Episode 35 *Releasing Trapped Emotions from the Fetal Period*

Episode 39 *Releasing Trapped Emotions from Your Birth*

Episode 49 *Neutralizing Memories from Birth to Age 1*

Episode 50 *Neutralizing Memories from Ages 1 to 3*

Episode 52 *Neutralizing Memories from Ages 4 to 6*

Episode 53 *Neutralizing Memories from Ages 7 to 9*

Episode 55 *Neutralizing Memories from Ages 10 to 12*

Episode 57 *Neutralizing Memories from Angels 13 to 18*

Lithia/Summer Solstice

Episode 42 *Celebrating Summer and Visualizing Success*

Episode 43 *Leading Your Inner Critic with Love*

Episode 44 *Cultivating Self-Compassion*

Episode 45 *Connecting with Your Higher Self*

Wheel of the Year Episodes

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Lughnasadh

Episode 48 *Reviewing Your New Year Intentions*

Mabon/Autumn Equinox

Episode 3 *Calming Anxiety and Celebrating Autumn*

Episode 59 *Growing the Feeling of Gratitude*

Wheel of the Year Episodes

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Calming Episodes

Use these episodes when you are in a trauma response, your anxiety is high, you're having a big emotional reaction or when you feel activated or triggered.

Episode 3 *Calming Anxiety and Celebrating Autumn*

Episode 15 *The Current Troubling Situation*

Episode 17 *Chakra Clearing Shorter Version*

Episode 25 *Calming Anxiety by Activating the Ventral Branch of the Vagus Nerve*

Episode 26 *Clearing What Surfaces in the Body in the Present Moment*

Episode 29 *Calming anxiety and Celebrating Spring*

Episode 36 *Addressing What Arises in the Present Moment*

Episode 58 *Growing the Feeling of Safety in Your Body*

Episode 63 *Relaxing as Deeply as Possible*

Calming Episodes

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Relationship Episodes

Use these episodes when you are experiencing an issue in any kind of relationship or you want to clear memories from past relationships.

Episode 1 *Cutting Cords from the Heart Chakra*

Episode 6 *Clearing Ancestral Memories from the Hips and Pelvis*

Episode 10 *Reclaiming Your Power*

Episode 15 *The Current Troubling Situation*

Episode 20 *Clearing Blocks to Trusting Your Own Path*

Episode 26 *Clearing What Surfaces in the Body in the Present Moment*

Episode 30 *Neutralizing Emotional Triggers in a Relationship*

Episode 36 *Addressing What Arises in the Present Moment*

Episode 46 *Clearing Emotions from the Hips*

Episode 52 *Clearing Emotional History in a Relationship*

Relationship Episodes

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Inner Child Healing

These episodes neutralize memories from childhood that no longer serve you.

Episode 1 *Cutting Cords from the Heart Chakra*

Episode 23 *Clearing Memories of House and Home*

Episode 31 *Neutralizing Emotional Triggers Around Food and Eating*

Episode 32 *Clearing Harmful Beliefs About Food and Eating*

Episode 34 *Releasing Trapped Emotions from Conception to Eight Weeks*

Episode 35 *Releasing Trapped Emotions from the Fetal Period*

Episode 39 *Releasing Trapped Emotions from your Birth*

Episode 49 *Neutralizing Memories from Birth to Age 1*

Episode 50 *Neutralizing Memories from Ages 1 to 3*

Inner Child Healing Episodes

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Inner Child Healing

These episodes neutralize memories from childhood that no longer serve you.

Episode 51 *Neutralizing Memories from Ages 4 to 6*

Episode 53 *Neutralizing Memories from Ages 7 to 9*

Episode 55 *Neutralizing Memories from Ages 10 to 12*

Episode 57 *Neutralizing Memories from Ages 13 to 18*

Inner Child Healing Episodes

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For Entrepreneurs

These episodes clear memories and beliefs that interfere with business success.

Episode 2 *Planting New Moon Intentions*

Episode 4 *Full Moon Clearing with Great Mother to Claim Your Worth*

Episode 10 *Reclaiming Your Power*

Episode 11 *Clearing Money Blocks*

Episode 14 *The Art of Receiving*

Episode 20 *Clearing Blocks from Trusting Your Own Path*

Episode 37 *Magnetizing Your New Moon Intentions*

Episode 41 *Wake Up Mindfully and Visualize Your Day*

Episode 42 *Celebrating Summer and Visualizing Success*

Episode 43 *Leading Your Inner Critic With Love*

Episode 45 *Connecting to Your Higher Self*

Entrepreneur Episodes

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For Entrepreneurs

These episodes clear memories and beliefs that interfere with business success.

Episode 54 *Visualizing Your Future with the New Moon in Virgo*

Episode 59 *Growing the Feeling of Gratitude*

Episode 61 *Clearing Ancestral Money Blocks*

Episode 62 *Clearing Ancestral Money Blocks in Your Female Lineage*

Episode 65 *Rewriting a Bad Day*

Episode 76 *Clearing Blocks to Your Creativity*

Episode 80 *Clearing with Tarot or Oracle Cards for a New Project or Goal*

Entrepreneur Episodes

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Body Episodes

These episodes neutralize unhelpful memories that you are unconsciously holding in your body.

Episode 5 Clearing Ancestral Memories from the Lower Body

Episode 6 Clearing Ancestral Memories from the Upper Body

Episode 8 Clearing Ancestral Memories from Your Third Eye and Connecting with Your Ancestors

Episode 18 Moving Forward and Releasing Trapped Emotions from the Bones and Muscles of the Feet

Episode 19 Moving Forward and Releasing Trapped Emotions from the Circulation and Meridians in the Feet

Episode 22 Managing Physical Pain

Episode 26 Clearing What Surfaces in the Body in the Present Moment

Episode 33 Releasing Trapped Emotions from the Stomach and Digestive System

Body Episodes

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Body Episodes

These episodes neutralize unhelpful memories that you are unconsciously holding in your body.

Episode 35 *Releasing Trapped Emotions from the Fetal Period*

Episode 39 *Releasing Trapped Emotions from your Birth*

Episode 46 *Clearing Emotions from the Hips*

Episode 47 *Clearing Emotions from the Jaw*

Episode 58 *Growing the Feeling of Safety in Your Body*

Episode 64 *Living Peacefully with a Chronic Condition*

Episode 66 *Using Your Voice and Releasing Trapped Emotions from the Neck and Throat*

Episode 75 *Clearing Memories and Emotions from the Lungs*

Body Episodes

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Feel Happier Episodes

These episodes help shift your thinking from a negative or limiting perspective to a lighter more positive perspective.

Episode 10 *Reclaiming Your Power*

Episode 12 *Honoring Grief from the Pandemic*

Episode 15 *The Current Troubling Situation*

Episode 20 *Clearing Blocks to Trusting Your Own Path*

Episode 43 *Leading Your Inner Critic with Love*

Episode 44 *Cultivating Self-Compassion*

Episode 59 *Growing the Feeling of Gratitude*

Episode 60 *Releasing Anger and Reducing Aggressive Behavior*

Episode 65 *Rewriting a Bad Day*

Episode 72 *Emotional Relief from the Pandemic*

Feel Happier Episodes

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Money Episodes

These episodes help clear money blocks and help you develop a more helpful relationship with money.

Episode 4 *Full Moon Clearing with Great Mother to Claim Your Worth*

Episode 11 *Clearing Money Blocks*

Episode 14 *The Art of Receiving*

Episode 59 *Growing the Feeling of Gratitude*

Episode 61 *Clearing Ancestral Money Blocks*

Episode 64 *Clearing Ancestral Money Blocks in Your Female Lineage*

Money Episodes