

Sheet II - THE MOON DIAL

The Moon Dial is a simple method for recognising the phase you are in at any time in your monthly cycle. Photocopy this diagram onto a sheet of card, and cut out the straight serpent pointer below. Fix the serpent to the centre of the dial with a pin through the dot on the tail. Using different colours, mark those days which have similar qualities most regularly in your records - use colours which reflect these different qualities, e.g. yellows and reds for dynamic energy, blues and greens for emotions, and purples, browns and black for withdrawal. Once completed, move the serpent each day to reinforce awareness of your cycle.

You may wish to photocopy several of these sheets before colouring, as over the year you may find that your cycle changes. If your cycle is longer or shorter than 27/28 days, you may prefer to draw your own Moon Dial based on the one below.

NOTE that the moon phase shown reflects YOUR own personal monthly phase, and not that of the actual moon.

