

# Monthly Tuning In Worksheet

MARCH 2019

Monthly Completion
Acknowledge ~ Reflect, acknowledge and summarize the previous month.
Forgive ~ What needs to be forgiven, released and / or reframed?
Affirm ~ Bless the best! What are you bringing forward into the new month?
Gratitude ~ Create a gratitude statement to summarize the energy of the previous month.

Checking in with your practices, dedications and disciplines
365 - What are your daily practices?
52 - What are your weekly practices?
12 – What are your monthly practices?
4 – What are your seasonal practices?

Chakra Insight (from divination or meditative reflection)	
7th Chakra	
6th Chakra	
5th Chakra	
4th Chakra	
3rd Chakra	
2nd Chakra	
1 <sup>st</sup> Chakra	

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Universal Year ~ #12 Hanged Man	Universal Month ~ #15 The Devil
Personal Year ~	Personal Month ~

Monthly Lunar Harmony Flowing with the Healing Formula
<b>New Moon:</b> March 6 at 15° Pisces (Mutable Water)
Acknowledge & Begin ~ Know what you want, set your intentions, make a plan and begin
<b>1<sup>st</sup> Quarter:</b> March 14 at 24° Gemini (Mutable Air)
Affirm with Action ~ Bless your intentions with positive actions
<b>Full Moon:</b> March 21 at 0° Leo (Fixed Fire)
Forgive & Release ~ What needs to be forgiven, released and / or reframed?
<b>Last Quarter:</b> March 28 at 11° Capricorn (Cardinal Earth)
Reflection & Gratitude ~ Reflect and make adjustments. Create a gratitude statement for this lunar cycle.