



# The Lunar Reflection Companion

A gentle guide to the twelve full moons and the rare Blue Moon — offering seasonal symbolism, crystal pairings, and space for intentional reflection throughout the year.

“As the moon moves, so do we.”

A gentle invitation

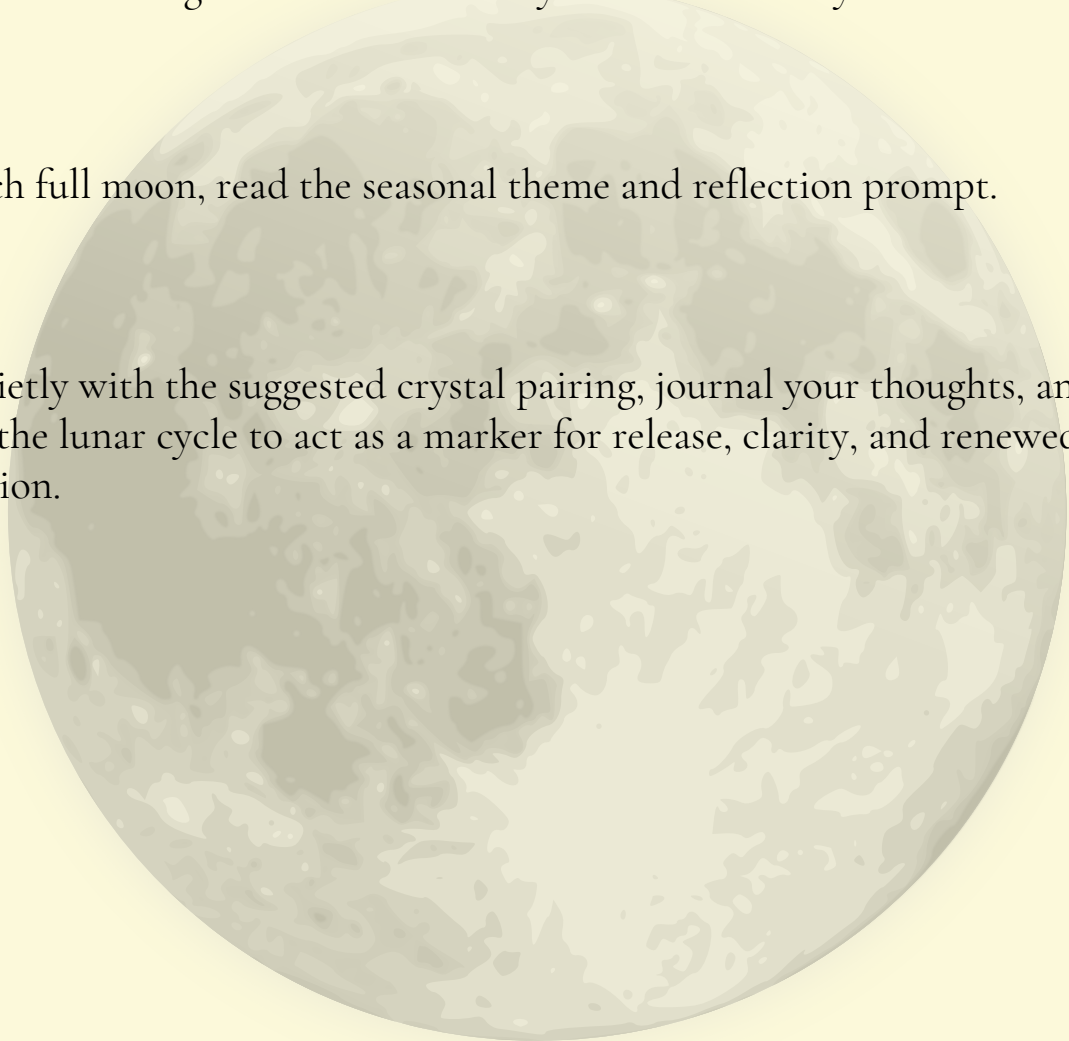
## How to Use This Companion



This guide is designed to be used slowly and intentionally.

At each full moon, read the seasonal theme and reflection prompt.

Sit quietly with the suggested crystal pairing, journal your thoughts, and allow the lunar cycle to act as a marker for release, clarity, and renewed intention.



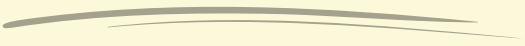
# Full Moon Overview

## Wolf Moon — January

Theme: Inner Strength & Stillness

Reflection: Where can I stand stronger in the quiet of winter?

Crystal Pairing: Smoky Quartz · Amethyst · Red Jasper

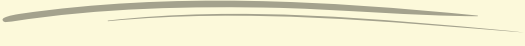


## Snow Moon — February

Theme: Reflection & Patience

Reflection: What is gently forming beneath the surface?

Crystal Pairing: Moonstone · Clear Quartz · Lepidolite




## Worm Moon — March

Theme: Renewal & Awakening

Reflection: What is ready to emerge?

Crystal Pairing: Aquamarine · Fluorite · Green Aventurine



## Pink Moon — April

Theme: Growth & Intention

Reflection: What seeds am I planting?


Crystal Pairing: Rose Quartz · Clear Quartz · Carnelian

## Flower Moon — May

Theme: Expansion & Abundance

Reflection: Where am I blooming?

Crystal Pairing: Citrine · Tiger's Eye · Green Aventurine

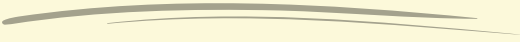


## Strawberry Moon — June

Theme: Sweetness & Gratitude

Reflection: What feels full and ready to harvest?

Crystal Pairing: Rose Quartz · Carnelian · Sunstone




## Buck Moon — July

Theme: Strength & Growth

Reflection: Where have I grown stronger?

Crystal Pairing: Red Jasper · Tiger's Eye · Clear Quartz




## Sturgeon Moon — August

Theme: Resilience & Depth

Reflection: What supports my long-term strength?

Crystal Pairing: Obsidian · Lapis Lazuli · Smoky Quartz



## Harvest Moon — September

Theme: Completion & Gratitude

Reflection: What am I ready to gather and release?


Crystal Pairing: Citrine · Carnelian · Green Aventurine

## Hunter's Moon — October

Theme: Preparation & Protection

Reflection: What must I strengthen before winter?

Crystal Pairing: Obsidian · Red Jasper · Tiger's Eye

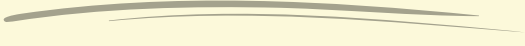


## Beaver Moon — November

Theme: Foundation & Security

Reflection: What foundations need tending?

Crystal Pairing: Smoky Quartz · Hematite · Clear Quartz




## Cold Moon — December

Theme: Rest & Reflection

Reflection: What has this year taught me?

Crystal Pairing: Amethyst · Moonstone · Lepidolite



## Blue Moon — Rare Occurrence

Theme: Amplification & Rare Opportunity

Reflection: What intention deserves renewed focus?

Crystal Pairing: Clear Quartz · Labradorite · Moonstone

## Lunar Reflection Prompts

. Create your own lunar journal and allow yourself time to reflect without judgement.If you wish here are some prompts to use at any full moon.

- What is reaching completion in my life?
- What am I ready to release with gratitude?
- What clarity has emerged for me this cycle?
- What intention feels aligned moving forward?