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Letting the Zodiac Guide Your Journey

As the sun moves through the zodiac during the year, it illuminates different life areas. Approximately every 30 days, the sun enters a new sign of the zodiac. As the sun "lights up" a sign, a theme is illuminated and the moon helps you to develop that theme. You will use this journal to contemplate each theme specific to each given sign and develop clarity and goals around it.

Find out what sign the sun is currently in and open the book to that section.

ARIES	21 March-19 April
TAURUS	20 April-20 May
GEMINI	21 May-20 June
CANCER	21 June-22 July
LEO	23 July-22 August
VIRGO	23 August-22 September
LIBRA	23 September-22 October
SCORPIO	23 October-21 November
SAGITTARIUS	22 November-21 December
CAPRICORN	22 December-19 January
AQUARIUS	20 January-18 February
PISCES	19 February-20 March

To understand the moon's journey through each theme, visit www.sandysitron.com/moon to find the upcoming dates of the new moon, first quarter moon, full moon, and third quarter moon in each sign, or keep a moon phase calendar on hand. Mark the days for the specific period on which you are working in the space provided in this journal. Use these dates as a framework to guide your journal entries through each theme and resulting moon phase.

This journal guides you through a cycle of self-understanding in the following areas.



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ABIES

ARIES

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21 March–19 April

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NEW MOON: 03+00

FULL MOON: 06+00

WAXING MOON: 03+00

WANING MOON: 00+00

Aries season leads us into a new astrological year. Aries is like the newborn baby bellowing out her very first cry. It's a sacred announcement—"I am!" I am here. I am alive. I carry the spark of life within me. Aries energy helps you believe in yourself and take confident action as a leader. Throughout this Aries season, ask yourself: How can you show up with confidence? Where do you need to show leadership? When do you need to take action?

"I have faith in myself."

AFFIRMATION FOR THE MONTH

ARIES IS A FIRE SIGN

Fire is the "identity principle." Fire is the vital spark, the soul, the life force; it embodies risk-taking, leadership, passion, confidence, action, motivation, energy, and sparkle.

ARIES IS A CARDINAL SIGN

Cardinal energy is initiative energy. This energy helps you begin new projects and endeavours. Aries season is an excellent time to start a new job or hobby. You may choose to break a bad habit and begin a healthy one. It's time to hit the refresh button.

ARIES IS A PERSONAL SIGN

The first four signs are personal signs. These signs help us understand ourselves. How do you express yourself in a fiery way? Do you stand up for yourself? Do you take quick actions or make considered decisions? Do you have confidence? Do you trust yourself as a leader?

IF YOU ARE AN ARIES

This is your season for an upgrade. That's why birthdays are so important. Use the Birthday Vision Board in the back of the journal to help define your goals for the next year. As an Aries you are a natural leader, quick, decisive, active, charismatic, upbeat, and confident. Let the Aries season help you to expand these natural gifts.

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