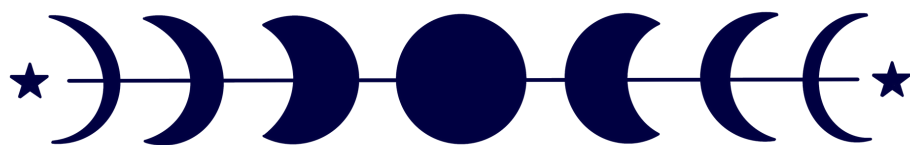
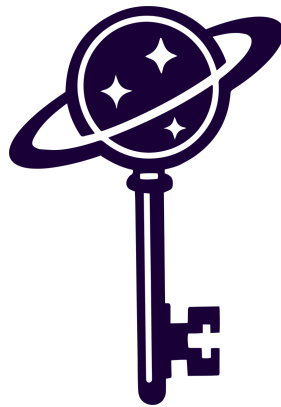
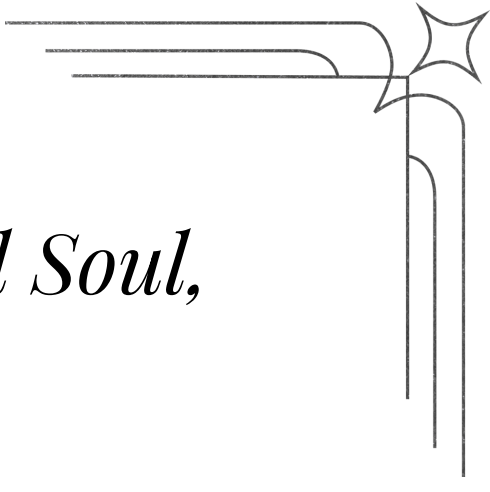


Your Cosmic Reflection

A Mini-Guide by Stardust Wisdom





Welcome, Illuminated Soul,



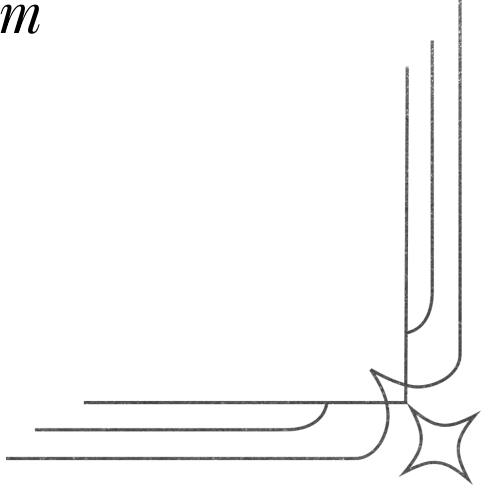
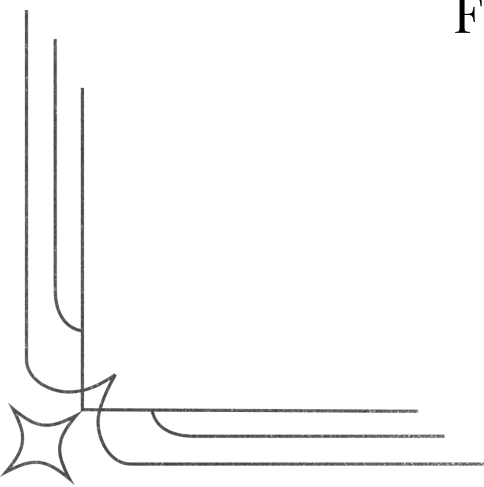
This short guide is your invitation to pause and align with the rhythms of the Moon. Each lunar phase offers wisdom for your journey — renewal, courage, release, and integration.

Use these simple journal prompts to deepen your self-awareness and reconnect with the wisdom of your inner cosmos.

With stardust and gratitude,

Kathryn

Founder, *Stardust Wisdom*



Lunar Reflections:

4 Prompts for Self-Discovery

The Moon moves in cycles, and so do we. These prompts are designed to guide you gently through each phase of her rhythm.



New Moon — Seeds of Intention

What am I ready to invite into my life right now, and what small step can I take to begin?

First Quarter Moon — Courage in Action

Where am I being called to take bold, imperfect action, even if fear is present?

Full Moon — Illumination & Release

What truth is being illuminated for me now, and what am I ready to release to create space for growth?

Last Quarter Moon — Integration & Wisdom

What lesson or insight have I gained this cycle, and how can I carry it forward with gratitude?



Closing Reflections

The Moon's cycle is a mirror of our own inner journey:



- The **New Moon** invites us to plant seeds of intention.
- The **First Quarter** challenges us to take courageous action.
- The **Full Moon** illuminates truth and calls for release.
- The **Last Quarter** helps us gather wisdom and integrate before beginning again.

Each month, this rhythm repeats — reminding us that growth is not a straight line, but a dance of beginnings, action, release, and renewal.

I hope these prompts help you pause, reflect, and align with the wisdom of your own cycles.

If you feel called to go deeper, I would love to guide you through a personal astrology session — exploring how the Moon and planets shape your unique journey.

With stardust and gratitude,

Kathryn

Founder, *Stardust Wisdom*



Stay connected

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