

Cyclical Wisdom Mindfulness Prompts 2025

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These mindfulness or journalling prompts are made up of a few different 'threads':

LUNAR – Questions relating to the zodiac sign and phase of the Moon

SOLAR – Prompts inspired by the Sun's journey through the zodiac

SEASONAL – Questions and suggestions regarding the eight seasonal festivals or 'sabbats' that make up the Celtic wheel of the year: read for your hemisphere, NH or SH

INTENTION – Prompts to scaffold you into a weekly, monthly and seasonal process of goal-setting, course-correcting, review, gratitude and celebration

CREATIVE RESPONSE – Simple art suggestions at the end of each lunar month, inspired by each zodiac sign

You could choose to work with all of these 'threads,' or hone in on just some of them, eg. if goals aren't your thing, perhaps you ignore the INTENTION thread.

Or maybe life is full enough and you only use these questions at each Full Moon. That would be a potent practice in itself.

Some days have a fair few prompts, especially at the end of the lunar month when there's lots of wonderful reflecting to be done, so perhaps you address them slowly across a few days.

And there's no such thing as it being 'too late' to muse on something, even if the following section or month has started!

JOURNALLING

These prompts may inspire your journalling practice – here's how this could work:

- You buy a generic notebook or journal, the exact size and kind you like to write in.
- Or maybe you write on loose-leaf pages and keep them in a folder, which means you can easily rearrange pages and add artwork as desired.
- Whenever you find a window of time to reflect, you pull out this document (or the Google calendar), look up today's date, and see if there's a prompt there you want to explore.
- If you want, add a generic Moon Cycle 'map' to start each month, so you get that 'month to a page' view.

MINDFULNESS AND CONVERSATIONS

Perhaps you never journal, but find the prompts are still useful for moving mindfully through your days – here's how this could work:

- Clip this document to your calendar or slide it into your diary, and flick through when the inspiration strikes.
- Use the selection of prompts to inspire the circles you host or conversations you have with others.
- Keep track of where we are in the lunar cycle – are things waxing and building, or are things waning and completing? This is very grounding information.
- Get more familiar with the constellations in your part of the world – this document tells you where the Sun and Moon are each week, so if you know that the Sun is in Aquarius and has just set, you know that Pisces, the sign just after Aquarius, is right near the western horizon about to set; Taurus, the sign 90 degrees from Aquarius, is above you somewhere, perhaps at an angle (along the ecliptic); and that Leo, the constellation opposite Aquarius, is just rising on the eastern horizon where the Sun has been rising each day (all with some leeway, given the effects of precession).

DATA

Where two zodiac positions are listed in this document, the first is the Sun's position, the second is the Moon's.

If you scan down the Sun's positions through the pages, you can see it moving slowly through the zodiac, completing one full revolution in a year (while the Moon races through the zodiac 12.5 times)!

The exact time for each moon phase and other events is given in three time zones: Central Standard Time (CST) / Central Daylight Time (CDT) for the Americas, Greenwich Mean Time (GMT) / British Summer Time (BST) for Europe, and Australian Eastern Standard Time (AEST) / Australian Eastern Daylight Time (AEDT) for Australia, NZ and Asia.

ASTRO CHEAT SHEETS + CIRCULAR MAPS

The final pages of this document contain lists of zodiac sign keywords and house descriptions, to help you orient to the astrological symbolism and apply it to your life

There is a Moon Cycle 'map' that you can transpose each month's moon phase dates (and signs) onto, and jot down significant things that happen, so you can see it all on one page.

There is also a Year Cycle 'map' that enables you to do the same thing over the course of the year – some themes and patterns are only visible from this 'bird's eye view.'

INFLUENCES

This work has been particularly influenced this year by two books (or rather, bodies of work): *Healing and Recovery* by David R. Hawkins, M.D. (Hay House, 2009); and *The Dao De Jing; A Qigong Interpretation* by Lao Tzu with translation and commentary by Dr. Yang, Jwing-Ming (YMAA Publication Centre, Wolfeboro, NH, USA, 2018).

Dr Yang shares: "The *Dao De Jing* offers us an opportunity to explore the spiritual world. It has inspired us to study, research, and further understand the meaning of spirit. I believe that, while the twentieth century's focus was material science, the twenty-first century should be the century for spiritual science. Now is the time for us to develop spiritual science to further understand the meaning of our lives. After all, we cannot deny that, though material science has led us to a material life of luxury, we still do not have a clear idea of what the spiritual world is. Half of the science is still missing, and we are still confused and unhappy about our lives.

"...We cannot deny that spirit governs our physical lives. However, can we develop our spirit scientifically? If the spiritual world (the Dao or yin world) is the mother of the material world (the De or yang world) and both worlds are mutually influencing each other, how can we consciously reach the yin world? Is this what the *Dao De Jing* is referring to? In order to reach the yin world, we have to resist emotional temptations, meditate to wake up the subconscious mind, return to the purity of infancy, maintain righteous thoughts and deeds, keep simplicity of mind, be truthful with ourselves and others, and have a heart of benevolence. Can we cultivate these until the *wuwei* (doing nothing, regulating without regulating, living without striving) stage?"

~ from *The Dao De Jing; A Qigong Interpretation*

My hope is that the imperfect suggestions here inspire our enquiry into the nature of spirit – especially our own particular spirit – and help us step out of some of the emotional patterning and social matrix we have been programmed into, so that we can live with hope and joy, and have a positive impact through our peaceful presence.

All the best!

xx Grace

Dec 2024



New Moon in Capricorn

30 DEC 2024 NEW MOON IN CAPRICORN 09° CAPRICORN 09° CAPRICORN
4.26 PM CST / 10.26 PM GMT / 31 DEC 9.26 AM AEDT

The cardinal, transpersonal earth sign of Capricorn and the cardinal, personal, water sign of Cancer make up a yin polarity that asks:

What is our ancestry and what will be our legacy?

How can we thrive, as a family and as a society, and what will remain nourishing long after we are gone?

Capricorn is the **excellence** we can achieve when we undergird our vision with committed action, and sustain our efforts with rest, relationship and nourishment on every level (Cancer).

Capricorn is the **integration** that theologian Frederick Buechner described as “the place where your deep gladness and the world’s deep hunger meet.” (Cancer)

Capricorn is **control and rigidity** when we feel we have to do it all ourselves, when we forget that we are part of something greater and that our role is simply to channel the incredible fertile, cyclical power of the universe (Cancer).

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LUNAR: Which of my roles and responsibilities feel life-giving, and which feel misaligned or unsustainable?

What do I want to focus on this year?

My New Moon prayer is...

INTENTION: (Review the previous month’s, or season’s, goals, if relevant, and record some reflections in dot points.)

Record 1-3 new goals or intentions for the coming month (perhaps in consultation with my seasonal goals).

Be present to any emotions or sensations arising in response to these dreams. Ignore the accompanying thoughts and stories, and focus instead on this energy moving through my consciousness (in the form of emotion or sensation), not resisting it and not holding onto it.

Actively cancel any negative beliefs or programming, and replace with a loving alternative.

Block out some time on the calendar to enact and embody these intentions.

**06 JAN 2025**      **FQ MOON IN ARIES**      **16° CAPRICORN**    **16° ARIES**  
5.56 PM CST / 11.56 PM GMT / 07 JAN 10.56 AM AEDT

LUNAR: What task this week requires the most courage?

What's one thing I could do today to move towards "the more beautiful world our hearts know is possible"? (Charles Eisenstein)

SEASONAL: Imbolc/Candlemas (NH) or Lammass/Lughnasadh (SH) is coming up on 3/4 Feb, how do I want to mark this moment? What do I need to do now for this to happen?

INTENTION: Write a list of this week's 'wins' or gratitude and mark my top 3-5.

When I think about my goals or intention for this cycle, I feel...

**13 JAN 2025**      **FULL MOON IN CANCER**      **23° CAPRICORN**    **23° CANCER**  
4.26 PM CST / 10.26 PM GMT / 14 JAN 9.26 AM AEDT

LUNAR: How could I strengthen my body and nourish my spirit this year?

What milestones are coming up this year for people I know?

INTENTION: Write a list of this week's 'wins' or gratitude and mark my top 3-5.

Review this month's goals – how am I tracking?

**19 JAN 2025**      **SUN INTO AQUARIUS**      **00° AQUARIUS**  
1.59 PM CST / 7.59 PM GMT / 20 JAN 6.59 AM AEDT

SOLAR: Where did I witness the earthy, practical mastery of Capricorn in the last month?

Today, the Sun enters fixed, transpersonal, airy Aquarius, highlighting my need to question, to channel original ideas and create social change, and illuminating my \_\_\_ house of \_\_\_.

How would I like to feel more aligned and purposeful, in this arena of my life?

**21 JAN 2025**      **LQ MOON IN SCORPIO**      **02° AQUARIUS**    **02° SCORPIO**  
2.30 PM CST / 8.30 PM GMT / 22 JAN 7.30 AM AEDT

LUNAR: As I head into the final week of this moon cycle, I feel...

What could I let go of, or forgive, in order to make space for the new?

INTENTION: Write a list of this week's 'wins' or gratitude and mark my top 3-5.

As I head into the final week of this cycle, I feel...

**26 JAN 2025**

**DARK MOON IN CAPRICORN 06° AQUARIUS 00° CAPRICORN**

7.42 AM CST / 1.42 PM GMT / 27 JAN 12.42 AM AEDT

LUNAR: What am I letting go of now?

INTENTION: Write a list of this week's 'wins' or gratitude and mark my top 3-5.

Create a list of this month's wins/gratitude by collating the top ones for each week.

Highlight the top 3-5 for the month.

How do I feel when I read through this list?

What did I learn from my goals and intention this month?

One piece of wisdom I distilled this cycle is...

What new possibilities are emerging?

CREATIVE RESPONSE: RIP

Draw a tombstone, and write an epitaph for myself based solely on how I've lived this last lunar month.

If desired, draw another one with an epitaph for how I'd like to live and be remembered.

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**INTERESTED IN MORE?!**

Purchase your copy here: <https://priestess-your-life.kit.com/products/cwmp-2025>

xx Grace