

Women's 11 Moon Centers

W O M B O O K & J O U R N A L



- ~ Chart your distinct cycle of 11 moon centers
- ~ Gain understanding of your responses to each one
 - ~ Achieve profound emotional awareness
 - ~ Reclaim your greatest gifts from your shadow
 - ~ Foster safety and comfort within yourself
- ~ Experience & attract the life and connection you seek



A Few Simple Steps



PRINT THIS OUT

Make extra copies of the Smart-Journal & Moon Cycle sheets. Hole-punch your pages and put them all in a special binder. Put the My Moon Center Order sheet in front & decorate it!



LOCATE YOUR MOON CENTER *EVERY DAY*

Note it on the Moon Center Order and Smart-Journal sheets. Learn how: <https://satmom.com/mc-locate/>
Get help: <https://satmomsocial.disciplemedia.com>



DO A SMART-JOURNAL ENTRY *EVERY DAY*

Begin working with your moon centers with the Smart-Journal! Note your moon center, moon phase, journal entry, go a little deeper with shadow work, plus key words to compare easily.



KEEP MOON CENTER QUICK-NOTES

Keep ongoing notes of common experiences as well as your favorite tools and ways of nourishing yourself in each moon center.



FLOW WITH THE MOON CYCLES

Use the Moon-Cycle Alchemy sheet to follow your new moon intentions, actions, full moon releases and other moon wisdom! New moon, 11th day and full moon are cleanse days.

Emotional Potentials of each Moon Center

Moon Center Location	Shadow ~ Negative	Positive	Neutral ~ Gift
<i>Hairline</i>	Paranoid, Limited, Cut off	Visionary	Unmovable in Your Soul's Wisdom
<i>Eyebrows</i>	Fantasy & Illusions	Intuitive, Healing Dreams	Using Visions
<i>Pinks of the Cheeks</i>	Comotional, Attention Seeking, Flirting	Promotional, Outgoing	Exudes Inner Radiance
<i>Lips</i>	Sharp Tongued, Gossip	Uplifting Communication	Divine Communication
<i>Earlobes</i>	Over-critical of Self and Relationships	Relational, Deep Discussions	Empowered by Personal Truth & Authenticity
<i>Nape of Neck</i>	Lack of Inner Romance is Easily Projected	Romantic Voice	Inner Love Creates Romance with All of Life
<i>Nipples</i>	Victim, Depleted	Compassionate, Over Giving	Neutral & Unconditional Love
<i>Navel</i>	Physical & Emotional Instability	Physical & Creative Energy	Powerfull, Present & Sensuous
<i>Inner Thighs</i>	Disorganized, Listless	Organized and Effective	Creative, Consolidated Strength
<i>Clitoris</i>	Cliquish or Close-minded	Need to Socialize	Charming Leadership
<i>Membranes of the Vagina</i>	Empty, Zero	Feeling Deeply, Energetic & Connective	Seeing Deeply Into the Nature of Things

Learn all about the Moon Centers science at <https://satmom.com/womens-moon-centers/>

Smart~Journal

DATE:

MOON CENTER:

MOON PHASE/ASTRO DETAILS:

A large, empty rectangular box with a thin black border, occupying the left two-thirds of the page. It is intended for the user to draw or write their observations and reflections.

Where are my own
shadows showing up?

How can I be more
Present with myself?

KEYWORDS:

Quick~Notes

Tip: Once you fill up the space, cover with a post-it note!

HAIRLINE	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

EYEBROWS	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

PINKS OF THE CHEEKS	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

EARLOBES	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

LIPS	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

NAPE OF THE NECK	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

NIPPLES	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

NAVEL	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

INNER THIGHS	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

CLITORIS	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

MEMBRANES OF THE VAGINA-	NOTES & EXPERIENCES	FAVORITE TOOLS & PRACTICES

Moon~Cycle Alchemy

Track your new and full moon intentions, actions, rituals & releases.

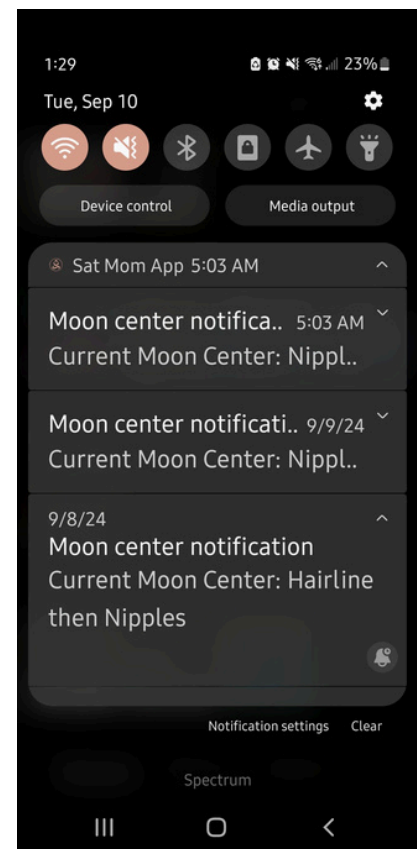
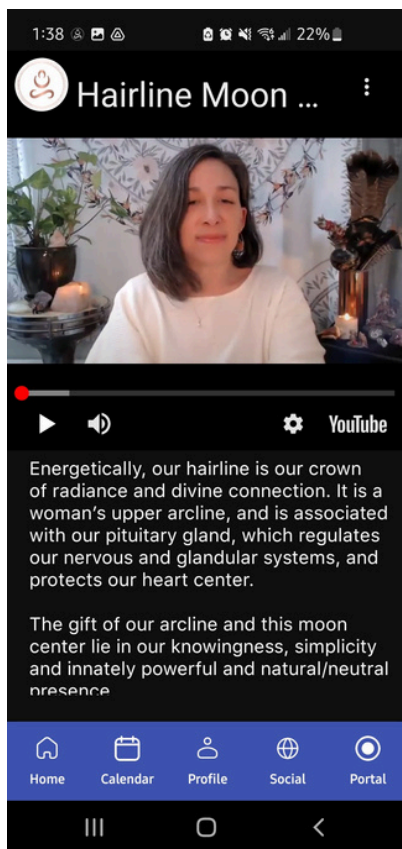
MOON	SEEDS / NOTES
	RITUAL / ASTROLOGY / ACTION / INTENT
DATE:	
MOON	RELEASE / NOTES
	RITUAL / ASTROLOGY / ACTION / INTENT
DATE:	
MOON	NOTES
	RITUAL / ASTROLOGY / ACTION / INTENT
DATE:	

Get the Moon Centers App!

The SatMom App for Women's Moon Centers & Moon Cycles

Digital access at your fingertips:

- ~ Receive daily moon phase and moon center notifications
- ~ Explore our powerful & extensive moon centers library with kundalini, feminine and practical wisdom
- ~ Access your own personal moon centers portal with daily logs, charts, searchable, sortable smart-journal (with voice-to-text), notes, videos, moon calendar, and your own personal moon center calendar!



Learn more: <https://satmom.com/apps>