

CAPRICORN LUNATION 2010

*Full Moon in Leo ∴ Saturday, January 30 at 1:18 a.m. EST
Waning Walk ∴ Monday, February 1 at Noon*

What do I choose to move toward releasing from my life as the moon wanes toward new?

How was I feeling and what was my mood before this labyrinth walk?

Did anything capture my attention on my way to/from or at the labyrinth?

How was the weather (or the river)? Did it mirror what I was feeling/contemplating?

Did I walk with a specific question or issue in mind?

Which card(s) did I draw?

Did I receive insights?

Did I notice any coincidences/synchronicities?

How did I feel after the labyrinth walk? Did I notice a change in energy level or mood?

Additional comments:

Honor the Balsamic Moon from February 10-12. This is a powerful time to rest and replenish.

Visit <http://www.mooncircles.com/> or <http://www.astrowisdom.com/> for astrological perspectives on the New/Full Moons.
Notice any animals, insects or birds on your walk? Look up animal totems at <http://www.sayahda.com/cycle.htm>.