



THANK YOU SO MUCH
For your interest

ABOUT THIS CALENDAR :

The information provided within this Calendar is for general informational purpose only.

While I tried my best to keep the information accurate and correct, remember to first use *your heart-mind and intuition when navigating your way through life, they are your biggest guides followed by the stars.*

Each month there will be a drawing representing a mudra and the flower of the month.

A mudra is a Sanskrit term which denotes a codified and symbolic position of the hands of a person. The idea being to develop a more conscious meditation practice using mudras to adapt to the energy sought.

Through this calendar I would therefore share 12 different mudras.

MUDRA OF JANUARY :

Chin or Gyan mudra

Essential in the practice of yoga or meditation.

Chin Mudra -*fingers turned towards the Earth-* increases self-understanding.

Gyan Mudra -*fingers pointing to the sky-* increases understanding of the universe.

Soothing effect, increases concentration and receptivity.

The index finger represents the human being, the individual soul -*atman or ego-*, and the thumb represents the divine, or the universal soul -*Brahman or the Absolute-*

The thumb -*fire-* associates with the index finger -*air-*, and this forms a circle for the energy to flow inside without going out outside.

HOW TO USE THIS CALENDAR :

There are two downloadable versions:

January_moon_calendar_A4.pdf

January_moon_calendar_A5.pdf

The A4 file is made to have two separate pages.

The A5 file is to have the meaning and the month of January on the same sheet.

I let you choose the format that suits you best according to your utility.

FREEBACK AND SHARING :

I would be more than happy to have your feedback on this first month, you can send me a private message or an email.

Do not hesitate to tag me with @ZMFREESPIRIT in your publications or your stories, I would love to see how you use it and share your feelings.

THANK YOU AGAIN FOR YOUR INTEREST

I'm really grateful for all your support and love !

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WORKING WITH THE MOON

daily energy and inspiration

Throughout the year, the moon will move from one sign of the zodiac to another. Each sign has a particular energy, if we listen to the moon and adapt our daily life to the energy of the moment, you will move forward with a smoother flow and a better alignment in your life. This calendar will make it easier for you to understand the energy of the day and why you are more sensitive or

more active. And it will allow you to better plan ahead for the weeks to come. *Listening the energy of the moon you will go with the flow and abundance will follow*

The moon moves through the zodiac and changes signs every 2,5 days. Each sign in the Zodiac is attributed to an elements and each elements has a different energy.

FIRE

Impulsive energetic, passionate.
Great for exercising higher energy tasks, getting things done, dancing and having fun.



ARIES

Hot headed, fast paced, impulsive, driven, action.
Be aware of anger surges and stirring fight, channel energy for constructive task accomplishment, or do physical work.



LEO

Show off, have fun, shine your light, open your heart.
Be aware of not being too pretentious, use this energy to access your self-confidence and to develop your skills



SAGITTARIUS

Adventure, travel, study, perspective, big ideas, indulge.
Be aware of of limites self beliefs, use your optimism to broaden your horizons and fly to new heights. Everything is possible.

EARTH

Grounded, solid, practiveal
Great for cleaning, tidying, to-do lists, working on your goals logistics, organizing and grounding practices



TAURUS

Sensual, slow, constant, abundant, delicious.
Be aware of a busy schedule and unpleasant tasks, indulge your senses, enjoy moments of sweetness and pure creation.



VIRGO

Organized, centered, helping others, efficient.
Be aware not to judge yourself too much, create new routines that support order in your life, or share your amazing skills.



CAPRICORN

Ordered, ambitious, sensible, strategic.
Be aware of being too serious or too lazy, plan your week in advance to achieve your goals. A little structure will help you stay centered.

AIR

Talkative, intellectual, quick.
Great for socializing, connecting, communication, multi-tasking, reading, writing...



GEMINI

Busy, scattered, social, quick thinking, communication.
Be aware not to get lost in too much gossip and too much conflicting idea, use your energy to connect with the heart, experiment and socialize.



LIBRA

Relationships, beauty, balance, sweetness.
Be aware of moping alone and using your head over your heart, invest in relationships, creative and sophisticated routines.



AQUARIUS

Progressive, futuristic, unique, humanitarian.
Be aware of your blockages and don't make them your reason for being, think about the positive future, stay genuine and wonderful.

WATER

Intuitive, creative, emotional.
Great for slowing down, going deep, feeling and healing, creative project, meditation and be spiritual.



CANCER

Homely, cozy, mellow, intuitive, nourishing.
Be aware of not going anywhere or doing something that is against your will, soak up the warm atmosphere with self-care rituals.



SCORPIO

Transformative, shadowy, intense, powerful, healing.
Be aware of jealousies and shadow projections, dive deep in your inner-self but being conscious of your positive aspects.



PISCES

Dreamy, creative, magical, mystical, spiritual.
Be aware of negative addictions and other's energies, stay connected to your intuition and be aware of your essence. You are a being of light.

svan mudra
/ alu thy ofu master



January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Neu moon

DISCIPLINE - RIGOR - INTEGRITY

Full moon

PASSION - AMBITION - GENEROSITY