

# NEW MOON LUNAR NEW YEAR JOURNALING

SILVIA MORDINI, FOUNDER ALCHEMY OF YOGA, HEALER

We live in cycles, consciously or otherwise. Everything has a beginning, middle and end. The ritual of journaling helps us honor the energy of the New Moon, the beginning of the lunar new year.

Remember this: Old ways won't open new doors.

## NEW MOON JOURNALING PROMPTS

--What areas of your life are calling for your attention this year?

--How do you want to feel this year in regard to your (health, family, job, relationships)? Think of this as your TO FEEL list.

--What do you want your relationships to support you this year?

--What relationships would you most like to build/find/reinvigorate in the next lunar year?

--What new intentions are you planting to grow this year?

--What does investing in yourself look like, this year? What is pulling on your heart?

--Where do you want to expand?

--What are new ways to do life that will open new doors?

--What does your inner Wise Elder (108 year old self) want you to know?



**What you can learn from me** is

"Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mindbodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

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