



Moon Journal
2021

A LUNAR MEDITATION
COMPANION

INGVILD SKODVIN
PRESTEGÅRD

Moon Journal 2021

A lunar meditation companion

Ingvild Skodvin Prestegård

Introduction

Welcome to Moon Journal 2021. By now the Moon Journal annual meditation companion is a well-established concept. The journal you are holding is the result of feedback and input from readers and my yoga students, and has been improved and tweaked year by year. I hope you will be happy with it.

The Moon Journal annual meditation companion grew from my Dru yoga classes in Bergen. I saw that my students needed a practical tool they could take with them into their everyday. A tool that would enable them to deepen and continue their personal development and spiritual growth in their own time and on their own terms. I use the Moon Journal in every yoga class I teach, offering a gentle structure to the year and a supportive framework for positive change. Publishing the meditation companion has made it accessible to a larger readership, and over the years we have become a loving and supportive global community. I love hearing from you and sharing your journey with you.

I teach in Bergen, Norway, at 60° North. There is an incredible difference in light conditions between summer and winter up here. When we work with these cycles of light we see longer lines, we see our lives in their natural phases. We understand that there is a time for everything. We learn what we are able to do in each season, and know that we can come back to it next year and pick up where we left off. We know that life is lived in the journey, not in the destination.

Moon Journal 2021 is the work of the pilgrim. The meditation companion is a self-development tool that invites exploration of the different aspects of the human condition. Each moon meditation and seasonal meditation invites you to ask yourself questions, to challenge yourself. To look into yourself and invite the answers to come.

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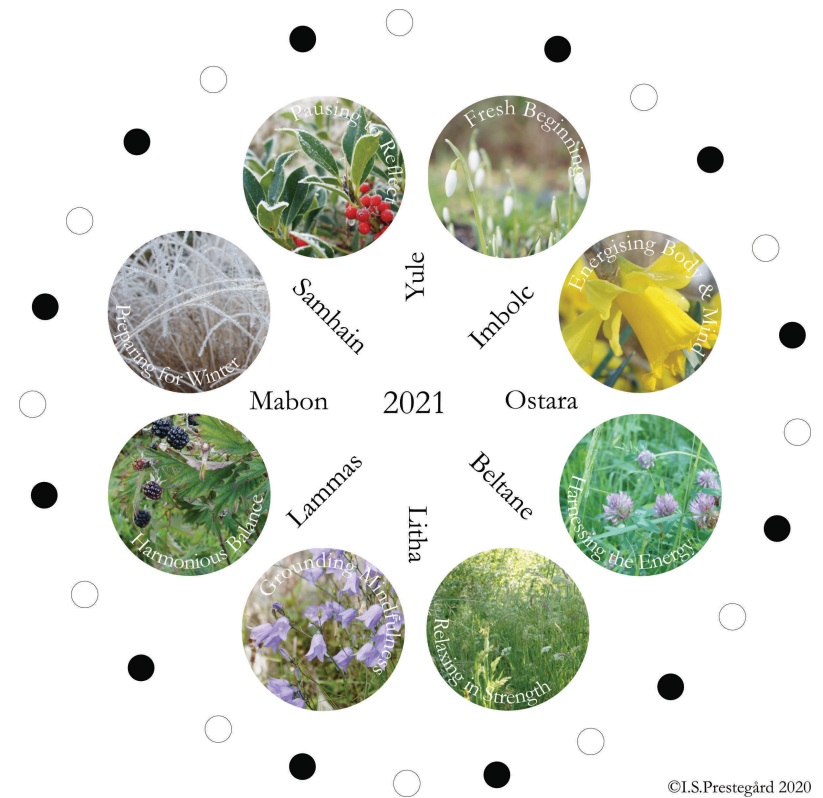
The journal gives you a framework for setting intentions, working towards them and achieving or adjusting them, and for looking back and holding yourself gently, lovingly, accountable.

Your work will be listening to yourself, meditating, reflecting, reviewing, realising, adjusting, learning and dreaming. The moment you start writing or drawing in the journal it becomes fully yours, charting your individual progress and development. The things you write in your book is the most important part of this lunar meditation companion, it is *your* book.

Moon Journal 2021 contains 41 meditations - one for each new and full moon, and two for each of the seasonal changes. Each meditation is designed to suit that particular time of the year and season, and is intended for you to work on over a few weeks, for your reflection and your inner processes, to discuss with others and allow yourself to grow. There is space to write down your intentions and dreams. There are affirmations for your meditation and reflection, each one designed to be pondered upon until the next phase of the moon brings another.

The Wheel of the Year shows how it all fits together. The seasonal or light festivals are marked by their Pagan names, as they are the most commonly used. These eight festivals make up the spokes of the Wheel of the Year, marking the changes of daylight. This divides the year into eight fairly equal parts, and is a very intuitive way of structuring the year. The outer circle shows the moon cycle.

Inside Moon Journal 2021 you will find a link to your online bonus material. This supports the overall meditation process and gives your tools to see the longer lines and how your decisions fit together. There is also an online community at facebook.com/moonjournalcommunity/ for sharing meditations, reflections and thoughts along the way. I hope to see you there ☺

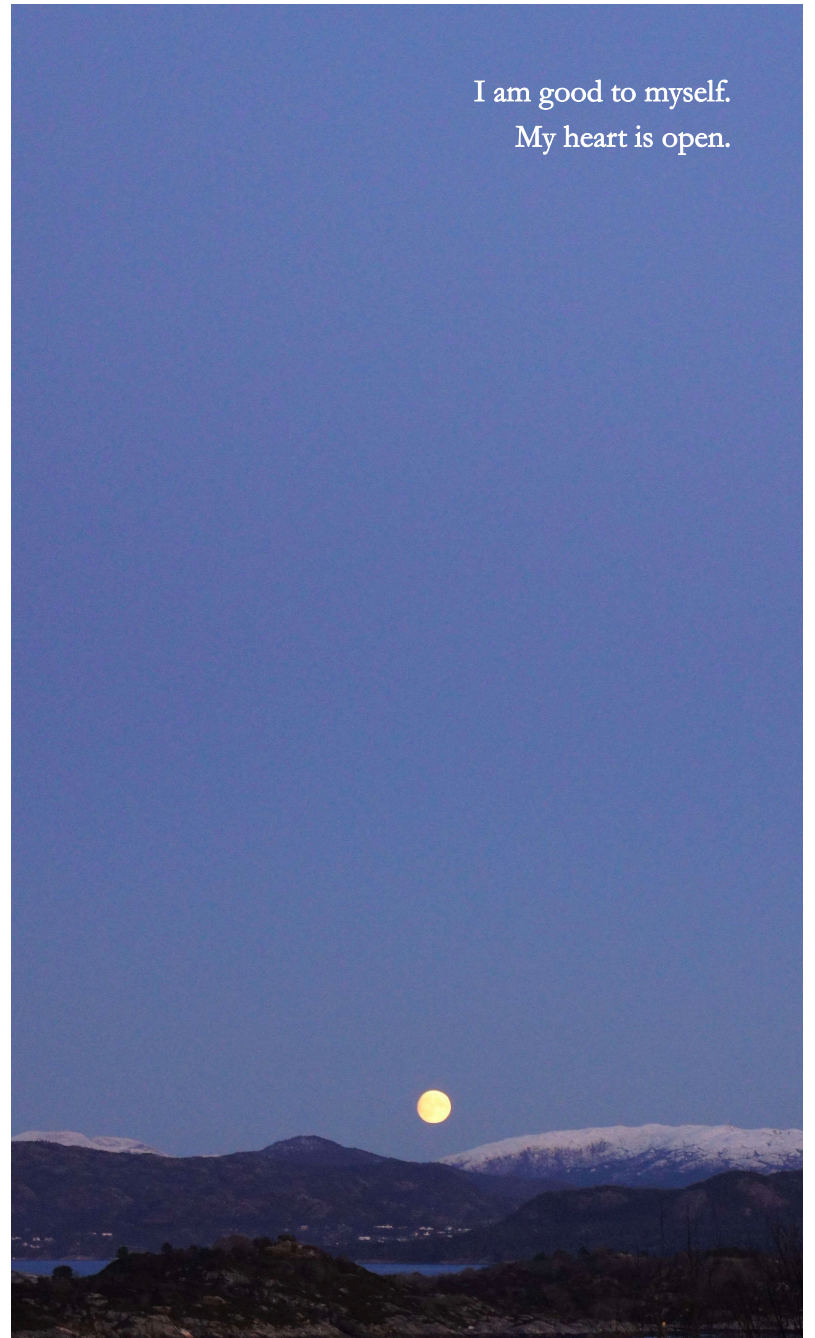


When using Moon Journal 2021, keep it simple, clear and practical. The more concrete and direct your intentions, the more easily you can see whether you are achieving or whether your plans or expectations to yourself need to change. Ground yourself in the present, look back to learn and look forward to dream. Be honest with yourself, set clear intentions and review them lovingly. Focus on what you want. Savour your meditation time because it is sacred. Finally, be kind to yourself.

With love,
Ingvild

This book does not constitute medical advice. This book is intended for recreational use and should not be considered a substitute for professional medical advice.

I am good to myself.
My heart is open.





After Yule, the Winter Solstice, the light begins to return. The days grow longer and I spend the time until Imbolc gently waking up from my winter rest. This is a time when dreams become ideas, if I let them. Little seeds of hope and inspiration are sown in the weeks ahead. Where will my pilgrimage take me? What goals do I wish to set for myself?

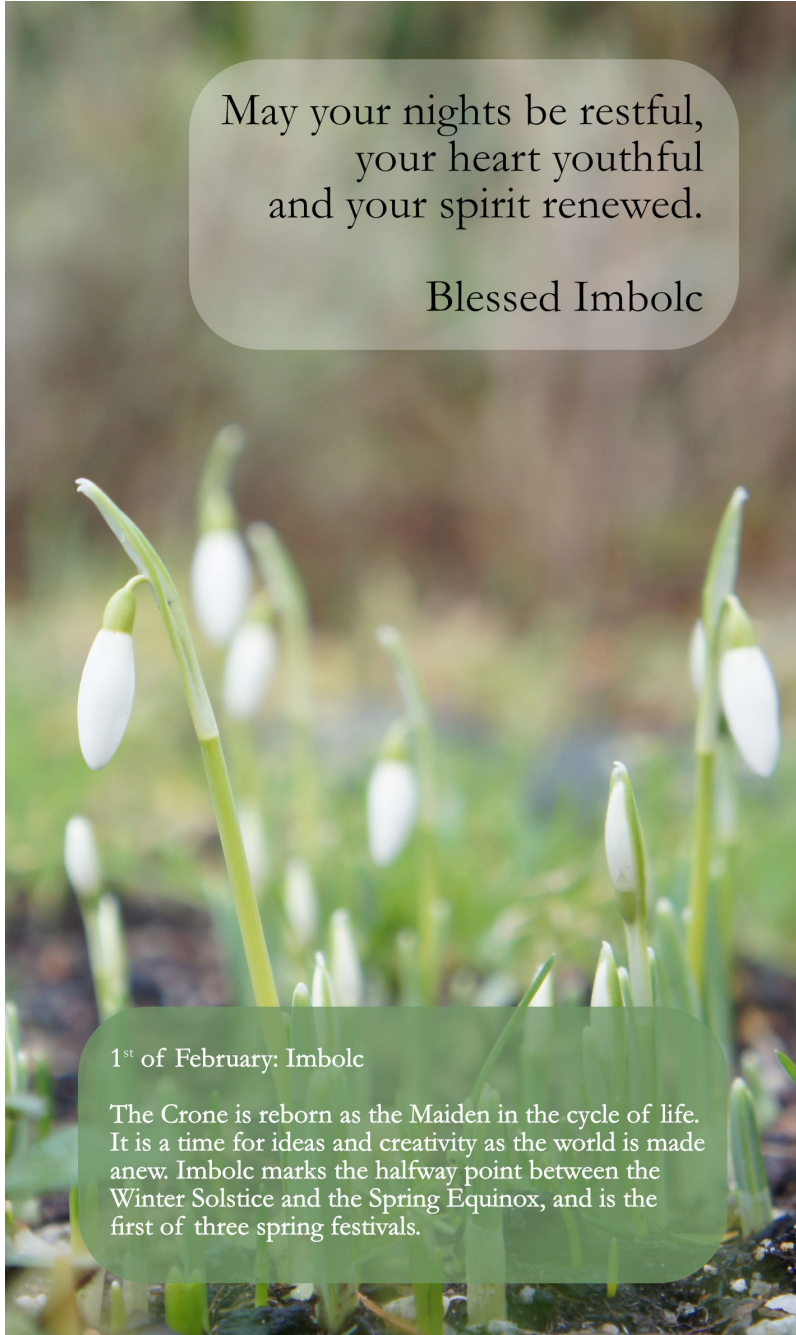
Online bonus material can be found on
www.allmenningen.org/moon-journal-2021-online/

New Moon 13th of January

As the New Moon approaches my dreams are clear and vivid. I am filled with inspiration for the time ahead, and new ideas fill my mind as I see the world with new eyes. What is truly important to me?

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

I open myself up to new ideas



May your nights be restful,
your heart youthful
and your spirit renewed.

Blessed Imbolc

1st of February: Imbolc

The Crone is reborn as the Maiden in the cycle of life. It is a time for ideas and creativity as the world is made anew. Imbolc marks the halfway point between the Winter Solstice and the Spring Equinox, and is the first of three spring festivals.



After Imbolc the light is stronger and my mental and physical energy levels increase. As Ostara approaches I prepare to leave the inward-looking winter season behind and embrace the outward-looking summer season. This is a time for my ideas to become plans: realistic and achievable plans. How do I wish to use my energy these coming weeks?

New Moon 11th of February

The New Moon invites me to spend some quiet time examining what my goals are. What do I want to achieve? What will it require of me? I start laying my plans and begin to see how it may all come about.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

I carefully weigh up what I want to achieve

Full Moon 27th of February

Under the Full Moon I celebrate all that is meaningful in my life. I am ready for adventure and new experiences as my plans become more tangible. How can I best nurture myself on my pilgrimage this year?

I revisit my intentions from the last full moon and note my achievements. I write some intentions here for things I'd like to see come to pass by the next full moon.


I am filled with hope

New Moon 13th of March

The New Moon helps me reflect on my plans for the time ahead. Grounded in my dreams and ideas I design support for myself into my plans. Are my plans feasible and realistic? I make adjustments to set myself up to succeed.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

I make achievable plans



May your days be joyous,
your dreams harmonious
and your life well balanced.

Blessed Ostara

20th of March: Ostara/Spring Equinox

A moment of perfect stillness before the world moves from the inward-looking winter season to the outward-looking summer season. It is a time for making plans. Ostara is the second of three spring festivals, and we welcome the increasing light.



Harnessing the Energy

After Ostara, the Spring Equinox, the days are longer than the nights. I channel my increasing energy and creativity with care. As Beltane approaches the world overflows with new life and excitement. It is a time for putting my plans into action and for doing the work. How can I ensure that I work towards my goals at the same time as enjoying the moment?

Full Moon 28th of March

I take steps to put my plans into action. As the light from the Full Moon shines on me I anchor my work in love and compassion. Is my pace conducive to my wellbeing? I take time to look after myself.

I revisit my intentions from the last full moon and note my achievements. I write some intentions here for things I'd like to see come to pass by the next full moon.

I act with compassion

New Moon 12th of April

As the New Moon returns I consider the different balances in my life. Am I spending my energy on what really matters to me? I begin addressing any imbalances that are not adding to my quality of life.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

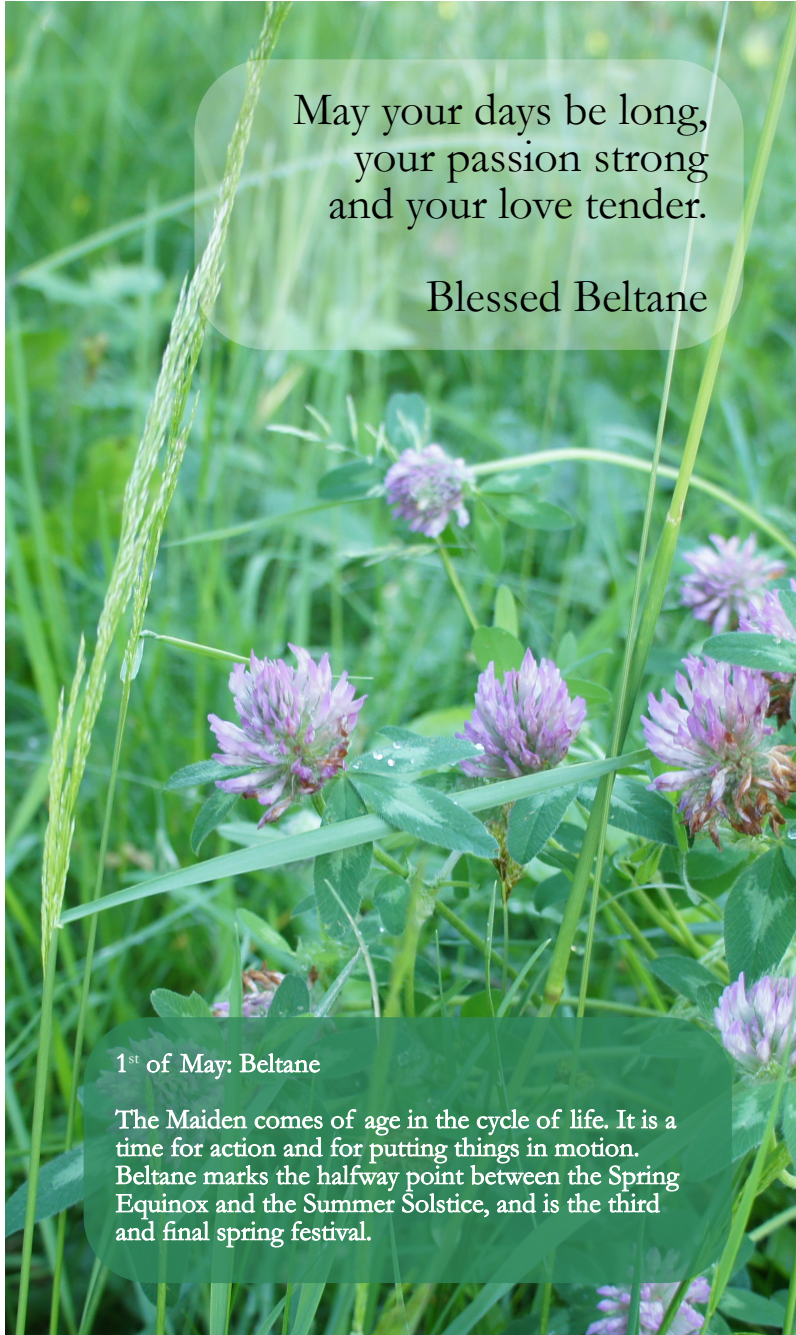
I have healthy balances in my life

Full Moon 27th of April

I sit quietly in the moonlight enjoying the evening. This is when life is lived - in the everyday moments. I appreciate all that I have as well as the path I am walking and the work I am doing. How are my activities connecting with my pilgrimage this year?

I revisit my intentions from the last full moon and note my achievements. I write some intentions here for things I'd like to see come to pass by the next full moon.

I savour the moment



May your days be long,
your passion strong
and your love tender.

Blessed Beltane

1st of May: Beltane

The Maiden comes of age in the cycle of life. It is a time for action and for putting things in motion. Beltane marks the halfway point between the Spring Equinox and the Summer Solstice, and is the third and final spring festival.



After Beltane come the very longest days of the year, when the light permeates everything I do. This is when I have the most energy and strength in the whole year. Litha approaches with ease. It is a time for savouring my skills and mastery, for I am confidently and effortlessly at the height of my capacity now. What do I wish for myself for the rest of this year? What changes may that entail?

New Moon 11th of May

The New Moon energy rises as I acknowledge that I have good routines in place for myself. My work flows easily now and I enjoy a feeling of strength and vitality. Am I appreciating my skills and abilities? I celebrate my vitality.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

I know what I am doing

Full Moon 26th of May

I savour my momentum under a moonlit sky. I see the connection between my ideas and plans and how I undertake it all, and how each hour and day adds up to my life. Am I content with how I spend my energy? I make changes where I feel it is needed.

I revisit my intentions from the last full moon and note my achievements. I write some intentions here for things I'd like to see come to pass by the next full moon.

Horizontal lines for writing intentions.

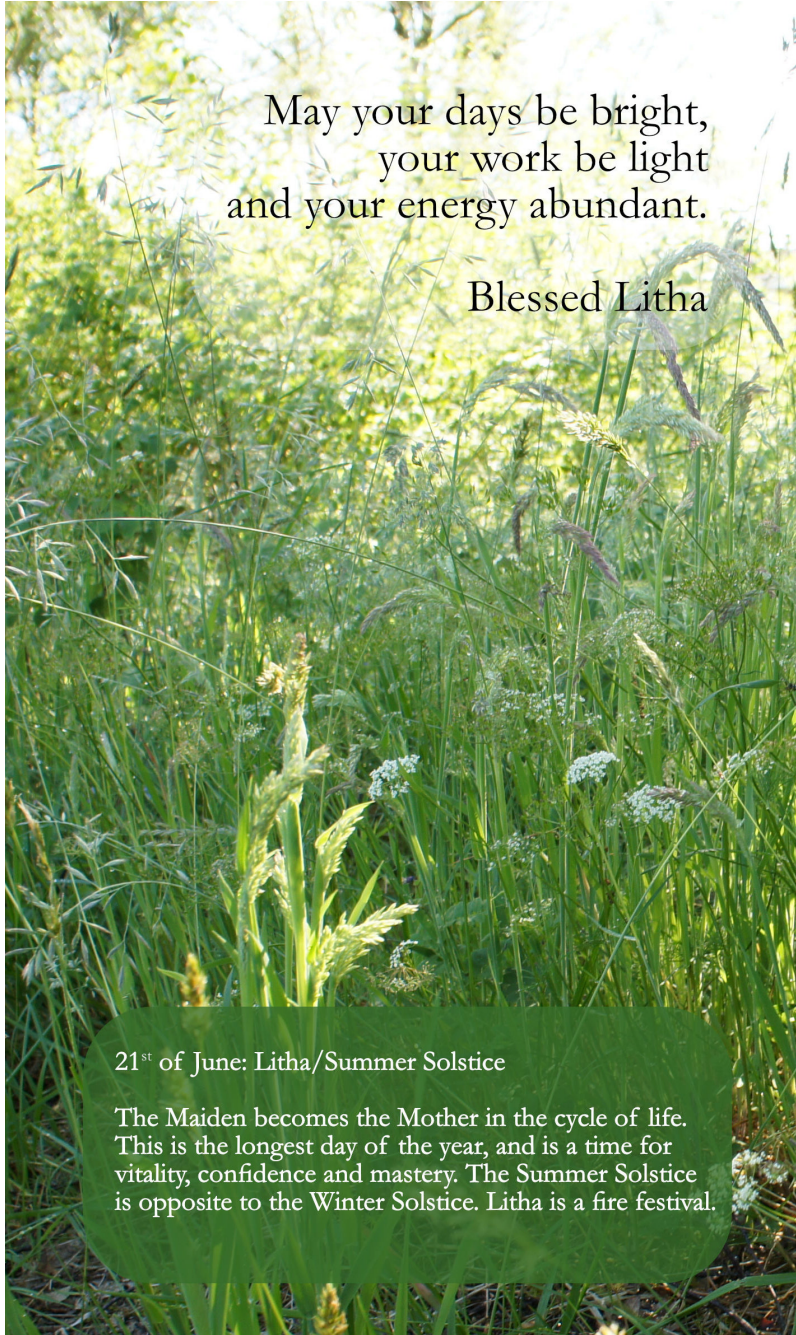
I have a steady overview

New Moon 10th of June

I breathe the New Moon air as I re-balance myself and take stock of how my year is unfolding so far. I trust my judgment and my ability to see things through as I look ahead to the rest of the year. Have my priorities changed with time? I am happy to make supportive adjustments.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

I trust myself



May your days be bright,
your work be light
and your energy abundant.

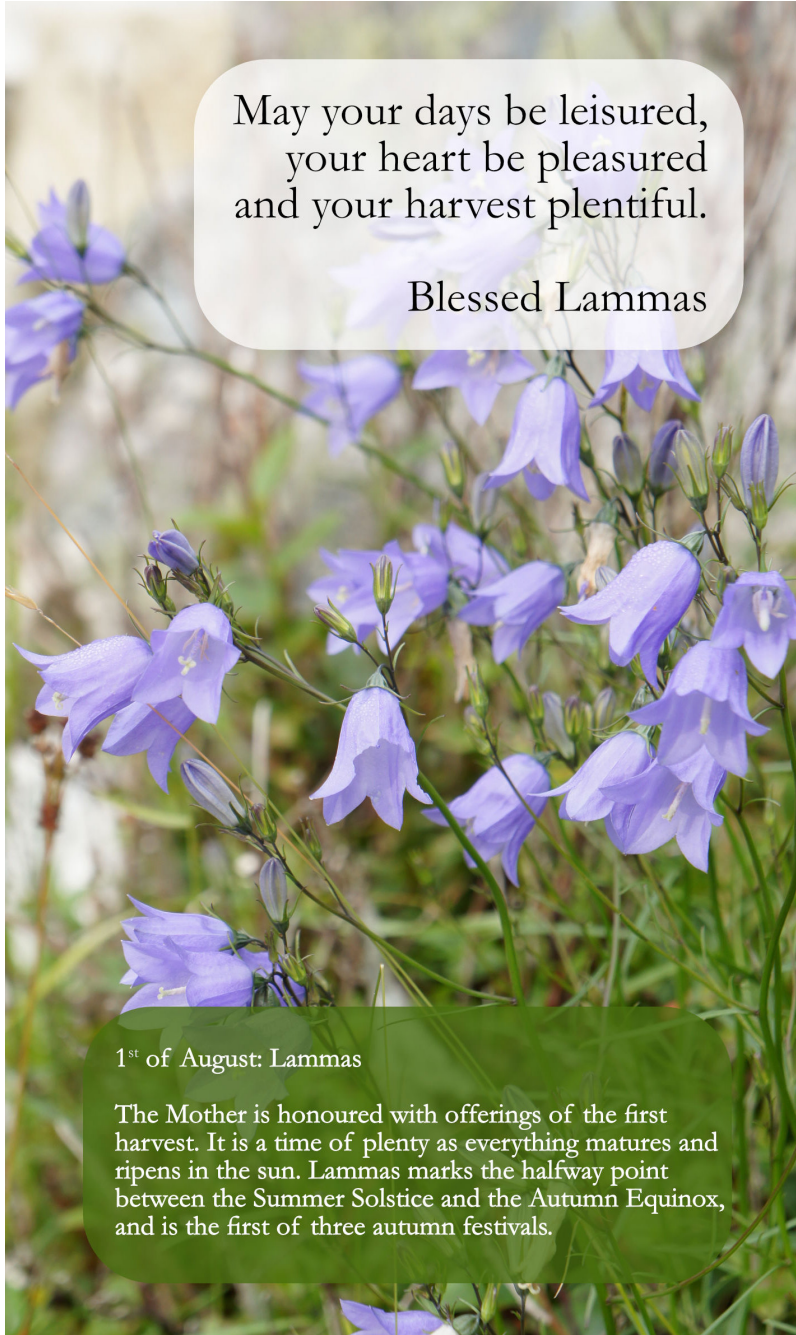
Blessed Litha

21st of June: Litha/Summer Solstice

The Maiden becomes the Mother in the cycle of life. This is the longest day of the year, and is a time for vitality, confidence and mastery. The Summer Solstice is opposite to the Winter Solstice. Litha is a fire festival.



After Litha the days grow warmer and lazier. I am enjoying the long summer days, doing less and feeling grounded. Lammas draws near with heady high summer vibes. This is a time of ripening and abundance in nature. At the same time I grow and mature as well. How do I wish to feel? What must I do in order to achieve this?



May your days be leisured,
your heart be pleased
and your harvest plentiful.

Blessed Lammas

1st of August: Lammas

The Mother is honoured with offerings of the first harvest. It is a time of plenty as everything matures and ripens in the sun. Lammas marks the halfway point between the Summer Solstice and the Autumn Equinox, and is the first of three autumn festivals.



After Lammas the days grow shorter and the nights are colder. As Mabon approaches I prepare to leave the outward-looking summer season behind and embrace the inward-looking winter season. This is a time when I start seeing the results of my efforts earlier in the year. It is a time for gratitude and closure. How do I wish to use my energy these coming weeks?

New Moon 7th of September

As I rest under the New Moon I enjoy the richness of the harvest as the season unfolds. It helps me to see clearly. What is most precious to me right now? What do I value above all else? I adjust my habits to focus more on that.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

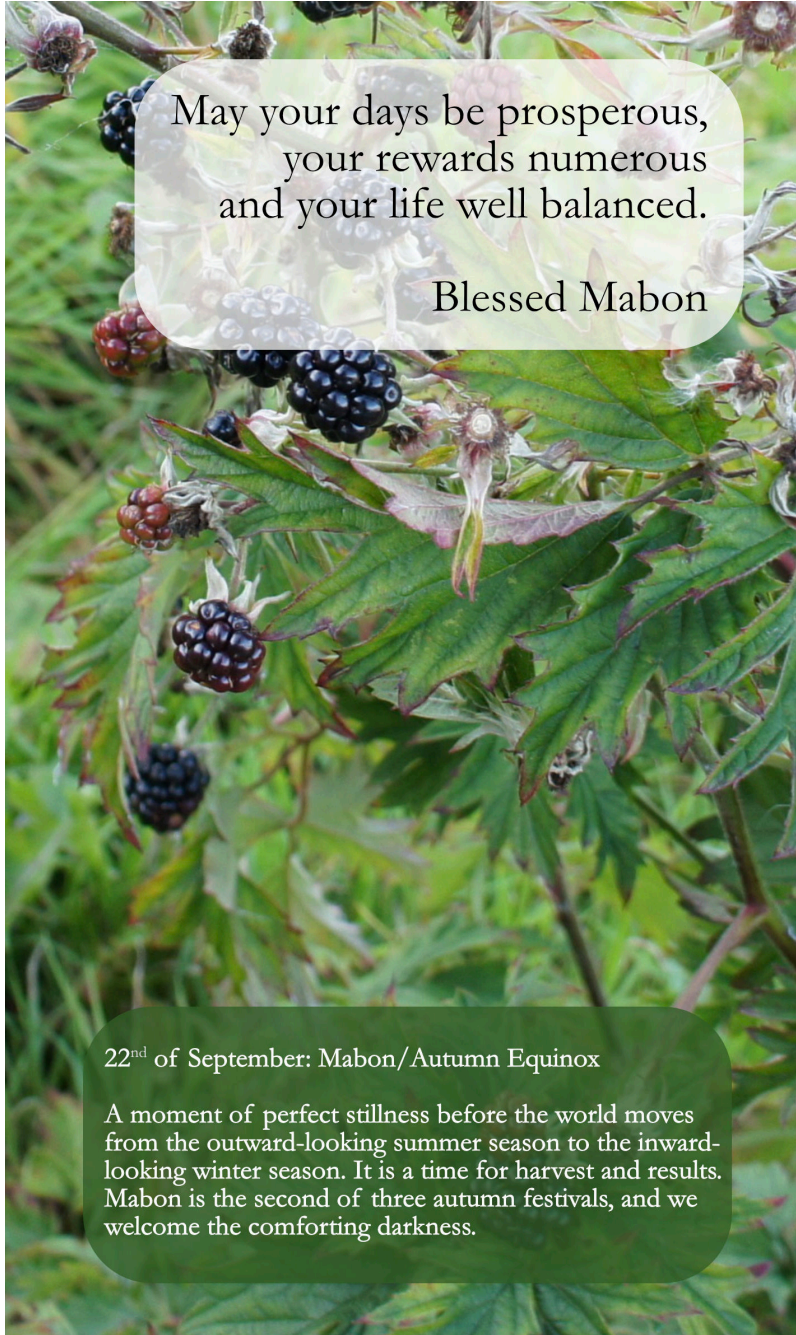
I spend time on what's important to me

Full Moon 21st of September

The Full Moon shines on me as I feel the balance of the year shifting. I am peaceful and harmonious, working towards and appreciating healthy balances in my life. What would I like to do more of this autumn? I adjust my calendar accordingly.

I revisit my intentions from the last full moon and note my achievements. I write some intentions here for things I'd like to see come to pass by the next full moon.

I am harmonious

A close-up photograph of a blackberry bush. The image shows several clusters of ripe, dark purple-black berries hanging from the stems. The leaves are green with serrated edges. A semi-transparent white rounded rectangle is overlaid on the upper part of the image, containing text. Another semi-transparent dark green rounded rectangle is overlaid on the lower part of the image, containing more text.

May your days be prosperous,
your rewards numerous
and your life well balanced.

Blessed Mabon

22nd of September: Mabon/Autumn Equinox

A moment of perfect stillness before the world moves from the outward-looking summer season to the inward-looking winter season. It is a time for harvest and results. Mabon is the second of three autumn festivals, and we welcome the comforting darkness.



After Mabon, the autumn equinox, the nights are longer than the days. This encourages inner reflection and there is a learning process taking place. As Samhain approaches, autumn unfolds before my eyes. I learn from what I have been through during the year and gain experience and wisdom. It is a time for letting go. What am I learning about myself? About the way I plan and see things through?

New Moon 6th of October

The New Moon invites me to explore how I set myself up for success. Can I make my plans more realistic in the future? Are there other lessons to learn? I take time to nurture myself as my wisdom grows.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

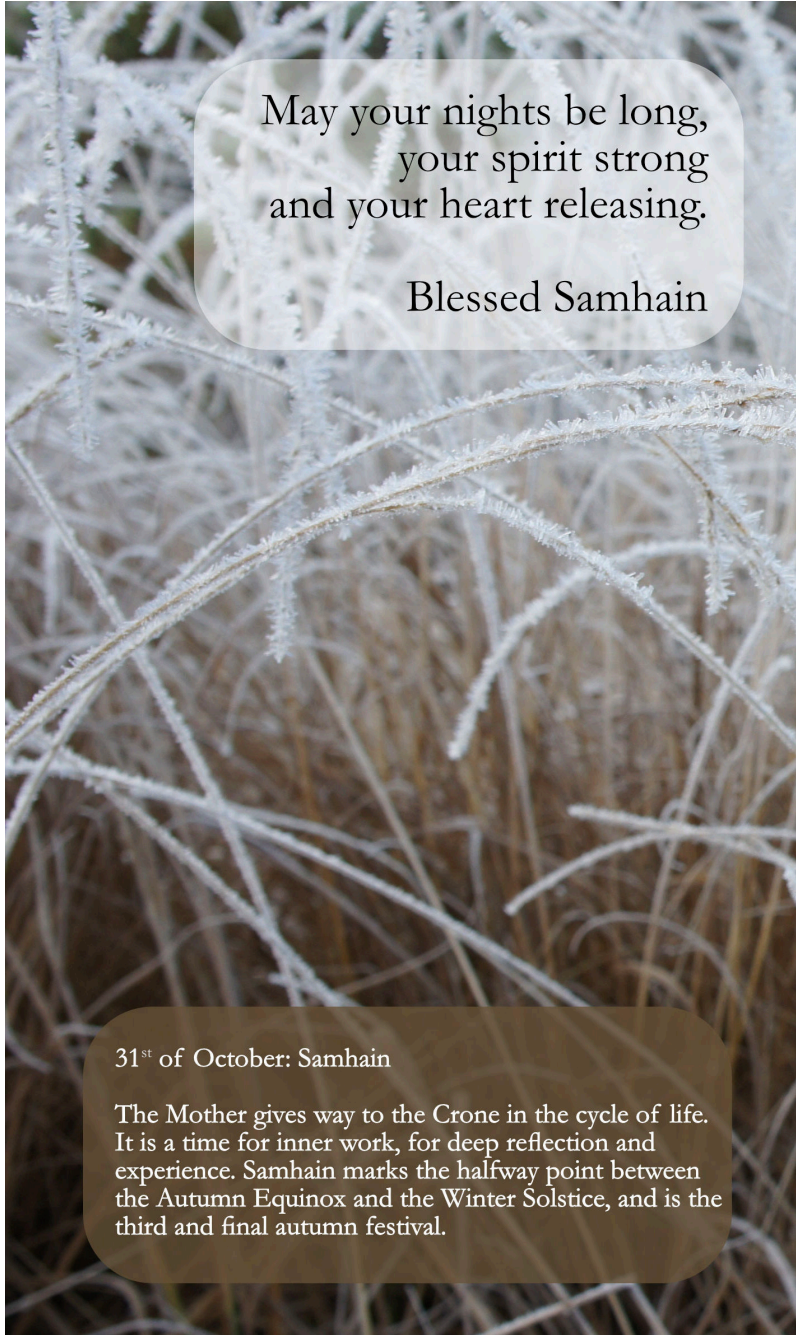
I am learning

Full Moon 20th of October

Under the moonlight I can see the difference between what I must work on and what is finished. I release and let go of what is completed. How can I best use these dark nights to learn? Liberated, light and peaceful I acknowledge the wisdom that experience brings.

I revisit my intentions from the last full moon and note my achievements. I write some intentions here for things I'd like to see come to pass by the next full moon.

I release and let go



May your nights be long,
your spirit strong
and your heart releasing.

Blessed Samhain

31ST of October: Samhain

The Mother gives way to the Crone in the cycle of life. It is a time for inner work, for deep reflection and experience. Samhain marks the halfway point between the Autumn Equinox and the Winter Solstice, and is the third and final autumn festival.



After Samhain I enter into the very darkest time of the year and withdraw into myself. My energy levels are at their lowest now, and my attention turned inwards. As Yule approaches I turn to those I love. It is a time for allowing the experience I have gained to become dreams. Slowly and quietly they emerge from my deepest self. I release the old. How did I look after myself this year? In what ways did I achieve my goals?

New Moon 4th of November

This New Moon I spend my precious time relaxing. I can feel myself starting to recharge, as my energy levels draw near their lowest. Being still, doing very little and allowing my soul to have quiet time is the most nurturing thing I can do right now. How can I best support myself in these dark winter nights?

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

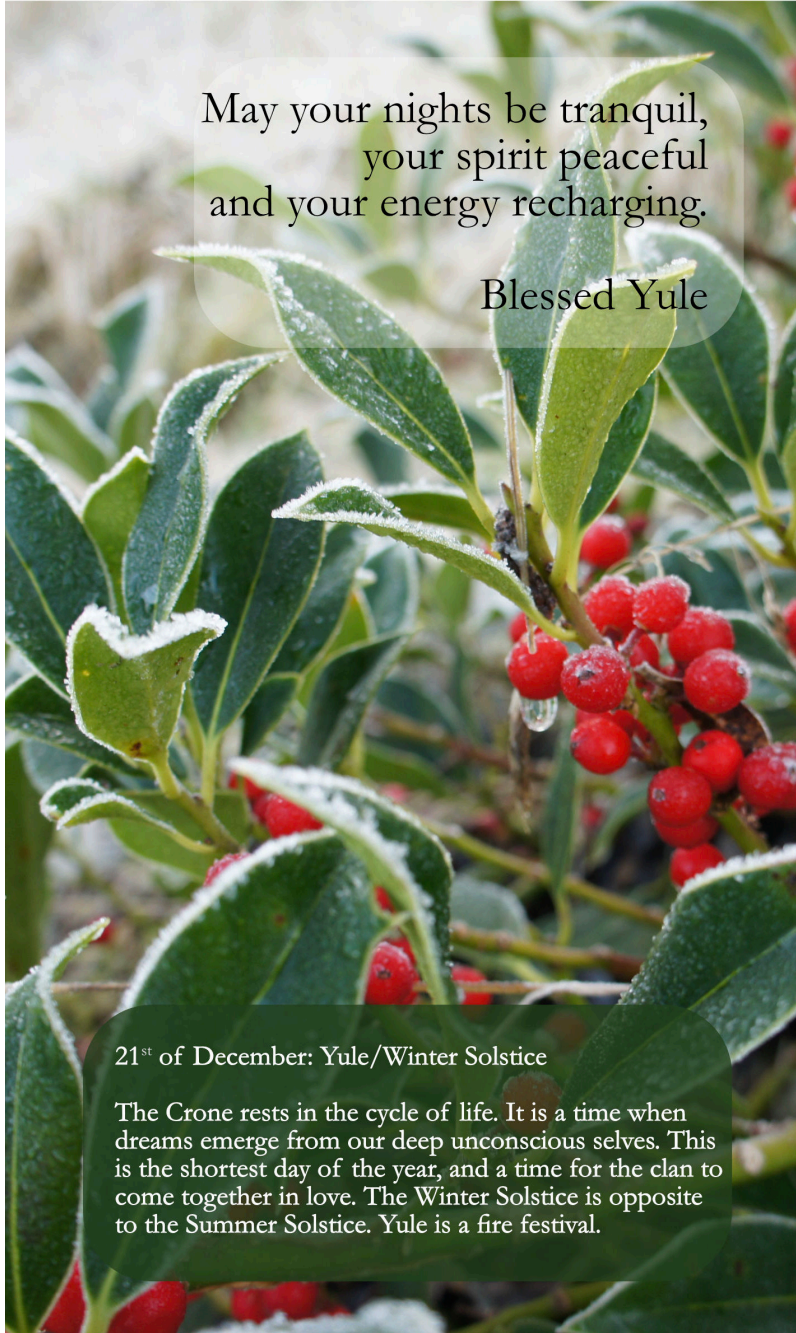
I look after myself

New Moon 4th of December

In the darks nights of the New Moon I sit quietly resting. Effortlessly my dreams begin to take shape, informed by all that I have done and learned. What are my dearest hopes? I begin to see their outlines as the year draws to a close.

I revisit my intentions from the last new moon and note my achievements. I set new intentions for things I'd like to see come to pass by the next new moon.

My dreams are full of hope



May your nights be tranquil,
your spirit peaceful
and your energy recharging.

Blessed Yule

21st of December: Yule/Winter Solstice

The Crone rests in the cycle of life. It is a time when dreams emerge from our deep unconscious selves. This is the shortest day of the year, and a time for the clan to come together in love. The Winter Solstice is opposite to the Summer Solstice. Yule is a fire festival.



Where has my pilgrimage taken me in 2021?

Where might I like it to take me in 2022?

About the author

Ingvild Skodvin Prestegård is based on an island near Bergen, Norway. Ingvild is a yoga teacher, holistic therapist, social anthropologist, social entrepreneur and mentor. She specialises in chronic conditions, healing processes, self-discovery and spirituality. Her writing is inspired by her yoga classes, by the beautiful light in western Norway and the wonderfully ever-changing seasons in her native country.

Ingvild has experience working with people from all walks of life, and offers support and a safe framework for their personal growth and spiritual development. Her writing is a way of extending that support beyond the yoga mat. Ingvild is passionate about living well and fully, about savouring the moment and making the most out of any given situation.

Outside the yoga classes Ingvild enjoys reading, drinking tea, cooking, gardening, watching the seasons change and connecting with friends and family. Ingvild is involved in a small cooperative, working to explore meaningful activities, quality of life and wholesome ways of living.

Another book, discussing the fuller context that the Moon Journal concept sits in, is in process.

www.allmenningen.org

<https://www.instagram.com/moonjournalcommunity/>

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Moon Journal 2021 -

My gift to you

Love, Ingvild