



THE 13 THEMES

The 13 spaces inside the shell are for the soul themes you will encounter throughout your journey.

♥ **Begin wherever you are.**
Your first theme does not have to be the beginning of the circle.



♥ **As you encounter each theme,** choose one of the 13 spaces to represent it.



♥ **Record the theme in the space that calls to you.**
Use a word, phrase, symbol, color, image, or whatever helps you remember what this theme awakened in you.



♥ **There is no right direction.**
Let your journey have its own shape.

SEED OF SOUL

Your 13-Moon Journey of Soul Care



THE 28 REFLECTIONS

The 28 spaces around the outside of the shell are for your reflections, insights, and personal discoveries as you live with each theme.

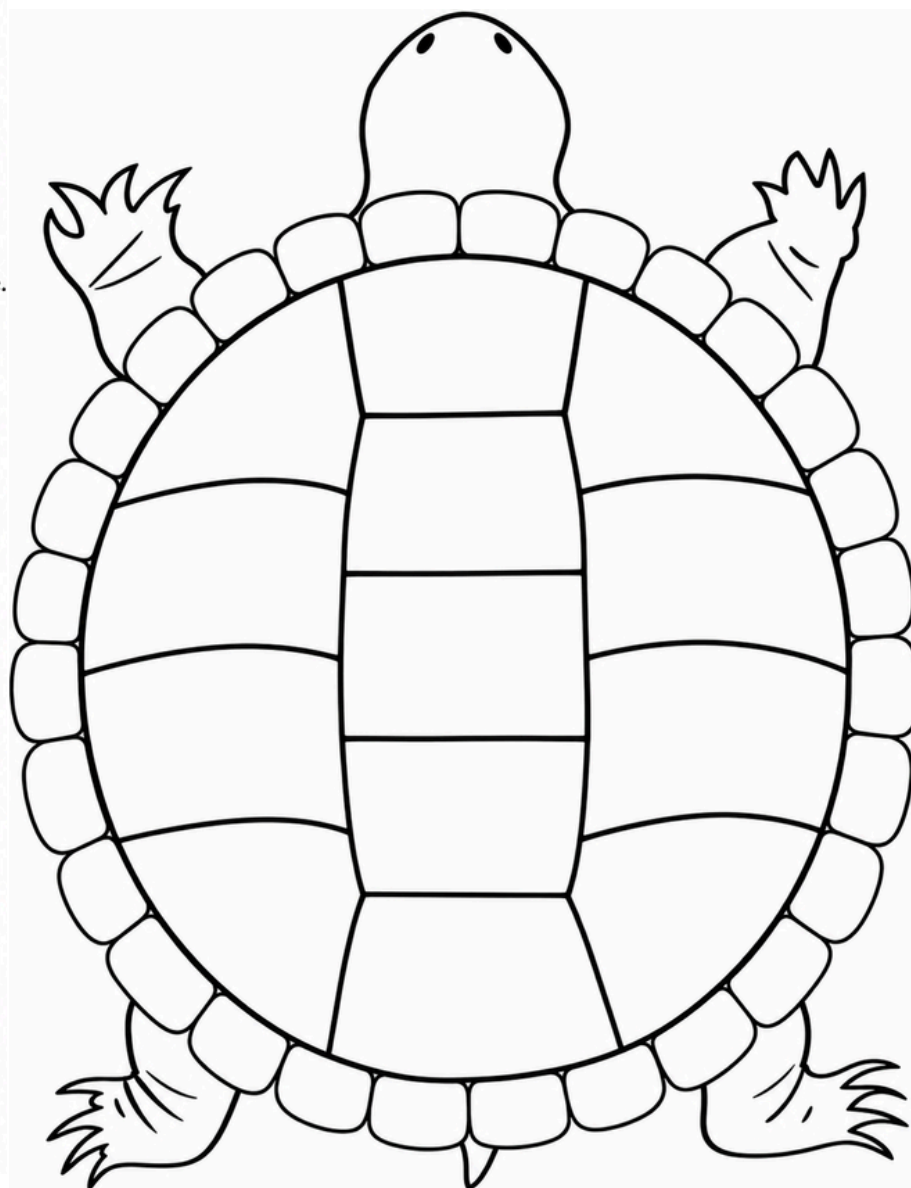
♥ Use these spaces to capture what you notice along the way.
Reflections, insights, questions, dreams, synchronicities, moments of beauty, gratitude, or anything that feels meaningful.



♥ You may also leave yourself a reflection, question, or intention to carry toward the next Full Moon.



♥ There is no required order and no need to fill every space. Honor what is true for you.



*"It is never too early or too late
to care for the well-being of the soul."*

— Epicurus

