

PDF ASTRAL

BONUS 01



Lunar Calendar of Attitudes

A guide for following the rhythm of the Moon's phases

Four phases, four questions: moments for intention, for action,
for review and for closing — something simple to consult
through the month.

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Symbolic systems are read as a mirror, never as a sentence.

BEFORE YOU BEGIN

How to use this guide

The Moon takes about twenty-nine and a half days to complete its round. In that span it goes through four phases anyone can check in the sky — and that is all this guide uses: a visible clock, free of charge, turning overhead.

Nothing here predicts what will happen to you. The proposal is a different one: to use the lunar cycle as a calendar of attitudes. Instead of deciding everything at the same pace all month long, you get four moments with four different questions.

New to name it. Waxing to sustain it. Full to look at it straight.
Waning to close it.

How to tell which phase it is

- Look at the sky on three nights in a row: if the lit part grows, the Moon is waxing; if it shrinks, it is waning.
- Almost any calendar, planner or weather app shows the phase of the day.
- Write down the date of the next New Moon: it opens the cycle and organizes the four weeks that follow.

Three agreements

ONE SUBJECT PER CYCLE

Choose one single thing to follow this month. Four phases can hold one subject; they cannot hold seven.

ONE LINE PER PHASE

Write in one sentence what you did and how it went. In two or three cycles your own pattern shows up.

NO OBLIGATION

If life asks for the opposite of what the phase suggests, follow life. This is a compass, not a rule.

PHASE 1 OF 4

New Moon · intention



The sky goes dark: the lit face is turned the other way. This is the zero point of the cycle, the moment when there is still nothing to show — and, for that very reason, the easiest moment to begin.

GOOD MOVES

- Choose the subject of the month and write the intention in one sentence.
- Start something small, the size of a single day.
- Clear the desk, the inbox, the calendar: open space before filling it again.
- Have the first conversation about what you want.

WATCH OUT

Promising too much. The New Moon is good for naming, not for delivering. An intention written in ten lines tends to turn into guilt within two weeks.

Three questions

- What do I want to work through in this cycle?
- What is the first step, the size of one day?
- What do I leave out so this one thing fits?

If you do only one thing in this phase: write the intention of the cycle in one sentence, somewhere you will bump into it again.

PHASE 2 OF 4

Waxing Moon · action



A half Moon in the sky, light growing every night. What was named at the New Moon now asks for repetition: this is the part of the cycle where the work shows up and there is still no result to display.

GOOD MOVES

- Repeat the small gesture, preferably at the same hour.
- Schedule the conversations that depend on other people.
- Ask for help before getting stuck, not after.
- Show the unfinished work to someone you trust.

WATCH OUT

Trying to rush what only moves with time. If the urge to quit shows up here, it is usually midway fatigue — not a wrong choice.

Three questions

- What is already moving, even slowly?
- Who do I need for the next step?
- What am I putting off for fear of doing it badly?

If you do only one thing in this phase: repeat the small gesture three times this week, even if one of them comes without any enthusiasm.

PHASE 3 OF 4

Full Moon · review



The whole disc lit, the brightest night of the month. Everything becomes visible — including what you would rather not see. This is the phase for looking at the partial result without dressing it up.

GOOD MOVES

- Finish what can be finished.
- Have the postponed conversation, calmly and at a set time.
- Show it, hand it in, publish it.
- Celebrate what moved, however little.

WATCH OUT

In this phase everything feels urgent and final. Before making a big decision on impulse, sleep on it and reread the intention you wrote at the New Moon.

Three questions

- What showed up that I was not expecting?
- What here is already good enough?
- Which conversation have I been avoiding?

If you do only one thing in this phase: reread the intention of the cycle and write in one line what actually happened.

PHASE 4 OF 4

Waning Moon · closing



The light shrinks until it disappears. The cycle draws in, and the body usually asks for the same: less schedule, more sleep, fewer people, more silence.

GOOD MOVES

- Close small loose ends: cancel, return, reply, file away.
- Tidy what got messy along the way.
- Thank whoever helped, by name and without rushing.
- Rest without justifying the rest.

WATCH OUT

Confusing rest with giving up. The waning Moon is not the end of the story: it is the part of the cycle that clears the ground for the next New Moon.

Three questions

- What do I take into the next cycle?
- What ends here?
- What cost me more than it was worth?

If you do only one thing in this phase: pick one small loose end and close it today.

KEEP THIS ONE

A month in four movements

This page works for any month of any year. Copy it, print it or photograph it: the cycle starts over on its own at every New Moon.

PHASE	QUESTION OF THE MOMENT	ONE MOVE
New	What do I want to work through?	Write the intention in one sentence
Waxing	What is already moving?	Repeat the small gesture
Full	What became visible?	Finish it, show it, talk it through
Waning	What ends here?	Close one loose end and rest

THE INTENTION OF THIS CYCLE

WHAT I SAW AT THE FULL MOON



The same eye, on one person only

The Moon sets the rhythm of the month for everyone at once. A birth chart is the other half of the equation: it speaks about one person only.

PDF Astral is a book of more than 200 pages, written from the date, the time and the city where one person was born. More than 40 systems are calculated and crossed into a synthesis of its own, with illustrations made for that single copy — a portrait to recognize, to argue with, to underline and to come back to.

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