

CORAL BAY JOURNAL



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THE CORAL BAY YEAR — 12 CYCLES OF NATURE & TRANSFORMATION

A journal aligned with tides, winds, moons, and ancestral rhythms.

Each cycle includes:

- Cycle Name (Coral Bay seasonal marker)
- Symbol
- Emotional Theme
- Imagery
- Affirmations
- Reflection Prompts

Coral Bay Lunar Journal: The 12 Cycles

Coral Bay Lunar Calendar

Welcome to your vibrant Coral Bay lunar calendar—a tapestry of moonlit colours to illuminate each cycle of your journal journey. This calendar blends visual inspiration with practical guidance, mapping every waxing and waning phase in a way that invites you to celebrate the rhythms of nature with creativity and flair. Each moon phase can be highlighted with watercolour washes, pastel gradients, or shimmering metallic pens, making your calendar not only useful but a true work of art.

Cycle	New Moon	First Quarter	Full Moon	Last Quarter
Cycle 1	18/01/2026	25/01/2026	02/02/2026	09/02/2026
Cycle 2	17/02/2026	24/02/2026	03/03/2026	10/03/2026
Cycle 3	19/03/2026	27/03/2026	03/04/2026	10/04/2026
Cycle 4	17/04/2026	24/04/2026	01/05/2026	08/05/2026
Cycle 5	16/05/2026	23/05/2026	31/05/2026	07/06/2026
Cycle 6	15/06/2026	22/06/2026	29/06/2026	06/07/2026

Cycle 7	14/07/2026	21/07/2026	28/07/2026	04/08/2026
Cycle 8	12/08/2026	19/08/2026	26/08/2026	02/09/2026
Cycle 9	11/09/2026	18/09/2026	25/09/2026	02/10/2026
Cycle 10	10/10/2026	17/10/2026	24/10/2026	31/10/2026
Cycle 11	08/11/2026	15/11/2026	23/11/2026	30/11/2026
Cycle 12	08/12/2026	15/12/2026	22/12/2026	29/12/2026

Let your imagination run wild: decorate each cycle with moon-shaped stickers, hand-drawn borders, or bursts of colour that mirror the ocean, sky, and sandy coral beaches. You might trace the full moons with luminous silver ink, paint new moons in soft blues, and highlight meaningful dates with radiant gold. Add tiny illustrations for lunar events—waves, shells, stars, or palm fronds—making each cycle distinct and personal. This calendar invites playful experimentation, inviting you to celebrate the moon's journey as you move through your own cycles of reflection and growth.

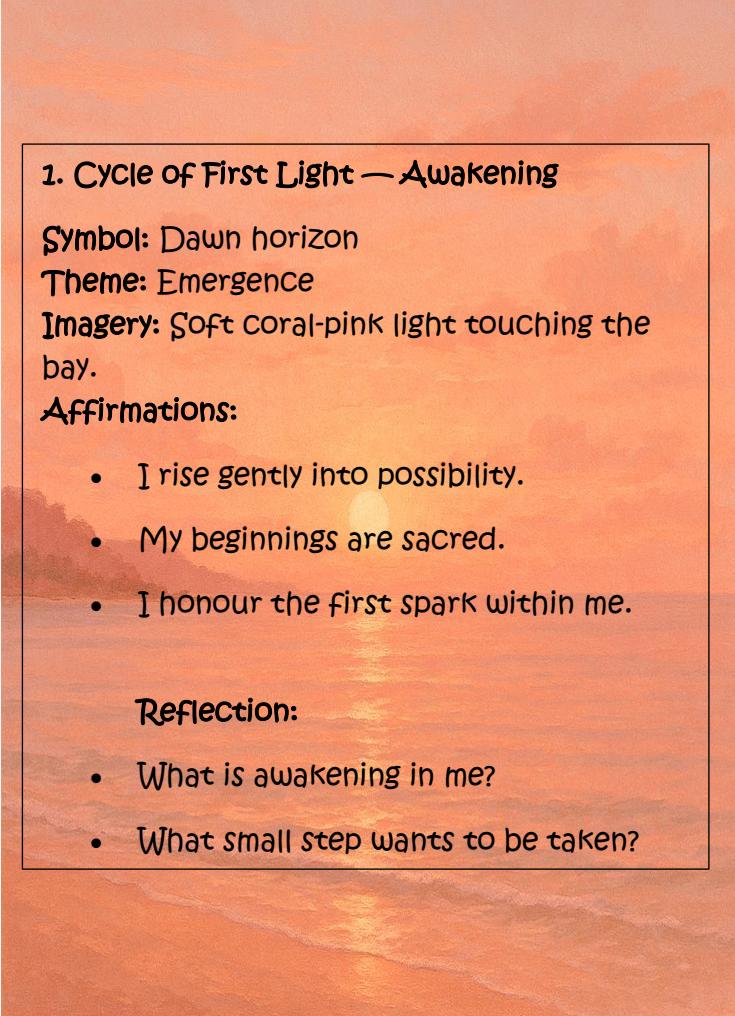
Playful Lunar Cycle Rituals & Practices

Step into the magic of your calendar with these delightfully whimsical rituals—let each lunar cycle spark a sense of adventure, creativity, and wonder as you journey through the year!

- Cycle 1: Kick off the lunar year by hosting a mini “moon party”! Wear something sparkly, make a wish on a homemade moon charm, and dance under fairy lights.
- Cycle 2: Go on a moon treasure hunt by water—find a shell, a stone, or a leaf shaped like a crescent moon. Stick your find in the journal and invent a story about its secret powers.
- Cycle 3: Try moon-gazing bingo! List things you might spot during a moonlit stroll—owls, twinkling stars, shimmering puddles—and tick them off as you discover them.
- Cycle 4: Make a gratitude garland. Write what you’re thankful for on slips of colourful paper, then string them above your workspace or bed like festive bunting.
- Cycle 5: Host a moon art jam—grab your friends or family, set out crayons and paints, and create wild, moon-inspired masterpieces to display in your calendar.
- Cycle 6: Plant moon seeds! Decorate pots with lunar designs and grow a tiny “moon garden” indoors. Name your sprouts after stars or planets.
- Cycle 7: Hold a full moon picnic with all-blue treats (think blueberries, blue cupcakes, blue drinks). Share moon legends or invent your own lunar myths.
- Cycle 8: Write a secret message to your future self using invisible ink (lemon juice!)—read it by candlelight at the next full moon.

- Cycle 9: Move like the waves! Try a silly sea creature yoga flow, pretending to be a starfish, dolphin, or floating jellyfish. End with a big, ocean-inspired stretch.
- Cycle 10: Make a magical moon talisman from clay, beads, or recycled bits. Charge it on your windowsill under the moon and give it a name and a “superpower.”
- Cycle 11: Stage a “screen-free moon hour.” Build a pillow fort, snack on coconut treats, and listen to ocean soundscapes or tell moon jokes (the sillier, the better!).
- Cycle 12: Celebrate your year with a lunar parade: wear your brightest clothes, wave homemade moon flags, and look back over your journal. End with a moon wish for the year ahead.

Let these rituals spark laughter, creativity, and a little bit of lunar magic. Your calendar becomes not just a tracker, but



1. Cycle of First Light — Awakening

Symbol: Dawn horizon

Theme: Emergence

Imagery: Soft coral-pink light touching the bay.

Affirmations:

- I rise gently into possibility.
- My beginnings are sacred.
- I honour the first spark within me.

Reflection:

- What is awakening in me?
- What small step wants to be taken?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

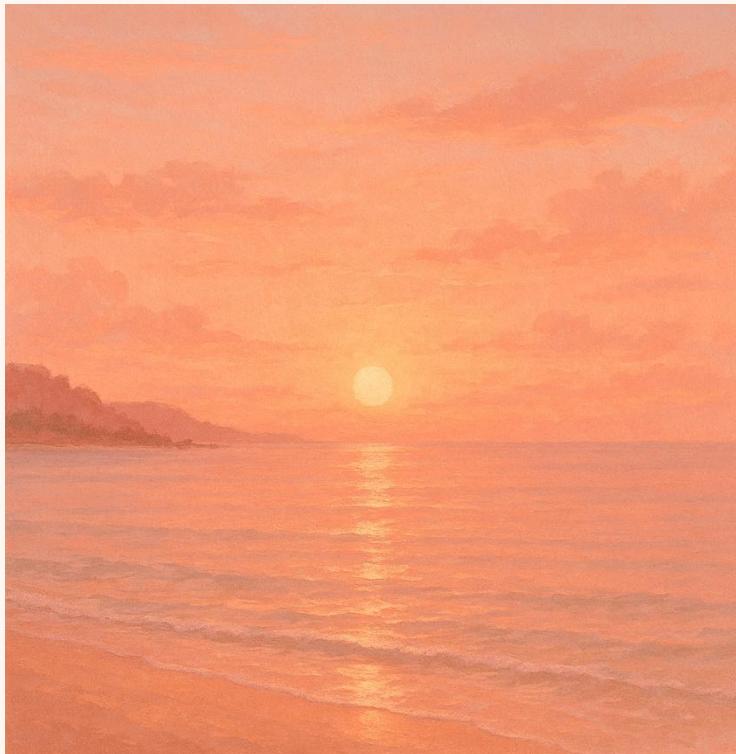
Day 24

Day 25

Day 26

Day 27

Day 28



Reflection