



*Energy Waves Wellness Ltd.*

*Moon Magic - Journal Prompts*  
*November 2025*



As the seasons change and the year draws to a close, November encourages us to pause, regain our balance, and reconnect with what is truly significant. Each lunar phase this month leads us through a gentle transformation — fostering stability, letting go of control, healing past wounds, and embracing our imagination to guide us towards renewal. This is a sacred opportunity to nurture your inner self, heed your body's wisdom, and envision the future with an open heart and trust.

This month, focus on emotional grounding and purposeful rest. Pay attention to areas where you may be overexerting yourself or clinging too tightly. Establish rituals that make you feel secure in your own skin — be it through journaling, movement, or moments of stillness — and allow healing to unfold organically. From this place of tranquility, envision your future with intention and possibility.

**A sacred pause where we trade control for stillness, allowing healing to unfold and renewal to take root.**



 **October 29**

## **First Quarter Moon in Aquarius**

***“The measure of intelligence is the ability to change.” — Albert Einstein***

We’ve reached a turning point—where inspiration meets action. The First Quarter Moon calls for commitment: will you move forward with what you began at the New Moon? Doubt may whisper that it’s not possible yet, but Aquarius reminds you to stay curious and open to new perspectives. This energy encourages experimentation, collaboration, and innovation—while Pluto’s influence adds depth, revealing where resistance or stubbornness may be blocking progress. Trust in your ability to evolve and allow your ideas to take a fresh shape.

*I release resistance and stay open to new possibilities. My growth is fueled by curiosity and courage.*

## *Journal Prompts*

Where am I being called to commit more deeply to my intentions, and what fears or doubts are holding me back?

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What new ideas or collaborations could help me move forward in a more inspired and aligned direction?

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🌙 November 2

## Moon conjunct Saturn Rx + Neptune Rx in Pisces

### *Theme: Reality Check Meets Dream Space*

Today's energy feels like swimming between worlds — one moment grounded in truth, the next drifting into daydreams. You may feel pulled between structure and surrender, responsibility and rest. Saturn asks for boundaries and accountability; Neptune invites you to dissolve walls and connect with your intuition. Together, they create a fog that tests your emotional clarity — but also reveals where your faith and focus can coexist.

This isn't about choosing one or the other. It's about finding balance between being responsible for your path while trusting in divine timing.

Let yourself feel what's real, but don't let fear drown your vision.

*I honor both my dreams and my duties. I trust that boundaries protect my magic, not restrict it.*

## Journal Prompts

Where do your real-world responsibilities (work, finances, health routines) actually support your deepest, most imaginative dreams and visions

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Identify one belief or fear that is currently tempting you to either over-control a situation or avoid reality entirely

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 November 5

## Full Moon in Taurus

***“You can’t grow if you’re still holding on to what’s breaking you.”***

The Full Moon in Taurus is an anchor in the shifting currents, a time when the Moon feels exquisitely strong and grounded. It illuminates the profound beauty in simplicity and stability, bringing sharp focus to your security, self-worth, and the essential foundations that support your growth.

Growth asks for both vulnerability and courage. Trust the slow, steady process unfolding, and allow yourself to be supported by the tangible, nourishing energy of the Earth.

*I release resistance and trust the ground beneath me. I am worthy of stability, peace, and lasting growth*

## Journal Prompts

What am I holding onto out of fear or comfort, and how is it preventing new growth?

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Where do I feel most grounded and secure within myself right now?

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🌙 November 6

## Moon conjunct Uranus Rx in Gemini

### ***Theme: Emotional Breakthroughs + Mental Liberation***

Expect the unexpected — mentally, emotionally, even in your conversations. Today's energy shakes loose old stories you've told yourself about who you are or how things "should" be. It's that moment when a new idea flashes in, breaking you free from a repetitive cycle or belief that's kept you stuck.

This can feel thrilling or unsettling depending on how tightly you've been holding on to the familiar. When emotions rise suddenly, pause before reacting. What's shifting is your perspective, and it's meant to open space for innovation, truth, and authenticity.

Use this energy to release outdated self-talk, rewrite inner scripts, and welcome the new connections or insights that arrive. Change begins in the mind — and today, your thoughts can open powerful new doors.

*I welcome change as a doorway to freedom. My mind is flexible, my emotions are my guide.*

## *Journal Prompts*

Think about a repetitive cycle or old story about yourself that has kept you feeling stuck. What is the single most unsettling or thrilling unexpected insight

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Identify one situation in your life where you have been holding on tightly to how things "should" be.

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🌙 November 10

**Moon conjunct Jupiter in Cancer**

***Theme: Expanding Emotional Safety + Receiving Support***

Today invites you to grow through softness — not striving. Emotional generosity and nurturing take center stage, reminding you that abundance begins within. When you feel safe, supported, and connected, your world expands naturally. But when you close off, opportunities to receive love and support can quietly slip away.

This conjunction amplifies sensitivity and empathy, helping you recognize where you may overgive or under-receive. It's a moment to lean into gratitude, connection, and the people or spaces that make you feel truly at home. When you open your heart, you create room for life to meet you halfway.

*I open my heart to receive the abundance and care that already surrounds me. I am safe to grow through love.*

## Journal Prompts

Identify a recent moment when you closed yourself off to love, support, or a kind gesture from someone else. What specific thought or fear caused you to shut down?

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In what specific area of your life (e.g., relationships, time, creativity) do you currently overgive? Conversely, in which area do you feel you are under-receiving?

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 November 12

## Last Quarter Moon in Virgo

***“You can’t heal the world if you’re breaking yourself to do it.”***

Life doesn’t always move according to plan, and this Last Quarter Moon in Virgo serves as a direct reminder that control isn’t the same as clarity. Virgo energy urges us toward precision and service, but at this stage of the lunar cycle, we are asked to look deeper.

This phase tests our patience and perfectionism, calling out the tendency to over-analyze, over-function, or fix things out of anxiety. Instead of leaping into action, you’re asked to release the need to fix everything—and everyone—around you. That burden of perfection is not your responsibility.

Your greatest service now is to tend your own garden with meticulous care.

*I release the need for control and choose progress over perfection. I trust that doing my best is enough.*

## Journal Prompts

Where am I trying too hard to control outcomes or other people’s paths?

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How can I redirect my energy toward self-growth and meaningful service?

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🌙 November 18

## Moon conjunct Venus in Scorpio

**Theme: Deep Desire, Radical Honesty, Sacred Reclamation**

This moment pulls you into the deep — into what you truly desire, what you hide, and what finally needs to be claimed. Venus here isn't sweet or soft; she's fierce and honest. She asks you to examine your attachments, your boundaries, and the places you've dimmed your voice for the sake of comfort. Scorpio energy invites transformation: tenderness that demands truth, intimacy that burns away pretence, and love that demands authenticity.

This is not surface-level romance. It's about owning your worth, uncovering hidden patterns in relationships, and healing the wounds that've kept your heart guarded. Meet desire with courage. Let pain teach you what you must release. Reclaim pleasure that's honest — and refuse anything that asks you to betray yourself.

*I claim my desires with clarity and courage. My love is whole, honest, and mine to guard and give.*

## Journal Prompts

What do I secretly crave that I haven't allowed myself to ask for?

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Where have I traded my truth for someone else's comfort, and how will I reclaim it?

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 November 19

## New Moon in Scorpio

***“In order to rise from its own ashes, a phoenix must first burn.” — Octavia E. Butler***

As the year nears its close, this Scorpio New Moon opens a sacred, deep-water portal for profound reflection and renewal. It is not a time for superficial change; it is an invitation to face your shadows with radical honesty and unwavering courage.

The purpose is not to dwell in darkness, but to fiercely engage with it—to transform those hidden parts into core strength and power.

This is the moment to align your truth with your purpose and begin again — stronger, wiser, and more whole.

*I honor my shadows as sacred teachers. I am transforming pain into power and creating space for renewal.*

## Journal Prompts

What past experience or emotion is ready to be acknowledged, healed, and released?

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How can I reclaim my power and use it to create meaningful transformation in the year ahead?

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🌙 November 20

## Moon conjunct Mercury in Sagittarius

**Theme: Truth-Telling + Emotional Clarity**

Today sparks honest expression and mental expansion. Words carry power — they can liberate or limit, heal or divide. When emotion meets truth, the mind awakens to new understanding. This is a day to speak from your heart, not from defense. Say what you mean, mean what you say, and let honesty clear the air.

Sagittarius energy amplifies perspective. Conversations may reveal new insights or challenge old beliefs. Stay curious, not combative. Listening deeply can shift your worldview in ways that bring unexpected peace. The truth doesn't always feel comfortable, but it always sets something free.

*I speak my truth with confidence and grace. My words create freedom, not fear.*

## Journal Prompts

What truth needs to be spoken — to myself or someone else — to set me free?

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Where can I choose curiosity instead of judgment today?

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 **November 21**

**Moon conjunct Mars in Sagittarius**

***Theme: Brave Action + Fired-Up Truth***

The energy is electric: courage spikes and momentum surges. You are empowered to act on conviction, push boundaries, and speak boldly. This is the moment to clear obstacles and claim the territory that is rightfully yours. However, this power demands discipline. When urgency or impatience strikes, pause to channel the heat—direct it into clean, valuable action. Your goal is to be decisive and effective, not reckless. Use this fire to build, not to burn bridges or ignore reflection.

*I move with courage and clarity. My actions honor my truth and my dignity.*

## Journal Prompts

What bold action have I been avoiding, and what small first step can I take today?

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Where can I direct my fire so it builds rather than burns bridges?

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🌙 November 25

## Moon conjunct Pluto in Aquarius

***Theme: Emotional Revolution + Power Awakening***

This conjunction cuts deep — and clears space for truth. Something within you is shifting, demanding honesty about what no longer fits. Old emotional patterns, power struggles, or stories of “not enough” may surface for release. Pluto energy is never light — it asks for transformation, not avoidance. But this isn’t destruction for its own sake; it’s liberation.

Aquarius brings detachment and vision, helping you step back from the drama to see the larger pattern. You’re not who you were — stop trying to fit into spaces that shrink your growth. This is the moment to reclaim your inner authority and choose empowerment over approval.

*I release the weight of the past and rise in my power. Transformation begins when I choose truth over comfort.*

## Journal Prompts

What truth about myself am I finally ready to face without fear?

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Where am I still giving away my power, and what changes when I take it back?

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 **November 28**

## **First Quarter Moon in Pisces**

***Don't just dream your life — live your dream.***

The Pisces First Quarter Moon reminds us that dreams need direction, yet that direction must come from within. This lunar phase powerfully awakens intuition and imagination, affirming that anything is possible when your faith guides your actions. You are invited to fully trust your inner voice, but with clear sight—avoiding the siren call of illusion or escapism. Dedicate this time to gently review your core intentions. Let inspiration be your guide; listen to your heart and move with compassion and quiet, unwavering belief in the vision that is taking shape.

*I trust my intuition and take inspired action. My dreams become real through faith, flow, and focus.*

## *Journal Prompts*

Where am I being called to bring imagination into action?

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How can I stay grounded in reality while still allowing myself to dream big?

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🌙 November 29

## Moon conjunct Saturn Rx & Neptune Rx in Pisces

### *Theme: Emotional Maturity + Spiritual Renewal*

The month ends as it began — with a reminder to trust the unseen while staying grounded in what's real. When the Moon meets Saturn and Neptune in Pisces, the line between dreams and duties blurs. You may feel pulled between responsibility and surrender, between wanting structure and craving escape. This is your invitation to blend both — to build your dreams on solid ground without losing their soul.

There's wisdom in slowing down. This energy reveals where boundaries support your healing and where illusion has taken over. Let tears, silence, or stillness guide you back to truth. Faith isn't passive — it's the steady choice to show up for yourself, even when the path feels unclear.

*I anchor my dreams in reality and trust the process of becoming. My boundaries protect my peace, not my fear.*

## Journal Prompts

Where do I need to add structure so my dreams can grow stronger roots?

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What truth has softened my heart this month, and how will I carry it forward?

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*Your Compass, Your Voice, Your True North* 

*November serves as the intense, final chapter  
of the year's emotional and structural reset.  
The month is defined by a deep dive into self-  
worth and power, followed by a sudden burst of  
momentum and philosophical change.*

*Shed the old skin, owning your internal power,  
and preparing to launch your vision into the  
next year with both wisdom and conviction.*

We extend our heartfelt gratitude to all those who support Energy Waves  
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