Try three days.

THE ELEMENTAL YEAR 2027

Body, signal, action.

Three daily pages, one check-in and a small practice to begin with. Write on screen, save your copy and see how it fits into your day.

01 Download and open in a PDF app.
02 Tap a writing space and type.
03 Save, close and reopen your copy.

BEGIN WITH ONE DAY

A place to stand.

What would support look like if I could point to it?

THE PRACTICE · 90 SECONDS A DAY

01 Before the first screen, put both feet on the floor.

02 Name three things holding your weight right now. Floor, chair, wall, bed.

03 Write one of them in today's Body field.

THE FIRST LUNATION · 7 JAN - 6 FEB 2027

7 JAN · NEW MOON · CAPRICORN

15 JAN · FIRST QUARTER

22 JAN · FULL MOON · LEO

29 JAN · LAST QUARTER

This taster is undated. Start on any day.
The full planner follows the lunar calendar.

START DAY 1 DAY 2 DAY 3

One line a day.

DAY 01

DATE

BODY

One word for what the body reported.

SIGNAL

What sharpened or scrambled your attention.

ACTION

One thing you did.

NEXT DAY

START DAY 1 DAY 2 DAY 3

One line a day.

DAY 02

DATE

BODY

One word for what the body reported.

SIGNAL

What sharpened or scrambled your attention.

ACTION

One thing you did.

NEXT DAY

START DAY 1 DAY 2 DAY 3

One line a day.

DAY 03

DATE

BODY

One word for what the body reported.

SIGNAL

What sharpened or scrambled your attention.

ACTION

One thing you did.

YOUR CHECK-IN

The record.

AFTER THREE DAYS

What repeated? What changed?

Read back your three entries before you answer.

CONTINUE THE PRACTICE

Keep going.

THE COMPLETE FIRST LUNATION · FREE

7 January to 6 February 2027. A daily record, four check-ins and a closing review. Fillable PDF, 41 pages.

GET THE FULL LUNATION, FREE

THE ELEMENTAL YEAR 2027

Thirteen lunations, from 7 January 2027 to 26 January 2028. Keep a record you can read back.

EXPLORE THE YEAR →

Save your own copy. Entries stay in your PDF; they do not sync between devices.

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