

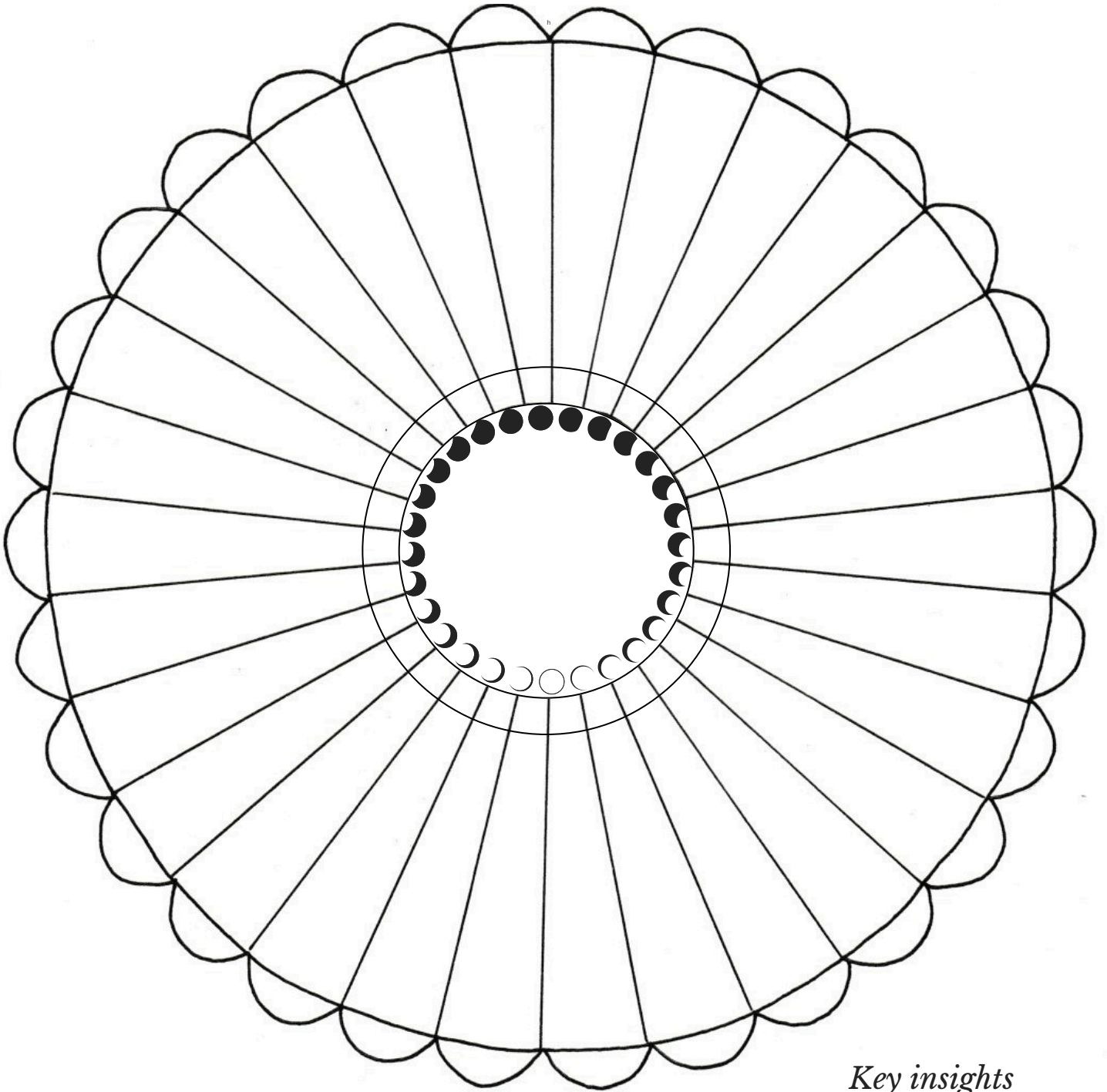


Ova the Moon- Wisdom Wheel



Add your cycle or moon day, use the word of each day. This wheel is intended to connect you to your menstrual cycle or the lunar cycle.

Dates
from ~to



Did you notice shifts of energy over the days or weeks? Which days felt easy? Which days were challenging?

Key insights

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This months moon days were.....



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