



SOUTH SOL

OCTOBER MOON COMPANION

A Southern Hemisphere companion to guide you with the moon's
rhythms and aid you in reflection & gentle realignment

2026 • SOUTH SOL

How to Use This Companion

You can use this Companion in whatever way feels natural to you. A simple way to work with it is:

**READ**

Read the guidance for the current moon phase.

**REFLECT**

Journal with the reflection prompts.

**GO DEEPER**

Use the AI prompt for deeper insight.

**LOOK UP**

Step outside and connect directly with the sky.

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Return at each major moon phase throughout the month.

This Companion supports reflection, not pressure. Even one page completed with intention is enough.



Welcome to October's Moon Companion

A gentle guide to October's lunar rhythm, helping you find balance, nurture what matters and grow at your own pace.

WELCOME NOTE

Welcome to your South Sol Moon Companion for October.

This monthly Companion is designed to help you slow down, look up, and reconnect with your own rhythm through the changing phases of the Moon from a Southern Hemisphere perspective.

October carries us deeper into spring. The days grow warmer, the light lingers longer and the natural world becomes fuller and more alive. What began stirring quietly in September may now be ready for care, movement and expression.

This is a month to notice what is growing...both around you and within you. You do not need to force progress. Like the seasons, meaningful change unfolds through steady attention, balance and trust.

Inside this Companion, you'll find October's key moon dates, reflection prompts, simple lunar guidance and AI prompts to help you explore more deeply if you choose.

"The natural world does not rush its becoming. It grows in relationship with light, time and care."



October at a Glance

In the Southern Hemisphere, the Moon's illuminated orientation appears mirrored compared with the Northern Hemisphere. During waxing, light begins on the left and grows across the Moon as it moves from New Moon toward Full Moon. During waning, darkness begins on the left and spreads across the Moon as it moves from Full Moon back toward New Moon.

**LAST QUARTER****3 October**
Cancer**NEW MOON****10 October**
Libra**FIRST QUARTER****18 October**
Capricorn**FULL MOON****26 October**
Taurus**SEASONAL NOTE**

Spring Deepens

October carries us into the heart of spring in the Southern Hemisphere. The days become warmer, growth becomes more visible and the world around us reminds us that renewal is not a single moment; it is an unfolding.

Add these dates to your phone calendar, planner, or wall calendar so the month feels anchored from the start.

Or go digital and add our free integrated Moon calendar from the South Sol website and follow the lunar cycle wherever you go. Click on the image below to open the free South Sol Calendar.



My October Intention

Set the tone for the month by choosing an intention that supports balanced, steady and meaningful growth.

October reminds us that growth needs both movement and care. You are allowed to expand without abandoning your peace.

WHAT WOULD I LIKE TO NURTURE THIS MONTH?

WHERE DO I NEED GREATER BALANCE?

WHAT IS READY TO GROW THROUGH CONSISTENT ATTENTION?

HOW CAN I MAKE SPACE FOR BOTH PROGRESS AND REST?

MY WORD FOR THE MONTH:

AFFIRMATION • I nurture what matters and allow growth to unfold in its own time.



Last Quarter Moon



3 October • Cancer • Release • Emotional Clearing • Inner Safety

SPIRITUAL NOTE

The Last Quarter Moon invites reflection, release and gentle reassessment.

In Cancer, this phase draws attention toward home, belonging, emotional patterns and the ways you care for yourself and others.

You may become more aware of feelings, responsibilities or familiar habits that have been quietly taking up space. This is an opportunity to release what no longer creates genuine safety or nourishment.

Letting go does not mean that something never mattered. Sometimes it means honouring what it taught you and choosing not to carry it any further.

YOUR REFLECTION

- What emotion have I been avoiding or carrying quietly?
- What no longer feels nurturing or emotionally safe?
- Where am I giving more care than I am receiving?
- What would help me feel supported, settled and at home within myself?

AI PROMPT

Help me reflect gently on an emotional pattern, responsibility or attachment I may be ready to release. Ask me thoughtful questions based on the themes of the Last Quarter Moon in Cancer.

LOOK UP TONIGHT

Find a quiet place beneath the sky.

Take a slow breath and imagine placing one emotional weight into the care of the waning Moon.

Ask: What can I release with love?



New Moon



10 October • Libra • Balance • Relationships • Harmonious Beginnings

SPIRITUAL NOTE

The New Moon is a quiet beginning—a moment to listen inwardly before deciding what comes next.

In Libra, this New Moon brings attention to balance, relationships, fairness and the way we meet others without losing ourselves.

This is a beautiful time to set intentions for healthier connections, clearer boundaries and greater harmony. Balance does not mean keeping everyone happy. It means creating relationships and choices that honour both your needs and the needs of others.

Choose intentions that feel peaceful, mutual and true.

YOUR REFLECTION

- Where is my life asking for greater balance?
- What would a healthy, reciprocal relationship feel like?
- Where could I communicate more honestly and kindly?
- What intention would bring more harmony into my daily life?

AI PROMPT

Help me set a meaningful intention for the New Moon in Libra. Ask me reflective questions about balance, relationships, boundaries and the kind of harmony I want to create.

LOOK UP TONIGHT

The New Moon may be hidden from view, but its darkness holds the possibility of a new cycle. Ask: What balanced beginning is quietly forming within me?



First Quarter Moon



18 October • Capricorn • Action • Commitment • Steady Progress

SPIRITUAL NOTE

The First Quarter Moon brings momentum and asks us to take purposeful action.

In Capricorn, this phase encourages responsibility, patience and commitment. It reminds us that meaningful progress is often built through small actions repeated over time.

You do not need to complete the whole journey today. Choose one practical step that supports your intention and take it with care.

Structure can be supportive rather than restrictive when it helps protect what matters most.

YOUR REFLECTION

- What practical action will move my intention forward?
- Where would more structure or consistency help me?
- What am I willing to commit to, even if progress is gradual?
- Which expectation can I simplify to make action easier?

AI PROMPT

Help me turn my October intention into one realistic action plan. Based on the First Quarter Moon in Capricorn, help me identify small steps, supportive structure and a manageable definition of done.

LOOK UP TONIGHT

*Notice the shape of the Moon and the growing light.
Ask: What can I build patiently, one step at a time?*



Full Moon



26 October • Taurus • Illumination • Worth • Grounded Abundance

SPIRITUAL NOTE

The Full Moon shines light on what has grown, what has become clear and what is ready to be acknowledged.

In Taurus, this Full Moon draws attention to stability, self-worth, the body, material security and the simple things that make life feel rich.

This phase may reveal where you are genuinely supported—and where you have been seeking security through overwork, control or holding on too tightly.

Taurus reminds us that abundance is not only about having more. It can also be found in presence, nourishment, gratitude and feeling safe enough to enjoy what is already here.

YOUR REFLECTION

- What has become clearer or more visible this month?
- What helps me feel grounded and secure?
- Where am I being invited to recognise my own worth?
- What simple pleasure or blessing can I appreciate more fully?

AI PROMPT

Help me reflect on what the Full Moon in Taurus may be illuminating around self-worth, security, abundance and my relationship with rest. Ask me gentle questions and help me identify one grounded insight to carry forward.

LOOK UP TONIGHT

*Stand beneath the moonlight and notice the ground beneath your feet.
Ask: What is already present, supportive and worthy of gratitude?*



Southern Sky Note



Turn your eyes to your Southern skies and notice how spring is changing the atmosphere around you.

SEASONAL STORY

THE ORIONIDS

The Orionid meteor shower is active during October and reaches its peak around 21–22 October. These fast, bright meteors are created by debris left behind by Halley's Comet.

For Southern African observers, Orion rises later in the night. The best chance of seeing an Orionid is usually during the quiet hours before dawn, from a dark location away from artificial light.

The bright waxing Moon may make the fainter meteors difficult to see in 2026, so treat any sighting as a small gift rather than an expectation.

Look beyond the event itself. Notice the warmer air, the returning insects, the scent of new growth and the changing rhythm of the night.

“Even the briefest streak of light can remind us that wonder is always moving through the darkness.”

REFLECT

- What is becoming more alive around me?
- What feels brighter or more hopeful than it did a month ago?
- Where can I make more room for wonder?
- What is spring teaching me about patience and renewal?

AFFIRMATION • I remain open to small moments of wonder, light and renewal.



Look Up Tonight



A page for noticing the real sky, not only reading about it.

South Sol is not only about reading. It is about relationship. Use this page to notice the sky directly.

DATE

TIME

WHAT DID THE SKY LOOK LIKE TONIGHT?

WHERE WAS THE ILLUMINATED SIDE OF THE MOON?

HOW DID THE NIGHT FEEL?

WHAT DID I NOTICE IN MYSELF WHILE LOOKING UP?

ONE WORD TO DESCRIBE TONIGHT:

“The more often you look up, the more familiar the sky becomes—and the more connected you may feel to your own changing rhythms.”



Lunar Habit Tracker

Choose a gentle lunar or wellbeing practice for October.

Choose one small practice to return to throughout the month. Keep it simple enough to support you, even on busy days. Place a tick, dot or moon symbol beside each day you complete it. This is not about perfection; it is simply a gentle way to notice your rhythm and celebrate each return.

On the four major moon dates, you can complete your short check-ins in the boxes below.

MY LUNAR HABIT:						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

3 OCT •
LAST QUARTER

What can I release?

10 OCT •
NEW MOON

What am I beginning?

18 OCT •
FIRST QUARTER

What action will I take?

26 OCT •
FULL MOON

What can I celebrate?

AFFIRMATION • Consistency can be gentle. Each small return is enough.



October Affirmation Cards

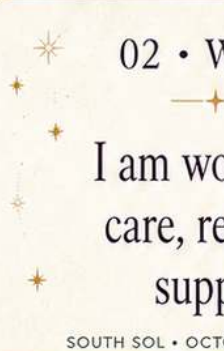
Carry a little lunar encouragement with you through the month with these October affirmations for balance, grounded growth and self-worth. If you like, cut out each card and choose the words you need today.



01 • BALANCE

I create balance
without abandoning
myself.

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02 • WORTH

I am worthy of
care, rest and
support.

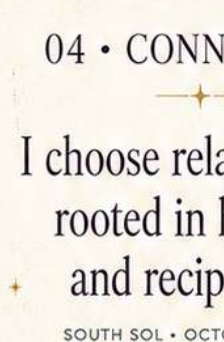
SOUTH SOL • OCTOBER 2026 • SET 01



03 • NURTURE

I nurture what
matters with
patience.

SOUTH SOL • OCTOBER 2026 • SET 01



04 • CONNECTION

I choose relationships
rooted in honesty
and reciprocity.

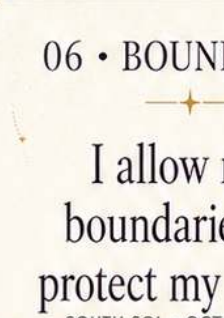
SOUTH SOL • OCTOBER 2026 • SET 01



05 • PROGRESS

I trust steady
progress.

SOUTH SOL • OCTOBER 2026 • SET 01



06 • BOUNDARIES

I allow my
boundaries to
protect my peace.

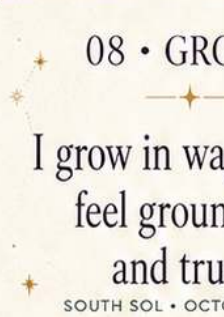
SOUTH SOL • OCTOBER 2026 • SET 01



07 • ABUNDANCE

I recognise the
abundance already
present in my life.

SOUTH SOL • OCTOBER 2026 • SET 01



08 • GROWTH

I grow in ways that
feel grounded
and true.

SOUTH SOL • OCTOBER 2026 • SET 01



October Ground & Grow

A gentle spring ritual to ground your intentions and nurture what is ready to grow.

YOU WILL NEED

- A candle
- A glass or bowl of water
- A small plant or bowl of soil
- Your journal and October intention
- An affirmation card, if you wish

1. ARRIVE

Light your candle. Take three slow breaths and feel your feet resting on the ground.

2. NAME YOUR INTENTION

Read your October intention aloud, then complete: This month, I choose to nurture...

3. ROOT IT

Touch the soil or hold your plant. Say: I give this intention patience, care and room to grow.

4. OFFER WATER

Slowly water the plant or pour a little water onto the soil. Say: I nourish what matters through gentle, consistent action.

5. CHOOSE YOUR WORDS

Select an affirmation card and read it aloud three times.

6. TAKE ONE STEP

Choose one small, practical action you can take within the next 24 hours.

*I am rooted in the present, open to growth
and willing to nurture what matters.*



October Closing Reflection

A gentle pause before moving into the next lunar cycle.

Before moving into the next month, take a moment to notice what has changed. You do not need a dramatic result for the month to have mattered. Quiet progress matters. A stronger boundary matters. A moment of rest, honesty or appreciation matters.

WHAT DID OCTOBER TEACH ME ABOUT BALANCE?

WHICH MOON PHASE FELT STRONGEST FOR ME?

WHAT DID I NURTURE THIS MONTH?

WHAT ACTION OR COMMITMENT SUPPORTED ME?

WHERE DID I RECOGNISE MY OWN WORTH?

WHAT WOULD I LIKE TO CARRY FORWARD?

CLOSING AFFIRMATION • I honour the growth I can see and the growth still unfolding beneath the surface.



Using the AI Prompts ♦

The AI prompts in this Companion are here to help you reflect more deeply. You can copy and paste them into ChatGPT or your preferred AI tool, then add your own feelings, experiences and context.

Use the AI prompts to go deeper into your own thoughts. Add your context, answer honestly, and keep the insights that feel useful.



COPY

Copy the prompt from the relevant moon page.



PERSONALISE

Add a sentence or two about how you are feeling.



EXPLORE

Ask follow-up questions when something resonates.



JOURNAL

Bring meaningful insights back into your own journal.

AI is here to support your journey and does not direct it. Your own judgement, intuition and lived experience come first.



A note from South Sol

This Moon Companion was created with love and care to support reflection, lunar awareness and personal exploration.

AI Disclosure

South Sol may use AI-assisted tools as part of the creative and editorial process, including research support, drafting, design development and content refinement.

All final content is reviewed and curated by South Sol with care and to the best of our ability before publication.

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