SOUTH SOL

NOVEMBER MOON COMPANION

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

2026 • SOUTH SOL

01 • HOW TO

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:

1

READ

Read the guidance for the current moon phase.

2

REFLECT

Journal with the reflection prompts.

3

GO DEEPER

Use the AI prompt for deeper insight.

4

LOOK UP

Step outside and connect directly with the sky.

YOUR INDEX

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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.

02 • WELCOME

Welcome to November’s Moon Companion

A gentle guide to November’s lunar rhythm, helping you listen deeply, speak clearly and make room for change

WELCOME NOTE

Welcome to your South Sol Moon Companion for November.

November carries the Southern Hemisphere further into spring. The days are longer, the light is stronger and new growth is becoming easier to see. This month invites us to notice what is changing, within us and around us, and to meet that change with curiosity rather than pressure.

The Moon’s rhythm offers four useful pauses: release what has run its course, set an honest intention, take one practical step and notice what has become clearer. Astrology gives us a symbolic lens for reflection; your own experience remains the centre of the practice.

Inside, you’ll find November’s key Moon dates, reflection prompts, a Southern sky note, a simple spring ritual and optional AI prompts to help you explore your thoughts. Use what supports you and leave the rest. You can return to one page at a time; there is no need to complete everything.

“Spring opens the world around us; honest attention helps us notice what is changing within.”

03 • CALENDAR

November 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

1 November
Leo



NEW MOON

9 November
Scorpio



FIRST QUARTER

17 November
Aquarius

FULL MOON

24 November
Gemini

SEASONAL NOTE

Late Spring

November is late spring in the Southern Hemisphere. Growth is visible, the days are lengthening and the season is moving toward summer. Let the natural world remind you that change can be gradual and still be real.

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.

04 • INTENTION

My November Intention

Set the tone for the month by choosing an intention that helps you meet change with honesty and curiosity.

November's changing light invites us to look beneath the surface, then bring what matters into clearer words. You can honour your feelings and stay open to new information. You do not need to have every answer before you begin.

WHAT AM I READY TO CHANGE, RELEASE OR UNDERSTAND MORE HONESTLY?

WHERE WOULD A CLEAR, KIND CONVERSATION HELP ME MOVE FORWARD?

WHAT SMALL ACTION WOULD SUPPORT THE GROWTH I WANT?

WHAT WOULD CURIOSITY MAKE POSSIBLE THIS MONTH?

MY WORD FOR THE MONTH:

AFFIRMATION • I listen deeply, speak clearly and allow change to unfold one step at a time.

05 • MOON PHASE

Last Quarter Moon 

1 November | Leo | Release | Creative Confidence | Self-Expression

SPIRITUAL NOTE

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

In astrology, Leo is associated with creativity, warmth and self-expression. This phase offers a chance to notice where your light has been dimmed by comparison, overthinking or the need for approval. You can release an expectation that keeps you performing for others and make room for expression that feels true to you.

Letting go does not mean hiding your gifts. It can mean sharing them in ways that feel joyful, generous and sustainable.

YOUR REFLECTION

- Where have I been waiting for permission to express myself?
- Which expectation or comparison is taking up too much space?
- What kind of recognition do I want, and can I offer some of it to myself?
- What creative activity helps me feel more like me?

AI PROMPT

Help me reflect on where I may be seeking approval or holding back my self-expression. Use the Last Quarter Moon in Leo as a symbolic reflection theme. Ask me gentle questions, help me identify one expectation I could release, and suggest one small, low-pressure way to express myself. Do not assume what my experience means.

LOOK UP TONIGHT

When you next step beneath the sky, pause and notice one thing you made, said or tried this month. Ask: What can I release so I can express myself with more ease?

06 • MOON PHASE

New Moon



9 November | Scorpio | Renewal | Honesty | Transformation

SPIRITUAL NOTE

The New Moon marks the beginning of a new lunar cycle—a quiet moment to listen inwardly before deciding what comes next.

In astrology, Scorpio is associated with emotional depth, honesty, trust and transformation. This New Moon invites you to gently explore what lies beneath the surface, release beliefs that no longer serve you and make space for meaningful growth.

Mercury is also retrograde in Scorpio during this New Moon, from 24 October - 13 November 2026. Symbolically, this offers an opportunity to revisit unfinished conversations, reflect on past decisions and reconsider what truly matters.

Rather than rushing into change, allow yourself to pause, listen inwardly and set intentions that feel grounded, peaceful and authentic.

YOUR REFLECTION

- What am I ready to understand more honestly?
- Where would a clearer boundary help me feel safer or more grounded?
- What change am I considering, and what support would make it manageable?
- What intention feels true even if I keep it simple?

AI PROMPT

Help me explore an intention for the New Moon in Scorpio using the themes of honesty, trust, boundaries and change as symbolic prompts. Ask one question at a time. Help me separate what I know from what I fear or assume, and let me decide what feels useful. Do not diagnose me or make decisions for me.

LOOK UP TONIGHT

The New Moon is usually difficult to see in the night sky. Let the darkness be a quiet pause.
Ask: What truth am I ready to meet with care?

07 • MOON PHASE

First Quarter Moon



17 November | Aquarius | Action | New Perspectives | Community

SPIRITUAL NOTE

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

In astrology, Aquarius is associated with independent thought, fresh perspectives and the groups or communities we belong to. This phase invites you to test an idea in real life. You do not have to follow the usual route, but a new approach still needs one practical first step.

Consider where collaboration could help and where you need room to think for yourself. Progress can include asking for support, trying a small experiment or changing a plan that no longer fits.

YOUR REFLECTION

- What practical step would move my intention forward?
- Which assumption could I question or look at from another angle?
- Where might collaboration help, and where do I need independence?
- What small experiment can I try before making a bigger decision?

AI PROMPT

Help me turn my November intention into one realistic action plan, using the First Quarter Moon in Aquarius as a symbolic prompt for fresh thinking and collaboration. Ask about my time, energy and support. Suggest a small first step and a simple definition of done, then let me choose what fits.

LOOK UP TONIGHT

Notice the growing light of the Moon.
Ask: What new perspective can I put into practice, one step at a time?



08 • MOON PHASE

Full Moon

24 November | Gemini | Clarity | Communication | Curiosity

SPIRITUAL NOTE

The Full Moon brings a moment to notice what has become clearer, what has reached a turning point and what deserves your attention.

In astrology, Gemini is associated with curiosity, conversation, learning and the exchange of ideas. This Full Moon offers a prompt to review the stories you are telling yourself and the information you are taking in. Which conversations have opened something up? Which ones need a clearer question, a pause or a kind boundary?

Clarity does not require having every answer. Sometimes it begins with listening carefully, checking what is true and staying willing to learn.

YOUR REFLECTION

- What has become clearer since the beginning of the month?
- Which conversation or piece of information changed my perspective?
- Where would I benefit from listening before responding?
- What can I simplify so my mind has more room to rest?

AI PROMPT

Help me reflect on what the Full Moon in Gemini may symbolically invite me to notice about communication, curiosity and the information I am carrying. Ask me gentle questions, help me separate facts from assumptions, and suggest one conversation or thought I might revisit. Do not present astrology as a certainty or tell me what to believe.

LOOK UP TONIGHT

Step outside if the sky is clear. Notice the Moon and the sounds around you.
Ask: What do I understand more clearly now, and what am I still curious about?

09 • SOUTHERN SKY

Southern Sky Note

A spring sky story for Southern Hemisphere observers.

SEASONAL STORY

THE SOUTHERN TAURIDS

The Southern Taurid meteor shower remains active into November. Its annual component peaks around 14 October; the American Meteor Society expects a separate fireball-swarm peak on the night of 4–5 November, although they note that 2026 is not expected to be a particularly strong fireball-swarm year. Taurid meteors are not usually numerous, but the shower is known for occasional bright fireballs. These are possibilities, not a promised display; patience and a dark sky help.

The Moon is a waning crescent around the peak, so moonlight should cause relatively little interference. Choose a safe, dark viewing spot away from bright lights, give your eyes time to adjust and look broadly across the sky. Meteors can appear away from the Taurus constellation, so you do not need to stare at one exact point.

If clouds or daily life get in the way, the night sky will still be there another evening. A short pause to notice the warmer air, spring growth or the changing length of the day is also a way of meeting the season.

“Wonder often arrives quietly; give the night a little time to show you what it holds.”

REFLECT

- What change can I see taking shape around me?
- What has grown slowly but steadily in my life?
- Where could I make more room for curiosity?
- What helps me feel connected to the natural world?

AFFIRMATION • I stay curious about what is changing and welcome small moments of wonder.

10 • OBSERVATION

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."

11 • LUNAR TRACKER

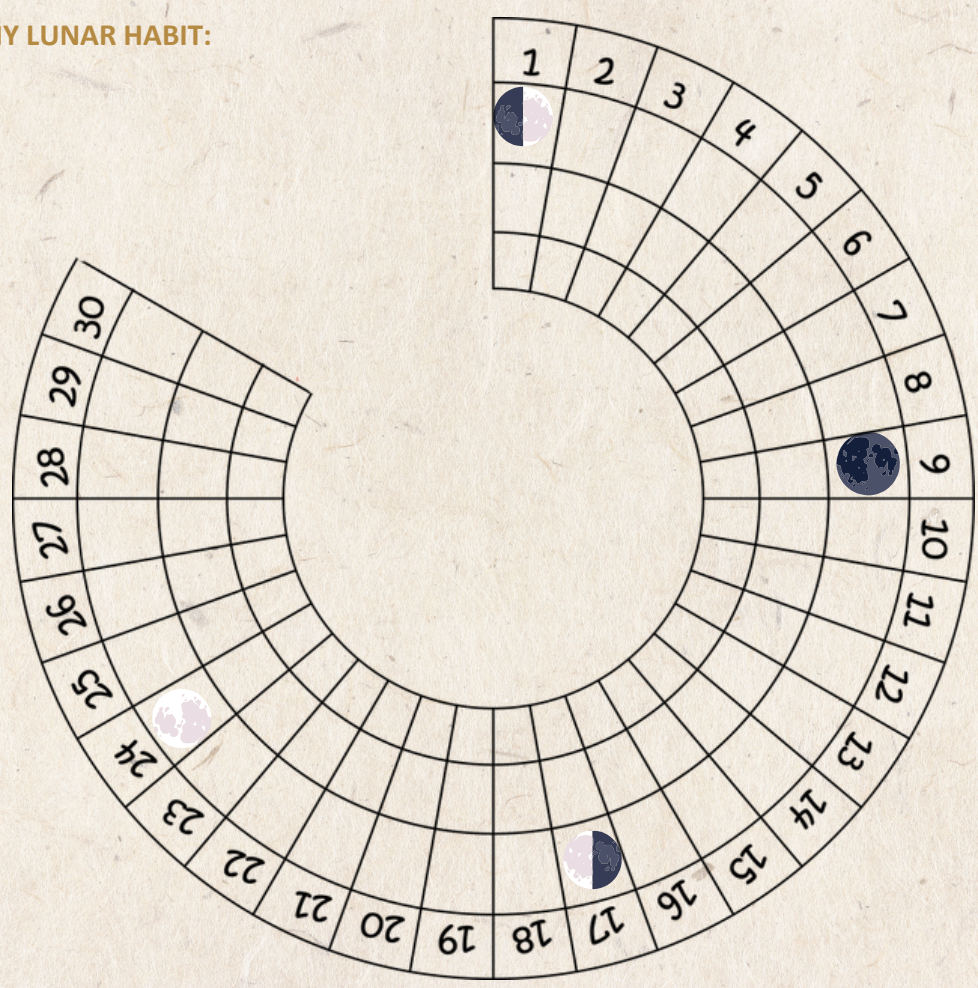
Lunar Habit Tracker

Choose a gentle lunar or wellbeing practice for November.

Choose one small practice to return to throughout the month. Keep it simple enough to support you, even on busy days. Colour inside each day you complete it. This is not about perfection; it is a gentle way to notice your rhythm and celebrate each return.

On the four major Moon dates, complete a short check-in in the boxes below.

MY LUNAR HABIT:



1 NOV• **LAST QUARTER** *What can I release?*	**9 NOV •** **NEW MOON** *What intention feels honest?*	**17 NOV •** **FIRST QUARTER** *What action will I take?*	**24 NOV •** **FULL MOON** *What has become clearer?*

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

12 • AFFIRMATIONS

November Affirmation Cards

Carry a little lunar encouragement with you through the month with these November affirmations for honesty, trust, communication and growth. If you like, cut out each card and choose the words you need today.



01 • HONESTY

I meet change with honesty and care.

SOUTH SOL • NOVEMBER SET 2



02 • TRUST

I can listen inwardly without rushing my next step.

SOUTH SOL • NOVEMBER SET 2



03 • BOUNDARIES

My boundaries can be clear, kind and protective.

SOUTH SOL • NOVEMBER SET 2



04 • EXPRESSION

I share my truth with warmth and confidence.

SOUTH SOL • NOVEMBER SET 2



05 • CURIOSITY

I stay curious about what is changing.

SOUTH SOL • NOVEMBER SET 2



06 • PERSPECTIVE

I welcome new perspectives while staying grounded.

SOUTH SOL • NOVEMBER SET 2



07 • COMMUNITY

I can ask for support and honour my independence.

SOUTH SOL • NOVEMBER SET 2



08 • GROWTH

I notice the growth already unfolding in me.

SOUTH SOL • NOVEMBER SET 2

13 • RITUAL

November Root & Speak Ritual

A simple spring practice for naming what is ready to change and choosing what you want to nurture.

You Will Need



- A glass or bowl of water
- Your November Companion and pen
- A small plant or seed with soil
- An affirmation card if desired.

1. Arrive



Settle somewhere quiet, outdoors or beside an open window. Feel your feet on the ground and take three slow breaths.

2. Name Your Intention



Write one thing you are ready to understand, release or change. Be honest without judging yourself.

3. Root It



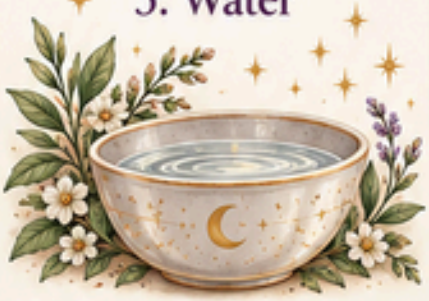
Write one thing you want to nurture this month: a habit, conversation, boundary, idea or relationship.

4. One Action



Choose one small action you can take before the next Full Moon. Make it specific enough to do on an ordinary day.

5. Water



If you have a plant, water it gently. If not, hold the glass or bowl of water for a moment. Let it remind you that growth needs attention and time.

6. Speak

Read your action aloud, or keep it private. Close by taking one more breath and choosing when you will begin.





AFFIRMATION: I can meet change with honesty, care and one grounded step.

14 • CLOSING

November Closing Reflection

A gentle pause before moving into the next lunar cycle.

Before moving into December, take a moment to notice what changed or became clearer. You do not need a dramatic result for the month to have mattered. A truth you named, a question you asked, a small action or a boundary you honoured can all be meaningful beginnings.

WHAT DID NOVEMBER HELP ME SEE MORE CLEARLY?

WHICH MOON PHASE OR PROMPT STAYED WITH ME?

WHAT DID I RELEASE, CHANGE OR BEGIN TO UNDERSTAND?

WHICH CONVERSATION OR NEW PERSPECTIVE SUPPORTED ME?

WHAT SMALL ACTION AM I GLAD I TOOK?

WHAT WOULD I LIKE TO CARRY INTO DECEMBER?

CLOSING AFFIRMATION • I honour what I have learned and carry forward only what supports my growth.

15 • AI

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.

16 • TO NOTE

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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