

JOURNALING BY THE MOONLIGHT

A Creative Path to Self-Discovery

Facilitator Training Program



Module Three

The First Quarter Moon: Exploring Possibilities and Navigating Obstacles

Just take a little step - get some paint on the canvas and start playing, moving, and mashing them together. Let it be messy. Let it be unfinished. Let yourself not know what you are creating. And sometimes, just sit back and listen -

it will tell you what wants to happen.

~ Marcy Nelson-Garrison

Unleashing Your Inner Goddess

Picture yourself standing in front of a forest with a desire to move through it to the other side. You notice the vastness of the forest, filled with possibilities - and you become eager and curious about the path that will lead you through it and what you might find.

Your *Inner Goddess* is whispering to you - to boldly venture through the forest, so she can fully unleash her beauty in the light of your *unknowingness*, helping you see and connect with your *untapped potential*.

But in order to get through the forest and out on the other side, you're keenly aware that there may be risks involved - and a willingness to try something new.

What will it take to move through the forest of possibility with a confidence that all will unfold as it may? How will you *trust the process*? And what does this trust entail?

There's an element of **surrender** that's required when *trusting the process* - and allowing your *Inner Goddess* to take the lead.

Are you willing to let go - and trust her leadership?

Moonlight Musing

Let's revisit the "*Unleashing Your Inner Goddess*" visual map from the last module.

Allow yourself to reconnect with the words you wrote in the center circle.

Now take yourself to the beginning of the path - the one on the visual map that's spiraling inward. Take a look at the steps (in their varying sizes) that lead into your own inner voice.

Imagine yourself standing in front of a forest of possibility. Give yourself permission to take in the vastness of what's in front of you - and allow yourself to dream of the possibilities. Allow your *Inner Goddess* to shine a light in front of you, giving you a glimpse of what could be possible for you.

Then take a moment to connect with the other part of you, the one that's closely connected to your ego - the voice that doubts that you can make this journey. This voice wants to keep you safe and comfortable.

Notice the contrast between these two voices - and allow them to dialogue with each other in your journal. What points do each of these voices wish to make? Hear them out.

Moving through the Obstacle Course

Take a look at the dialogue you've just written - between your two inner voices. What did you conclude after hearing both sides of the discussion? What nuggets of wisdom did you gain?

Our human tendency is to yield to fear and discomfort. And when we yield, we're giving permission for our *conditioned self* to enter our awareness and take over. She has the power to pull us back, much like a magnet - but only if we give her our consent.

So what if you took this opportunity to bridge the gap - which requires a *shedding of old skin*, allowing you to move into a higher energy vibration. Your *Inner Goddess* is at her best when she's operating on a higher, more authentic level.

This is where your WHY message begins to sparkle like the North Star - leading the way toward a purpose-filled, passion-filled life. And with it, a powerful inner message shines with clarity and light.

But the voice of the *conditioned self* still lingers, always asking about what could go wrong - and why now. So this begins to trigger your worries and anxieties, causing your fears and doubts to surface. What obstacles and challenges will you have to face while on this journey of possibility? And how could this hinder your forward movement?

Do you have it within you to do what it takes to *navigate the obstacle course*?

Moonlight Musing

Using the "*Unleashing the Voice of My Inner Goddess*" map, begin to chart your way through the forest - in the direction of the center pond, where the energy of your *Inner Goddess* will flow effortlessly .

In the top of each box, write the name of each challenge or obstacle - as you've determined them to be from your dialogue in the previous *Moonlight Musing*.

Start with your biggest obstacles first (putting them in the bigger boxes) and moving along the spiral path toward the center.

Then go back to each box and draw a line underneath each challenge or obstacle - and write what it is you need to do to overcome it.

When you're done, take a look at the map. Can you see the path through the forest? And do you notice what it will take to navigate the obstacle course?

Using the Principles of the Law of Attraction

What you persistently focus on - *and are in alignment with* - is what you create in your life, both personally and professionally. It's part of the *Law of Attraction*. Your thoughts, words, night dreams and daydreams create your reality.

And studies have shown that the human mind has the capability of blending reality with imagination. So let's play with this concept.

How many times have you imagined yourself giving a speech or talking in front of people - and you started feeling uptight, nervous, and worried? Your body reacts as though it's real, even though you were just "*thinking*" about it or "*daydreaming*" about it.

This can actually work in your favor. You can daydream and imagine the most joyful, the most authentic, and the most inspiring vision possible - being who you really want to be and doing what you really want to do.

Consciously imagine yourself giving that same speech in front of a highly-engaged crowd - and this time, imagine their smiling faces nodding in agreement with every word you say. See yourself fluidly talking and connecting deeply with your audience. And imagine them coming up to you afterwards, telling you how much they loved what it was you were sharing - and asking you how they can learn more.

You can create visuals, thoughts, and feelings like this anytime you want. You can think it into being, dream it into being, and activate it into being. You have the power within you. And when you tap into your power, you will attract more of what it is you want to focus on.

By using the principles of the *Law of Attraction*, you can manifest the vision of your wildest and most authentic dreams. But before you set out to attract what you want, it's important to get clear on what you don't want.

Moonlight Musing

Think about your current life scenario, both personally and professionally.

What is it that you really don't like? What is it that depletes your motivation?

What do you find uninspiring? What is it that you'd love to let go of - completely?

Take time to write about this in your journal. And make a vow that you will release this energy - keeping it out of your authentic vision.

As the *Law of Attraction* states, you get what you think about, whether wanted or unwanted. The simplest definition of this law is "*like attracts like.*"

So your thoughts become part of an energy field, and you become a magnet attracting anything to you that resembles what you're thinking about. If you think, "*This is going to be a horrible day*" – then it will. But if you shift your mindset and start thinking, "*This is going to be a great day*" – then you will start seeing all the good in your day.

If you'd like to bring more abundance and opportunity into your authentic vision, there are four things you can do with your pattern of thought:

1. Know what you want.
2. Ask the universe for it.
3. Feel and behave as if the object of your desire is on its way.
4. Be open to receiving it.

All forms of matter and energy are attracted to that which is of a like vibration. So if you are sending out positive energy through your thought patterns, then your perspective of everything will change. You will start seeing the glass half-full (rather than half-empty).

Moonlight Musing

Thinking about your current life scenario again, both personally and professionally - what is it that you like most?

What has brought you the most joy? What inspires you, motivates you - and keeps you smiling, laughing, and having fun?

What is it that you would like to carry forward, knowing how it impacts your success?

Take time to write about this in your journal.

And make a vow that these things will remain in your authentic vision.

Looking for the Exit Sign

As you ponder the challenges that are in the way of unleashing the voice of your *Inner Goddess* - and carrying out your authentic vision, begin to notice what instinctively comes to you as "the way out" or "the way around" or "the way through."

Go back to the earlier image of the forest, picturing yourself standing in front of it. Pondering some of the lessons you're meant to learn and the challenges you're meant to overcome, how will you make it through the forest?

Review your writing from the previous *Moonlight Musings* and begin to map your way through the obstacle course. Pay close attention to what is needed to move toward the exit. Notice what emotions begin to surface as you seriously consider your journey through this obstacle course.

How will you deal with these emotions? This is where your astrological **moon sign** energy comes in (*referenced in Module One*). Be aware of how you instinctively react on an emotional level when faced with some type of fear or discomfort.

As you chart this obstacle course, you'll probably hear the voice of your conditioned self, whispering and begging, "*You don't have to do this. Stay where you are. It's safer here.*"

Then it becomes your choice. Will you move ahead? Or will you stay put?

If you stay put, just know that whatever decisions you make from where you are will not be a true indicator of who you are at your core. It may represent a part of you. But it won't represent all of you.

And as the *Law of Attraction* states - whatever it is you're putting out is what you're going to receive. If you're unclear about your intentions, then everything you attract will mirror this lack of clarity and confusion, including people and situations that feed your *conditioned self*.

Moonlight Musing

Do a quick check-in with your astrological **moon sign** energy. When faced with fear or discomfort as it relates to forging ahead into the unknown, how do you instinctively react? What's your first emotional reaction?

What *old stuff* rises to the surface - in an effort to hold you back in an *old pattern*?

As you prepare to embark on a journey into *unknown territory* - what do you need to overcome in order to fully step into your brilliance?

And how will you move through the *obstacle course* to get to a place where you can live with full authenticity? What is needed to *bridge this gap*?

Answer these questions in your journal.

The First Quarter

Looking up at the night sky and seeing a moon half lit reminds us of what's to come. When we ponder the changes in our lives, we can choose to look at this moon phase as *half light* - with lots of room for possibilities and expansion. Or we can look at it as *half dark* - with lots of space to hide, wondering about the safety of "coming out" and triggering our vulnerability.

As we look at the brightness of this magnificent lunar object, we can feel a sense of wonderment. There is so much potential in territories not yet explored.

Of course, it's only natural to wonder what craters or bumpy roads may lay ahead as the moon slowly reveals herself - and as we slowly reveal our many layers.

The **first quarter moon** signals the balance between *light and dark*. It serves as a breakthrough point between our potential and our tendency to hold back (out of doubt or fear). Obstacles to our new insights and our desires to move forward will show themselves now - and feelings of fear, doubt, guilt or resentment may emerge.

But the power of potential has the ability to overcome any thoughts that may keep us from moving ahead.

If we can apply the moon's *half-light* metaphor to our own journey of self-discovery, we are giving ourselves permission to move ahead in this exploration of new frontiers - with a trust that we will indeed overcome any obstacles that may block our path.

As you continue to contemplate a *new beginning* and the shifts that are needed to support it, both internally and externally, what possibilities do you see for yourself - if you look at it from a "*moon half-light*" perspective?

Moonlight Musing

Using a journaling technique called "*captured moment*" – can you recall a time in your life when you made a decision, not based on your own needs and desires, but based on the wishes or needs of someone else?

Imagine a camera snapping that moment in time – a photograph that will forever be embedded in your mind. It captures the emotion, the sights, the sounds, the smells – everything that took place in that moment when your life took a different turn in a direction that you felt totally unprepared for and possibly didn't want.

Take a few minutes to describe that moment in time and how it affected your life.

Then with the gift of hindsight, take some time to ponder what you would have done differently had you known what the outcome might have been.

Exploring Possibilities

When we're operating at a frequency of divine potential, many things are possible.

Imagine that your professional radio dial is set on 98.5 -- and with the help of vibrational frequencies, your dial slowly begins to move upward, landing at 108. This represents your potential at its highest level.

What is the highest vision you hold for yourself? Don't allow yourself to go to the "yeah-buts." Dismiss those for right now - and allow yourself to dream BIG.

Where does this dream take you in your mind's eye? Who are you being? What are you doing? How are you feeling?

And what will it take to get you to this level of frequency?

First, it requires a willingness to be *open to all possibilities*. Allow yourself to dream. This isn't a time to hold back. It's a time to be fully open to all there is, waiting for you at a higher level of frequency.

Moonlight Musing

Imagine picking up the cosmic phone and scheduling an appointment with your Inner Goddess to discuss the steps needed to bring a dream to fruition.

The lines are clear - and she is listening. So feel free to ask for what it is you need and desire.

What dream will you be bringing to the dialogue? And how will your *Inner Goddess* guide you?

Take some time to capture this inspiring conversation in your journal.

Connecting with a Larger Purpose

As your authentic vision begins to slowly reveal itself in the moonlight, notice what it is that's exciting you most. Where is the "*flow*" of energy and emotion coming from?

As Dr. Brad Swift, founder of the *Life on Purpose Institute*, points out, there are ten benefits in knowing and living your life purpose:

1. **Focus** - when you clearly know your life purpose, it becomes a truing mechanism that allows you to focus more clearly on what matters to you.
2. **Passion** - Clarifying your life purpose becomes the key for unlocking a passion for life. It becomes the fuel that propels you forward.
3. **Becoming Unstoppable** - The longer people live true to their purpose and the more they allow their purpose to shape their lives, the more unstoppable they become.
4. **Fulfillment** - Living a life in which you are regularly expressing your life purpose, both personally and professionally, and allowing it to shape your decisions, thoughts and actions, the more fulfilled you will be.
5. **Value-based Living** - Our core values are always at the heart of living a life of purpose.
6. **Fun** - When you're living a life that truly feels meaningful, you're destined to have a lot more fun.
7. **Integrity** - Living a life filled with purpose and passion is the ultimate form of integrity.
8. **Trust and Faith** - As you clarify and begin to live true to your purpose, there's an amazing amount of synchronicities and serendipities - both personally and professionally.
9. **Grace** - People who live a life filled with purpose and passion, are naturally filled with grace.
10. **Flow** - Those who live a purposeful, passion-filled life are constantly in the flow of the universal stream of consciousness.

Moonlight Musing

Take a look at the above list of benefits and select the top three or four that resonate with you most strongly - and that you most want to experience in your life.

Now fast forward, one year from now, and picture yourself living fully in those areas.

What does your life look like on a personal level? What does it look like on a professional level?

Writing in present tense, one year from now - make a journal entry with today's date in the year 2015. With as much detail as possible, write about what is happening for you on that day (this time next year).

Remember, keep it in present tense - as if it is happening in the very moment you're writing it.

Creating an Authentic Purpose Statement

A *purpose statement* is the context or vessel in which you build what it is you desire. It's this context that allows you to expand and evolve your authentic vision - shaping and directing your thoughts and actions. It represents what it is that is truly at the heart of what you are creating.

A few years ago, when I was pondering my own life purpose vision, I asked myself, "*What is it that I desire most in my life? And what is it that I want to bring to others?*"

The word "*authenticity*" kept popping up for me, over and over again. I wanted to live a more authentic life. And I wanted to help others do the same.

It soon became the core of the work I began to create. And even to this day, it remains as the core of the work I do with others.

Your *purpose statement* will help guide you as you continue to add the many pieces of your authentic vision. It will help support you by giving you a sense of grounding - as you continue to make decisions from the eyes and heart of your *Inner Goddess* (your authentic self), taking you closer and closer to a life that is filled with purpose, passion, and creative expression.

Moonlight Musing

Taking a look at everything that you've done in this module, including your journal entry dated one year from now - look for one word (or a group of words) that continue to surface over and over again.

Take that word (or group of words) and place them in the blanks below. Use the same word (or group of words) for both blanks. For example, my sentence might read, "*I desire a life based on authenticity where I can bring the gift of authenticity to others.*"

"I desire a life based on _____ where I can bring the gift of _____ to others.

Put this statement in the center of a circle and cluster the many feelings that this statement brings to you.

Speaking and Creating from our WHY

Once we've made it through the forest, we're ready to swim in our authentic pond, bathing ourselves in truth and authenticity.

We're ready to carry our authentic message into the world in a way that fully represents our *Inner Goddess*.

When we're speaking and creating from our WHY, we communicate effortlessly. We give and receive information with ease. Our channels are completely open and we're moving forward - with the flow of the water.

And when we're in flow, synchronicities start to happen. The right people start showing up. The right opportunities begin to appear. The bigger vision becomes more clear.

We find ourselves stepping more and more into our light. And we find ourselves being completely comfortable with the role of tribe leader.

We start to notice how we feel when we're with our tribe - and when we're not. It also becomes very clear who belongs in our tribe and who doesn't. The communication just flows when we're with OUR people.

Moonlight Musing

When you "marry" all of your authentic gifts, experiences, dreams, and energies together with your WHY message, you give birth to your *Inner Goddess* - allowing her to completely flow through the universe, attracting like-minds.

Your communication becomes much more clear - and it is beautifully received by your ideal tribe.

Take a few minutes to ponder the feeling of effortless communication. What does it look like to you? What does it sound like? What emotions does it evoke?

Describe this experience in your journal.

Working with the Journaling by the Moonlight Card Deck

In the *Journaling by the Moonlight* card deck, you'll find six *First Quarter* journaling prompt cards. Take some time to review these - and work with each of the prompts.

You can start by picking one with a message that is resonating with you in this moment - or shuffle the six *First Quarter* cards and trust the universe to pick the right one for you.

Also, from a facilitator's perspective, be thinking about how you can adapt the prompts for your intended audience.

And to set the stage for stepping fully into the energy of **possibility**, I've added a special visualization called *The Door of Purple Possibility* in the forum *File Cabinet* under the *Visualizations* file. Take some time to listen to this visualization as you begin to work with the journaling cards.

** Please note that this is a previously-recorded call from my **Purple Possibility Studio**, so disregard any astrological influences that were present at that time. It's the visualization to the "door of purple possibility" that I'd like you to experience.*



Sharing Your Work:

As you work through the *Moonlight Musings* for this module, please share any insights, ah-has, comments or questions via the **First Quarter Moon** discussion thread in the *Moonlight Cafe Forum*. This is where you'll receive guidance and support as you work with the content, journaling prompts, and creative exercises.