

JOURNALING BY THE MOONLIGHT *A Creative Path to Self-Discovery*

Facilitator Training Program



Module Two

The Waxing Crescent Moon: Who Are You, Really?

*Always be a first-rate version of yourself, instead of a
second-rate version of somebody else.*

~ Judy Garland

I'm a Mother, But Who Am I Really?

When Betty, a good friend of my father's, asked me at a family wedding, "So what are you doing now?" – I completely froze. I had no clue what to say. I was six months pregnant with my second child at the time and had been out of the workforce for two years. I had chosen, for better or worse, to be a stay-at-home Mom, although I never really stayed at home since I was involved with several community organizations as a volunteer.

Luckily for me, Betty sensed my discomfort and chose to rephrase her question, "*What would you like to be doing?*" Much to my surprise, bells went off in my head and I started rattling off a "to do" list.

It became clear to me, after that encounter, that my identity had always been tied into my career. Without it, I didn't know who I was. I was a mother, but who was I really?

Women face these types of scenarios all the time. We wear many different labels in our lives. We may be a wife, a mother, a grandmother, a teacher, a loyal employee, a neighbor – but who are we when we strip ourselves of these exterior labels? How would we describe ourselves from the inside? What passions lie within us that determine what actions we take on the outside?

Moonlight Musing

Imagine yourself in a dark room in the middle of the night. You are resting comfortably on a chair or on a bed and you have several blankets laying on top of you.

Think of the blankets as the many layers of your life. Each blanket represents a piece of your life – your health, your spirituality, your family, your career, your friends, your volunteer commitments, your hobbies, your romantic life – any areas of your life that are significant to you. Make a list of these blankets. How many do you have?

After making your list, imagine yourself being covered with these blankets. How do you feel with these blankets on top of you? Do you feel warmth? Do you feel comfort? Do you feel secure? Do you feel constrained? Do you feel smothered?

Take 20 minutes to write about the feeling of these blankets. Are any of them particularly heavy – perhaps a thermal blanket? Are any of them comfortable – perhaps a down comforter or a light quilt with just enough coverage? Are any of them particularly light – not enough material to cover your needs?

Allow yourself to connect with the energy of each of these blankets.

The Waxing Crescent

On a recent autumn evening walk, I couldn't help but take in the beauty of our *lunar goddess* as she began to make her way out of darkness and into her first sliver of light. It was a glorious sight!

It was just enough light to see the definition of the moon in the night sky, bringing her out of complete darkness - but not quite enough light for the **waxing crescent phase**.

It reminded me of those many times in my life, when I would peek my head out of that place of "*not knowing*" into the *light of possibility*.

Getting a glimpse of the *light*, both inner and outer, always stirred an excitement within me.

This is the beauty of the **waxing crescent moon phase** - a peek at what's to come. As we watch the magnificent waxing silvery white circle in the night sky, we can sense our own transformations taking place. It's during this phase that we can see the moon starting to peek out from beneath the layers of her darkness.

Approximately three days after the true dark of the moon, you will see a tiny sliver of a moon, like a fingernail, appearing in the sky at sunset.

Imagine this fingernail as your *new beginning*, scratching to get out.

During the phase of the **waxing crescent**, there's a strong need to expand the understanding we have of ourselves - and it helps to look at things from a fresh perspective.

Who are we underneath all the layers - and how emotionally are we connected to that part of us? When we peel off all the many labels that we wear every single day, who are we - really?

The **waxing crescent moon** phase is an ideal time for connecting with our authentic voice - and how we're truly intended to be showing up in the world.

Astrologers have long associated the moon with maternal energy. It brings out the feminine side of our nature - the need to nurture and be nurtured. And the different moon phases provide different levels of connecting with our inner self, so that our BEING in the world is a true reflection of who we really are.

As you continue to ponder the shifts you want to make in your personal and professional life, how are you emotionally connected to them?

What emotions get stirred up within you when you think about the *rawness* of who you are? Do you even know what your *rawness* looks like or feels like?

And how does this *rawness* honor the woman you truly desire to be?

Moonlight Musing

Let's go back to the blanket exercise.

Take some time to reread your journal entry - and allow yourself to reconnect with those feelings again.

Now slowly remove each blanket, one by one, until nothing is there but you.

Without all of the layers of your life, who are you? And how do you feel once these blankets are removed?

Describe yourself at your very core and record it in your journal.

The Woman in the Moon

We've all heard the saying "the man in the moon." But what exactly does that mean?

By using analogies related to the moon, a "*new you*" begins to emerge as life's many layers are slowly peeled off - and what emerges after the new moon (the darkness of being in the raw) is the *first crescent* - a peek at what's to come. We can begin to see the brightness shining from underneath all the rubble. This is our *inner light*.

All of a sudden, we become that *woman in the moon* - a woman with a very unique face, a face that we can call our own.

When you look at a **waxing crescent moon**, you can see the tip of a face that's beginning to emerge. The dark side of the moon is to your left, and the bright crescent is to your right. Sometimes the moon is tipped a little, so it may not be exactly right or left, but you'll be able to see the resemblance of a face that's about to make its entrance into the world. It marks the beginning of a "*rebirth*."

Letting go of old ways of thinking - and opening up to new ways of thinking - begins with the **waxing crescent moon**. You begin to notice life from a new perspective. What you conceived during the phase of the new moon, is now in the process of waxing or gestating.

Moonlight Musing

Take a moment to review your journal writing, allowing yourself to step out from beneath the layers of your life - and into *rawness*.

Then make your way to a mirror and look at yourself. Sit or stand comfortably in front of this mirror for 5-10 minutes.

Gaze deeply into your eyes and make a connection with the person who is there, staring back at you. Take several deep breaths, inhaling and exhaling slowly, becoming one with the reflection in the mirror.

What do you see? What do you hear? What are you feeling?

What is the message that your soul is trying to send to you – without any filters - and perhaps with a new twist?

Once you feel like you've made a soulful connection, retreat with your journal and capture this message in writing.

What Does Living Authentically Mean to You?

As we step into the **waxing crescent** moon phase, we begin to catch glimpses of what it means to live life authentically.

As you ponder your life, both personally and professionally, are you living life authentically now? Are you clear about your own authenticity?

In what ways are you being true to yourself? And in what ways are you letting yourself down?

Now consider your many roles in life. Do they allow you to be true to your values? Do they allow you to be true to yourself?

And how do you express your authenticity? How well do your words, choices, and actions reflect your authenticity?

As actress Judy Garland once said, "*Always be a first-rate version of yourself, instead of a second-rate version of somebody else.*"

Are you truly a first rate version of YOU?

Moonlight Musing

Looking up at the night sky, what emerges after the new moon is always the first crescent – a peek at what’s to come. It’s the unveiling of the “*new you.*”

Imagine yourself as a moon rock. You're curious about what it's made of, so you start chipping away at the exterior. As the bits start coming off, we can see the brightness shining from underneath all the rubble.

What does your brightness look like? What does it feel like? What does it sound like?

Take some time to write about this in your journal.

Making a Connection between Reality and Desire

Whatever the scenario presented for you, it probably spoke to your true self – that which makes you most happy. If what you pictured in this exercise is not how you’re currently living, then chances are you’re feeling unfulfilled.

If so, that's okay! There are ways to work through these things, little by little.

The first step is to be honest with yourself. What is it that you really want out of life? What goals or intentions would you like to set for yourself? What changes would you need to make in your life in order to obtain these things? What small step can you take today to move closer to your intentions? These are questions that we’ll be exploring in the modules ahead.

But for now, notice what it might take in order to truly connect with your authentic self (what I like to call the *Inner Goddess*). In order to fully embrace yourself at your very core, you may need to step outside the box and listen to the words being shared with you by a new voice - your *inner voice*, which has been with you all along.

Once you connect with this voice, the other phases in your transformation will flow in sync – just as they do with the moon. The moonlight becomes brighter and brighter as the steps toward fulfillment become bigger and more encompassing.

Moonlight Musing

Let's do an exercise using a journaling technique called "*springboards*."

This is a technique using thought-provoking questions designed to "*springboard*" you into the pages of your journal.

Here are the questions:

If there were no obstacles regarding financial income for your family and you could have the ideal living arrangement, describe the choices you would make. Allow yourself to ponder what it means to have personal freedom.

Let's imagine that you're setting up the ideal schedule for one full year. What would it entail, both personally and professionally? What kind of life would you like to lead? What kind of person would you like to be? What would you be doing? Who would you want to see? Where would you want to go? Where would you want to live?

Notice what immediately comes to mind - and make note of it in your journal.

Moonlight Musing

With the above answers in mind - describe what an ideal day would be like given the choices you've just listed - with just you in mind.

Now factor in your children, significant others, pets, anyone or anything that would affect this scenario from the time you wake up in the morning until the time you go to sleep at night.

How does your ideal life change when others are factored into the mix?

Notice what immediately comes to mind - paying close attention to your emotions - and make note of it in your journal.

Moonlight Musing

Have these writing exercises shown you anything?

When we removed the obstacles of finances and obligations to others, what were you left with?

Did you find yourself in that dream job? If so, what was that dream job?

Did you find yourself in a foreign land? If so, where was that? Were you visiting - or were you living there?

Did a hobby or a particular interest in something factor into the picture?

Take a few minutes to write about what came up for you during this visioning process - and identify the scenario that you most connected with.

What Brings You Joy?

As a person who craves success, you need to be really clear about what brings you joy. When you know what brings you joy, you can consciously create your life to include those connections, things, people, and ways of being.

Like most people, you are probably pretty up to speed on the areas you need to work on. But what brings true success is a focus on what it is you have a deep passion for and what it is that you really enjoy doing. Discovering and owning your gifts with grace is vital to creating a life that's rich with ease, joy, success, and prosperity.

When we're doing what we love and being who we're truly meant to be, our energy begins to flow effortlessly. Doors of opportunity begin to open because the energy from within us and around us is so positive.

Designing a joyful life requires a holistic approach. This means taking into consideration the person (you) as well as your surroundings (what it is you're attracting and what you're naturally creating for yourself).

Our personalities, our passions, and our hobbies are all ways that we connect with other people. So it makes sense to take them seriously and begin to create the space that will allow them to be part of our bigger life vision.

Moonlight Musing

Take some time to ponder what it is that brings you joy. Ask yourself the following questions and record your answers in your journal.

What are you passionate about?

What topics fascinate you?

What category of books do you most like to read? Take a look at your bookshelf. What types of books are you willing to spend money on?

When you have "*free time*" - how do you like to spend it? What are your hobbies?

Where do you spend the most money on your personal and professional growth? What are you willing to invest in?

When you pick up the newspaper or read news on the internet, what stories intrigue you most? And which ones trigger your strongest emotional responses?

Connecting with Passion

When we can connect with what it is that gives us energy and what it is that triggers strong emotional responses within us, we've opened the door to passion. And this is what will fuel our desire to live with purpose and to do work that is meaningful - and where we'll begin to experience flow.

You may be surprised to discover that what you're passionate about, does have a place in your professional life. For example, you may love skiing and decide that you can take your clients on a ski adventure while working with them on financial planning. Or perhaps you love feng shui and want to offer workshops to your real estate clients to show them how to arrange their homes so that prospective buyers are attracted immediately.

There are many creative ways to bring our passions to life while enjoying rich connections with others, both personally and professionally. So as you begin to contemplate a bigger life vision, choose to bring passion into the mix - even being bold enough to put it in the center, allowing everything else to spin off from there.

Moonlight Musing

Using a journaling technique called **clustering**, take a look at what you recorded in your journal from the *Moonlight Musing* above.

What do all these things have in common? Do you see a theme running through your list?

And how can you put this theme into words, perhaps into a short phrase?

Can you write, "*I am passionate about.....*" (and sum up the theme you're seeing)?

Once you've done this, write this sentence in a circle in the middle of a blank page (this will become your "*passion moon*"). Then begin to branch out the many ways this particular passion shows up in your life, both personally and professionally. These should be written in smaller circles (stars) that connects back to your moon.

After you've completed this, take a look at the smaller circles to see if any of them have anything in common (beyond the center circle). If so, draw a line between them.

When you're finished, hold the paper in front of you to see if you can visualize your "*passion constellation*."

Notice how this all fits into your bigger life vision - and take a few minutes to write about it in your journal.

What insights do you gain as it relates to seeing a "*new you*?"

Adding Your Unique Experiences

Most of us have varied backgrounds. Maybe you switched careers, industries, or college degrees. Perhaps you did one thing in your corporate life and another after your kids were born. Or it could be that you spent many years as a volunteer in a variety of different capacities.

Maybe you had a tough childhood due to an illness or a series of difficult family challenges. Perhaps you have gone through major life transitions such as divorce, remarriage, gaining stepchildren or caring for aging parents. You may have even moved a lot, packing and unpacking every few years.

What obstacles have you overcome in your personal and professional life?

While difficult at the time, each of these challenges leave beautiful gifts in the wake. So what lessons did you learn - that turned out to be "*gifts in disguise?*"

Life is richer and more interesting because of your unique experiences. Each and every one of them has had an impact, large or small, on your life. You may start to see threads of what your experiences and paths have in common. And you may see that the diversity of them show how interested and multi-faceted you are.

These are all pieces of you which makes you unique. Being unique and remarkable will enable you to stand out and be noticed. We often think that we have to do everything professionally and not let our personal stuff and our personalities out. But the "*real deal*" comes when we're truly being who we are.

Why settle for being a carbon copy of someone else? It's "*you*" that makes your bigger life vision unique.

Moonlight Musing

Refer to the "*My Gifts*" visual map for this exercise. You'll find it in the *File Cabinet* in the *Cafe Forum* under the *Additional Resources* file.

Take time to complete each area - listing your passions, what inspires you, your personal and professional strengths, the qualities you value, your unique experiences, your life learnings (major life lessons/silver linings), and what you know about yourself for sure (the little things you really like about yourself).

After you've completed this map, sit with it - and take it all in. What threads do you see? What themes jump out at you?

And how do they fit into your bigger life vision? Take some time to write about it in your journal.

Inspired Giving

When we're not feeling committed to someone (or something) in particular, what is it that we find ourselves drawn to? Where is it that we offer our time, our talents, and perhaps our financial resources - without a need to receive something in return?

Think about your volunteer work. Think about your preferred charities. How do these represent your passions? And how can you align them with what it is you want to be and offer to the world?

Moonlight Musing

Make a list of the many ways you volunteer your time and talents.

And then make a second list of the charities and organizations where you donate money.

What do all these things have in common? Do you see a theme running through your lists?

If so, use the **clustering** technique and write that theme in the middle of your center circle, making it your "*inspired giving moon*." And branch out each of the ways you are inspired to give (these will be your individual stars).

Then take a step back and look at your "*inspired giving constellation*."

How can this fit into your bigger life vision? How can it become part of the life you're wanting to create for yourself?

Take some time to write about this in your journal.

Discovering Your Big "Why"

Your passions are what you care most about in the world. There's a reason - a **BIG** reason why you love what you love and why you are drawn to certain things and certain types of people. Your passions are the gateway to your purpose in life. Combined with your unique experiences, they become your big "**WHY**" --- it's the reason for being who you are and doing what it is you really want to do.

Your passions reflect your likes and dislikes - and knowing this, you're able to focus your attention on the things that matter most to you. Your passions fire you up! When you think of them, they turn you on! They energize you and make you feel good!

That's why it's so important to clearly articulate what it is you're most passionate about. It's what attracts you to certain kinds of work and it's what draws "*your people*" (the ones

you're meant to connect with) to you. If you can't clearly articulate your passions, how are you ever going to lead a passion-filled life?

Moonlight Musing

In your journal, answer the following questions:

- *What do I care about most deeply?*
- *What pain do I not want myself or others to experience?*
- *What do I feel called to do with my life?*
- *What do I most often give to myself?*
- *What do I most often give to others?*
- *What is it that I can do over and over again - and lose all sense of time?*

After you've answered these questions, go back through your answers and highlight and words or phrases that feel most significant to you. These will become important as you begin to craft your **life purpose statement** (in the next module).

Awakening Your Brilliance

As you continue to map out your passions and your unique gifts, you'll find yourself realizing just what it is that makes you different from any other human being on the planet.

Only you have your unique talents, passions, and life experiences - all leading up to your unique **life purpose**. This will be what sets you apart from everyone else out there. This is why your life choices, both personally and professionally, will be very different anyone else's.

It's you and the way you're connected to life - that will bring those you are meant to connect with to you. But without your authentic "**WHY**" behind it - the message you send out to the universe will be very unclear, which will attract a fuzzy vision, both inner and outer, triggering feelings of confusion, scatteredness, and disconnect.

It's time to awaken your inner brilliance and begin to craft what it is you want to BE and DO in the world. Once you get a clearer understanding of your **life purpose**, you can begin to focus on what type of life experiences you want to have, who your "tribe" of people are, and what your unique brilliance is and how you'll share that with others.

Leveraging your brilliant self is **HOW** you will attract the most authentic life experiences and **HOW** you use your gifts in service to others and to create what you truly want for yourself. And the key to getting there is knowing what it is that is most unique about you.

Moonlight Musing

Think back to everything you have recorded in your journal for this module. Highlight anything that jumps off the page - any words or phrases that feel significant.

Then go back through these words and phrases - and notice what themes are jumping out at you. What are the common threads?

What do you see in these words or phrases that would help you describe your uniqueness? What words or phrases capture your authentic voice?

Take a few minutes to write about this in your journal, then allow your intuition to guide you to a few words or to a phrase that captures your unique essence.

Once you've come up with this phrase or this set of words, write them in the center circle on the "*Unleashing Your Inner Goddess*" visual map located in the forum *File Cabinet* under the *Additional Resources* file.

We'll be working with this map in more detail in the next module. But for now, give yourself permission to breathe in these words, allowing the voice of your *Inner Goddess* to come into full bloom.

Working with the Journaling by the Moonlight Card Deck

In the *Journaling by the Moonlight* card deck, you'll find six *Waxing Crescent* 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 *Waxing Crescent* 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 *Waxing Crescent* energy and connecting with the voice of your *Inner Goddess*, I've added a special *Connecting with Your Inner Goddess* visualization 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.



Sharing Your Work:

As you work through the *Moonlight Musings* for this module, please share any insights, ah-has, comments or questions via the **Waxing Crescent 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.