

# **JOURNALING BY THE MOONLIGHT**

## *A Creative Path to Self-Discovery*

### **Facilitator Training Program**



### **Module Five**

#### **The Full Moon: Stepping into Your Brightest Light**

*It's never too late to be what you might have been.  
~ George Eliot*

## **Connecting with Your Inner Goddess - the Voice of Your Authentic Self**

The *inner voice*, coming from essence, is the natural voice. And what is the sound of this natural voice?

During the formative years, many children learn to fear their *authentic expressiveness*. They suppress themselves - and learn to speak so that they can fit in and be accepted. They forfeit their true nature as they are shaped more by outer forces, rather than inner influences.

Parents are usually the first to welcome the voice of their child. They repeat back their baby's gibberish with approval - and the infant has its first lesson in pleasing the grandest authority figures of all, their mom and dad.

So the infant learns – if you speak in a way that causes others to respond positively, all will be right in the world.

As children move into the classroom, teachers take the place of parents and offer a new approval system - grades. The As and the Fs further reinforce the distinction between what is right and wrong to say. In addition, they represent the power placed on evaluations made by an external higher authorities.

Thus we orphan our real voices - and we begin to change in order to get along, to be accepted, and to remain comfortable. This fact underlies the fear of speaking our truth. It is a reluctance to be real - and it creates an insecurity about living from that authentic core, making people afraid to stand up and speak out.

To find and reconnect with your *authentic voice* requires a safe haven. This is where your tribe comes in – by offering the space to freely express yourself without fear of criticism.

As you begin to step into your own inner light, choose to surround yourself with listeners who can focus positive attention and affirm who you truly are - and who can celebrate your natural aliveness.

An inspired learning environment is a wise choice, giving you permission to develop at your own pace and in your own style - making certain that the emphasis is on learning how to be yourself and how to connect to others in a genuine manner.

Remember, there is a pure sense of self within everyone - and this essential self has a voice. No matter what caused the disconnection over time, you can reclaim this voice. It has always been there - and simply needs to be welcomed back into the world.

Let go of any pretence and reveal yourself to others. In the presence of those who give you only appreciative feedback for your true nature, you can gently move toward and transform your fear. From this essential core, you'll learn to speak again with true and fearless joy.

## *Moonlight Musing*

Thinking back to your childhood – and going back as far as you can remember - what did you want to be when you grew up? What were your natural talents and what were your interests? What kind of books did you like to read? What kind of games did you like to play?

Invite your *inner child* out for a play date. Create the space that would be welcoming to her *authenticity*.

There will be no judgments and no criticisms in this space. It's a place to "*just be*" and to "*have fun.*"

In your journal – over a two-page spread, draw a play area and color it with crayons or colored pencils. Give your *inner child* a name and invite her out to play.

Using single words or sentence fragments, describe this experience with your *inner child* and write it all over this two-page spread – in no particular order and in no particular format.

When the play date is over, thank your *inner child* for her visit – and write about the experience in first person.

## **Giving Courage to Your Inner Voice**

Imagine picking up the cosmic phone and scheduling an appointment with your *Inner Goddess* to discuss the next steps in bringing a dream to fruition. During a **full moon phase**, the lines are clear - so feel free to ask for what it is you need and desire.

The **Full Moon** gives us the *courage* to bring our *true voice* to the forefront. It gives us the ability to believe in the power of our own *authenticity*.

Take a moment to think about your "*life story.*"

How has it played out - up to this point?

- Where you encouraged to take risks?
- Or were you told to "*play it safe*" - always making comfortable, practical choices?
- Was your voice heard and received with love and respect - making you feel like your opinions, your thoughts, and your emotions really mattered?

- Or were you silenced - making you feel like you weren't worthy of having an opinion, a thought, or an emotion?

Now take a moment to think about the history of your "*life story*."

- What messages did you receive around *courage*?
- What patterns do you have in your life - *right now* - that prevent you from fully stepping into YOUR *courage*?

### *Moonlight Musing*

What role will **courage** play as you move forward on your true path of *authenticity*?

How important will it be as you embrace the *synchronicities* in your life and embark on a journey of *possibility*?

What part will **courage** play as you step into your brightest *light* and shine like the diamond you are?

How will **courage** impact your legacy, both personally and professionally?

Take some time to answer these questions in your journal?

### **Creating a Purpose-Filled Life**

We live in an age when many of us feel out of control, victimized by velocity and the direction of modern life. Too much seems to be happening to us that is not of our own making. We are swept along with the opinions of others and bruised by the outcome of world events. Many of us long for a life that is more handmade and more satisfying than the life we seem to be leading by default.

But what if we took a bold step by making an effort to live in the moment – in a way that feels authentic to us? One could only imagine what the world would look like if we were all given the opportunity to be our own person, form our own opinions – and to live true to our heart's desire.

To live in a world free of judgment and criticism would be the ultimate way to honor authenticity – in ourselves and in everyone around us.

As we ponder our own purpose and the power that lives within us, the answers to our questions can be found in the heart of our *authentic self*.

What natural talents and interests do we have? How can they be combined to bring fulfillment and meaning to our lives? And how can we apply our passions and desires to our real life work in the world?

What is it that would bring the most meaning to us, as individuals – and how can we synchronize the different areas of our lives to connect the pieces into a whole picture?

What are the messages being sent by the universe that point us in the direction of our own *authenticity*?

And how does all this lead to a purpose-filled life?

### *Moonlight Musing*

Treat yourself to a mini-getaway, even if it's just for a couple of hours. Where would you go? What would you be doing? And how would this open the door for a dialogue with your adult authentic self?

During this retreat, let's imagine that you are hanging out with your best friend – your authentic self. She doesn't want to think about obstacles. She doesn't want to think about failures. She's not concerned about money.

What is it that she would want to be doing if there were absolutely no considerations of obstacles or failures?

If she had one chance to make her impression on the universe, how would she do it – and why?

Engage in a dialogue with her. If you've given her a name previously, let her speak to you in that voice. If you have yet to name her, listen to her words of wisdom and let her tell you who she is.

Record this conversation in your journal - and make a note of any insights that came to you as she was speaking.

### **The Full Moon**

The **full moon** is a time of high energy and great sensitivity. It's also a time of creativity. Dreams (both day and night) are at their height during this phase. This period acts as a bridge, taking the lessons learned from the past and projecting new ideas into the future.

What was conceived in the *new moon* phase can now come to fruition by being birthed into the *full light* of our conscious minds. This marks the ideal time to put something new into the universe.

A **full moon** experience can offer us greater illumination of essential divinity. Issues that have been worked on since the *new moon* may now reach a climax. And if you've fully opened your heart and mind, releasing the restrictions of the past during the waxing moon, then the **full moon** can bring fulfillment.

Here we are asked to claim the true gift of the inner refinement that the past initiatory fires of life have catalyzed - and to accept that our trials had to precede stepping forth into our greater fulfillment and destiny.

The **full moon** phase is the ideal time to bring the *authentic self* out to play. It's time to introduce her to the material world.

This phase is also the perfect time to bring a new beginning to life, sharing a new vision with the external world.

### *Moonlight Musing*

How will you be stepping into your brighter light? How do you intend to shine as the diamond that you are?

What vision will you be bringing to full light?

What will you claim for yourself right now - that puts you one step closer to a new and brighter beginning? And how will you activate this into manifestation?

In your journal, make a commitment to see this through - and then take action!

### **Tapping into Full Moon Energy**

One of the gifts that the **full moon** gives us is an overwhelming desire to come alive. Whether that's bringing a passion front and center or finally making the decision to take a giant leap forward in a new direction that is fully aligned with our life purpose.

Imagine driving through a fast food window and placing an order - only this time the menu lists the one thing that you've been contemplating for quite some time.

Perhaps it's that life-changing book you've been working on for eons, but keep finding yourself facing one creative block after another. Or maybe it's that passion-filled business that you've been wanting to build, but you haven't yet gotten the courage to just go for it.

Or it could be the charity you've been wanting start, the one that's destined to change the world.

Whatever it is - it's on the menu right now. And the clerk (who happens to be representing the positive energies of the universe) says, "*What can I get for you today?*"

This is your moment!

Will you order it? Will you tell the universe, "*Yes, this is the right time for me. I'll take it.*"

And then the clerk says, "*Would you like to super-size that?*"

What would it take for you to say, "*Heck yeah!*"?

Whenever the moon is full, her energies are incredibly powerful. With her light beaming brightly from the sky, she showers the earth with the capacity to forge ahead. Projects and endeavors that are began during a **full moon** carry a special passion and energy that is unmatched during any other moon cycle.

If you've been sensing "*your calling*" knocking at the door, it's time to answer! Open up the door - and step into a whole new world of **possibilities!**

### ***Moonlight Musing***

What would it take for you to fully step into your *bigger vision*?

What would it take for you to make a *bold leap* forward?

What would it take for you to step out of your comfort zone and into a world that is filled with *new possibilities*?

What would it take for you to *believe* that your time is **now**?

Ponder these questions in your journal.

### **Dancing by the Light of the Moon**

For many centuries, the moon has inspired thousands of beautiful stories, songs, dances, paintings and poems. Through its many phases, it has served as a muse in a variety of ways. What is it about the moon that stirs our innermost thoughts and inspires our deepest creativity?

This poem written by **Mark Heard**, first appeared in his lyric collection, *Eye of the Storm* in 1982:

### **Moon Flower**

*When the moon blooms  
Like a flower in the night  
Petals of Heaven-born silver light  
Its seeds ride the wind  
To the souls of men  
So silently  
There is a fanfare  
In the changing wind  
For those who will listen  
Beginning to end  
And the nightingale pleads  
For the well-tuned ears  
Of every man  
Oh the sun shines  
Like a torch at sea  
Author of all  
For the eyes that see  
Blind eyes know it only as a mystery  
When the moon blooms  
Like a flower in the night  
Petals of Heaven-born silver light  
Its seeds ride the wind  
To the souls of men  
So silently.*

### ***Moonlight Musing***

Sit with the above poem for a few minutes, absorbing the beautifully-crafted words and picturing the images that come up for you.

And, if possible, take a walk outside to view the full moon in its entirety. If you're unable to view the full moon, try pulling up an image of it in a book or on your computer.

As you ponder the words of the poem and take in the radiant light of the full moon, what comes to mind? And how does this connect with your inner being?

Record your thoughts in your journal and decorate the pages with colors that represent the fullness of the moon.



## You Are A Phenomenal Woman

Let's take a moment to honor your WOWNESS!

We've all known **phenomenal women**. They have that special "*something*" - a glorious glimmer that brightens a room when they enter. Their smile, warm demeanor, or caring presence draws us to them. They fully radiate their beauty from the inside out.

When we experience our own "*wowness*" - we step into a whole other level of being. We feel fully connected to who we are at our core, moving forward in life with courage and confidence. The world, its pressures and its nay-sayers, even the failures we experience, can easily cause us to bow down in insecurity. They can lure us into feeling like we are not **phenomenal women** at all, just ordinary women struggling to be something that we are not, or can never be.

Yet our *wowness* does not come just from striving alone - or from achieving success in the world. *Our wowness* comes from painstakingly growing ourselves from the inside out. Our *wowness* expands gradually over time as we quietly affirm our personal triumphs (both inner and outer) and celebrate the women we are. Our *wowness* takes hold as we become more comfortable with who we are - and more accepting, gentle, and kind to ourselves.

Read through this wonderful poem by **Maya Angelou**. Tap into the energy of her words - and allow it to flow through your entire being.

### PHENOMENAL WOMAN

*Pretty women wonder where my secret lies  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them  
They think I'm telling lies.  
I say,  
It's in the reach of my arms  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.*

*I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.*

*I say,  
It's the fire in my eyes  
And the flash of my teeth,  
The swing of my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.*

*Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say  
It's in the arch of my back,  
The sun of my smile,  
The ride of my breasts,  
The grace of my style.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.*

*Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need of my care,  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.*

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In this very moment, how do you feel about yourself? Are you connected to the beauty of being YOU?

As Eleanor Roosevelt once said, "*No one can make you feel inferior without your consent.*"

You carry your own power. The more in touch you are with that power, the better you will feel about yourself and your life - and the more grateful you will feel about everything.

When you're in a grateful mindset, the world becomes *half-full* (instead of *half-empty*).

And you see loads of **possibilities** everywhere!

### *Moonlight Musing*

Take a moment to ponder what's **phenomenal** about you.

How are you BEING a **phenomenal** woman? What kinds of **phenomenal** things are you doing?

And how does being **phenomenal** impact your path of **possibility**?

Reflect on these questions in your journal.

### **Unleashing the Voice of Your Inner Goddess**

As you continue along the **possibility path**, notice what synchronicities are showing up to support you as you take intuitive steps forward to claim your inner voice - your *Inner Goddess*.

Who are you becoming - both inside and out? What are you stepping into - and how is this supporting your bigger vision? What is it that you're claiming for yourself - beginning now?

Let's return to the visual map, "*Unleashing the Voice of My Inner Goddess.*"

Print out this visual map and in the center circle, describe the voice of your *Inner Goddess*. In your best light, as your most authentic self - **who are you BEING in the world?** ~ Choose a sentence or a few words that capture this **beingness**.

Then around this circle, beginning with the smallest block from the inside going out - what are some of the steps you need to take, some of the shifts you need to make to allow this beautiful voice to be fully present and fully heard in the world?

What will support you in becoming more visible in your *Inner Goddess* energy?

Give yourself this beautiful gift - and *Unleash the Voice of Your Inner Goddess!*

### *Moonlight Musing*

As you work with your visual map, ponder these questions:

- Who are you becoming - both inside and out?
- What are you stepping into - and how is this supporting your bigger vision?
- What is it that you're claiming for yourself - beginning now?

Allow yourself to really connect with the voice of your *Inner Goddess*.

- What does she want to say from the depth of her heart?
- What does she truly desire from within? What is her *inner purpose*?
- In your *best light*, as your most *authentic self*, who are you BEING in the world? What is your *outer purpose*?

Begin to map out your intentions for carrying your voice out into the world.

### **What Color is Your Authentic Vibration?**

Whether we realize it or not, we all vibrate in certain colors based on our energetic field. Many refer to this as an *aura*.

When we're truly at our best - thinking, feeling, and acting in the energy of our highest vibration, we're physically moving in an energy of color.

Without regard to what you may or may not know about *auras*, I'd like you to connect with a color that makes you come alive. When you're feeling excited, inspired, motivated and in love with who you are, what color comes to mind?

BE with this color for a couple of minutes and bring it to your mind's eye. This color represents your new possibility paradigm.

## *Moonlight Musing*

Being totally honest, do you feel this color inside of you right now?

Are you currently showing up in the world in this color? Why or why not?

If you're feeling fully connected with this color, what actions can you take from the vibration of this color?

And if you're not feeling fully connected with this color, what steps do you need to take to shift into this color.

Take some time to ponder these questions in your journal.

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### **Working with the Journaling by the Moonlight Card Deck**

In the *Journaling by the Moonlight* card deck, you'll find six *Full Moon* 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 *Full Moon* 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.



To set the stage for stepping fully into your *light* and into the energy of **possibility**, I've added a special visualization called *Returning to 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 references that were specific to that group at that time. It's the visualization to "returning to the door of purple possibility" that I'd like you to experience.*

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### **Sharing Your Work:**

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