

JOURNALING BY THE MOONLIGHT

A Creative Path to Self-Discovery

Facilitator Training Program



Module Nine

The Blue Moon: Celebrating Your Uniqueness and Honoring Your Legacy

The more you praise and celebrate your life, the more there is in life to celebrate.
~ Oprah Winfrey

The Blue Moon

We've all heard the saying, "*once in a blue moon*" - which has always meant "*unusual*" or "*unique*." Well – what if YOU created that **once in a blue moon** experience? What if YOU were the **once in a blue moon** voice? What if YOU had that **once in a blue moon** gift to share with the world? What if YOU were the **blue moon**?

In this self-discovery process, the **blue moon** is intended to represent all that is unique about you. It's when your authenticity shines through loud and clear. It also represents celebration - really honoring the person you are and the unique legacy that only you can create in this world.

As you work toward manifesting an authentic vision, it's important that you embrace who you are at your core. When you accept your authentic self, the world just feels right and life begins to flow more effortlessly.

When you're operating from a place of authenticity, you shine. Your smile becomes wider. Your eyes become brighter. Your heart becomes bigger. And everyone benefits – including your family, your friends, and your colleagues.

And when you're at your best, magical things start to happen. Synchronicities start pouring in by the dozens and doors of opportunity start to open. It's the universe's way of saying, "*You're on the right track!*"

Creating an authentic life is your stamp on the world – "*your signature*." It's something that's completely unique to you.

So what do you want "*your signature*" to look like?

Moonlight Musing

Think about your life as "*your signature*" (your imprint).

What do you want it to say about you?

How do you want to leave your mark on the world?

When someone else speaks about you, what do you want them to say?

Take some time to ponder these questions in your journal.

Celebrating Your Uniqueness

Have you ever wondered if it's really true that no two snowflakes are alike? Scientists tell us that variations among complex snow crystals are purely limitless. Many snowflakes look alike, even under the microscope. But at closer examination, they differ. Even with millions and millions of snowflakes per year, the probability of two exactly identical snow crystals happening within the lifetime of the universe is practically zero.

Given the infinitely greater complexity of a human person, you may be absolutely sure that there never was, nor ever will be, anyone like you.

This is the moment to ask yourself, *“What is it that makes my own life unique?”*

You know the answer, but you need to express it to yourself simply and clearly. And within your answer, there lies your unique contribution to the unfolding of the universe. As Eckhart Tolle put it, *“You are here to enable the divine purpose of the universe to unfold. That is how important you are!”*

Is there a central preoccupation in your life, a melodic thread that runs through its entire symphony? If you can name it right now, you have much reason to be grateful. But even if you cannot name it, this guiding theme may be woven somewhere - into the music of your days - and you need only listen more carefully.

As you become increasingly aware of your uniqueness, you will grow ever more grateful for the gift of being you and all you have to offer the world.

Moonlight Musing

Take a good long look at yourself in the mirror, paying close attention to everything that is unique about you. Look deep into your eyes and make a connection to your heart and soul - and allow yourself to feel everything that is great about you.

What is it that makes you **unique**? What is it that makes you like a snowflake?

Take time to write about the beauty of you – dancing in the moonlight under a star-filled sky, with an orchestra of crickets playing in the background.

And when you're finished, create a snowflake that represents your **unique self**. Decorate it in any way that feels *authentic* to you. You can either paste it into your journal – or hang it in a special place.

Learning to Accept Compliments

For most women, accepting compliments is a difficult thing. It feels uncomfortable, so we brush them off.

But what if we started accepting them - and feeling gratitude for them? Can you imagine what it would do for our self-esteem and our sense of appreciation?

Beginning now, make a pledge to yourself. Instead of playing down a compliment, look the person in the eye, smile, and say, "*Thank you.*" Then document it in your journal.

Every time someone gives you a compliment, write it down. Create a special section just for compliments - and make it a lifelong habit. You may discover things about yourself that you never fully recognized.

Also keep an eye out for those indirect compliments that can slip under the radar. Years ago, I had a boss who never gave positive feedback. So hearing him say, "*This report is not half bad*" would have been cause for documentation.

Notice when someone is giving you a compliment in a moment of "passing by" or "passing through." For example, notice when the UPS delivery person says, "Your window boxes are so beautifully planted. I admire them every time I bring a package to your house. You've really got a green thumb!"

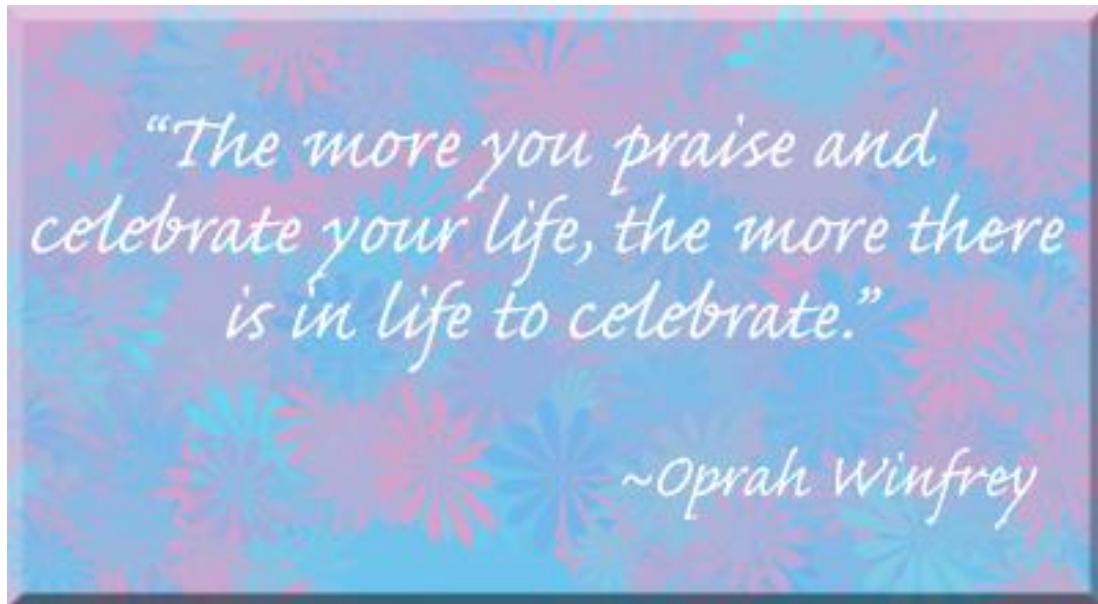
Moonlight Musing

As you record your compliments in your journal, ask yourself these questions:

- Do I feel proud? Or embarrassed?
- Is there truth to this statement?
- Have I received this compliment before? If so, what does it say about me?

Allow yourself to really SEE who you are through the eyes of another person - and give yourself permission to receive the compliment at face value. Notice how the compliment is flowing through your body and in your mind.

In your journal, make note of what you discover.



Self-Celebration Begins with YOU

Self-celebration is the ability to honor yourself. It's the cornerstone to spontaneity and personal authenticity. It gives you permission to live your life joyfully.

When you're operating from a place of self-appreciation, everything else seems to fall into place around you. You begin to radiate happiness from your inner being.

Gratitude is truly the cornerstone of your personal success. When you are grateful for everything you are and for everything you bring to the world, magic begins to happen. Synchronicities begin to reveal themselves. And your life purpose becomes more and more clear.

The more grateful you are, the more you will receive. When you feel gratitude in your life, you will notice that there is more for you to be grateful for.

Have you ever noticed that when you are in a really good mood, nothing can bring you down. Everything seems to be going your way. And the day only gets better! The same is true about celebrating, and about being grateful, and about being happy and joyful, and excited and peppy, and about, well - everything! It's so easy to do!

Unfortunately, since it's easy to do, it is easy not to do. And therein lies the problem. Too many people don't do it, or worse, they do the opposite! They focus on the bad, the bleak, the terrible, the unfortunate, the what-ifs that move toward tragedy, and all the negativity that holds one back from enjoying life.

You have a choice. What do you want to think about today?

How about celebrating you?

Moonlight Musing

Write an open-hearted **love letter** to yourself (one that you will actually mail and receive).

Select an exquisite piece of stationery (or a beautiful card) - and sit in a quiet place where you can connect with your innermost thoughts.

Take a few moments to close your eyes and breathe deeply. As you inhale, think about what it is you love about yourself.

What is it that you love about being you?

As you exhale, release any thoughts of criticism or judgment. And continue to do this - until you feel ready to write.

Begin the letter with "*Dear (and your name)*" - and show your gratitude through words of love and appreciation.

You may choose to write about your triumphs, your challenges, your shining qualities, your deep desires. Allow every word to be filled with respect and admiration for the strong, radiant being that you are.

When you're done, decorate the letter (or card) with stickers or drawings - or anything that feels right to you in the moment - and place it in an envelope. Seal it, address it to yourself, put a stamp on it and drop it in a mailbox.

When the letter arrives, find a private place, and read the letter carefully. Allow your feelings to fully flow, connecting to the powerful energy of self-love.

When you're finished, place the letter (or card) back in its envelope. And when you're feeling low, pull it back out and reread it. It will always serve as a reminder of how wonderful you truly are.

The Ripple Effect of Your Living Legacy

When you look at the choices you make every day, are they authentic? Do they honor who you REALLY are? And how do these choices impact others?

This is all part of “*the ripple effect*.” When you’re living from your life purpose, you’re able to make divinely-inspired choices that FEEL right – and that have the potential to touch lives in a meaningful, powerful way.

Life purpose is all about how you show up in the world – in a very authentic, intuitive, divinely-inspired way. **Life purpose** is a life thread – a personal energy, a set of values, an inner belief system, the way you love yourself and others – that weaves its way through your life tapestry. It shows up in your parenting, in your professional work, in your community service, in your relationships, and in your choice of hobbies and personal activities.

Each and every one of us has a divine right to show up in the world as our most authentic self. By stepping into, and by fully embracing, the gifts of your life story, your divine purpose can be understood. This is where **life purpose legacy** is created.

Are you clear about what your legacy is and how it’s showing up NOW? And are you aware of the expansiveness of it?

Your *legacy* has the potential to show up everywhere in your life – and it has the potential to touch a lot of other lives. It truly is a *ripple effect*!

Too often, when people think of the word *legacy*, they think of what will happen AFTER they move on from this lifetime. They think of what they’ll leave behind – instead of thinking about what they can do NOW to create a **LIVING LEGACY**.

When you’re living with purpose and passion, you’re already creating your legacy. When you’re living with joy and love, your legacy is alive and well.

Are you living with joy and passion? Are you making choices that are inspired by love?

Are you fully living your divine purpose?

Moonlight Musing

In the forum *File Cabinet* in the *Additional Resources* file, you'll find a document labeled, "*Life Lessons from My Mother*."

Take some time to read this rich story and answer the questions it poses as you contemplate your own **life purpose legacy**.



You Are More Important Than You Realize

This is what I love about the holiday film, "*It's a Wonderful Life*."

We're all part of the bigger matrix of life - and each of us plays a significant part. We never know the magnitude of the lives we touch every single day - through our words, our creations, our actions, and our emotions.

This speaks to the powerful existence that we all have. We're always creating ripples every single day. Imagine how everything around us would change - if we weren't here.

Moonlight Musing

Take a moment to contemplate the significance of your life.

What have you brought to the many people in your *circle of influence* just by being you? If you were to hand a microphone to the people in your life and ask them to share what you bring to their lives, what do you think they would say?

Using the **Blue Moon Legacy** map located in the forum *File Cabinet* under the *Additional Resources* file, make a few notes about the journey you've had in your life from a personal, professional, and spiritual perspective.

Who have you touched along the way? Give yourself the gift of seeing your own impact in this world - and write about it in your journal.

Working with the Journaling by the Moonlight Card Deck

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



Sharing Your Work:

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