

JOURNALING BY THE MOONLIGHT

A Creative Path to Self-Discovery

Facilitator Training Program



Module One

The New Moon: The Beginning of a Quest for Self-Discovery

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

~ Elisabeth Kubler Ross

Starting at the Very Beginning

Imagine being outside on a warm summer evening, looking up above and seeing dozens of stars scattered throughout the night sky. They seem to be sparkling with a magical energy that you don't quite understand, yet you somehow feel connected to it.

You sense that the stars "know" what your dreams are and what your passions are - and they're beckoning you to "follow your heart." They appear to have the answers - the answers you're searching for as you begin to ponder a the various elements of a creative business designed with your unique purpose and passions in mind.

In order to capture the magical energy and the amazing wisdom that will unfold for you over the next few months, I'd like to invite you to keep a *new moon vision* journal. This will be a special place where you can record your great ideas and log all the insight that will be given to you through contemplation.

Selecting Your Journal

For this program, select the prettiest, most inviting blank notebook you can find and make this your *new moon vision* journal.

You may even want to make a special outing just to select this book. Note the fabric or design of the cover - and the look and feel of the paper. Do you prefer ruled pages or unlined pages? And do you prefer a spiral-bound journal, a hardback journal or a softcover journal?

It's in the smallest of details that the flavor of life is truly savored. So treat yourself!

How Do I Record My Thoughts and Ideas?

If you're a list-maker, jot down any ideas or thoughts that come to you as you ponder your *new moon vision*. You can number your thoughts or just bullet them. This will help capture all those wonderful ideas swirling around in your head. And if you feel a need to elaborate on any particular idea, you can do that on a separate page.

For the storyteller in you, try writing about your *new moon vision* ideas. What do they look like? How do they make you feel? Who are you working with - and what creative things are you doing? What are you co-creating with the universe - and how is it showing up in your work? Try writing a descriptive paragraph about each thought and idea as it comes to you .

If you're someone who doesn't enjoy the act of writing, try drawing an image of some kind that reflects the idea in your mind. You may even want to choose a journal or a notebook with unlined pages and create a one-sentence or a one-word description for each drawing that you make. Allow the description to reflect the idea that's portrayed in the drawing. At the end of our training program, you'll have a beautiful collection of *new moon vision* images that may assist you in coming up with a business name or the theme of your next workshop or program - or with the design of a website, blog or newsletter.

Dedicating Your Journal

Before you begin recording your *creative thoughts and ideas*, take a moment to write a special dedication to yourself.

What's your intention for this journal? What would you like to see as the outcome?

On the first blank page of your journal, write your dedication - and make sure to date it.

Then sign the dedication, "*With love and gratitude*" - and sign your name.

Using the Moon as a Source for Emotional Contemplation

Like the moon, we all go through cycles in our lives. We have ups and downs, we go forward and back - and sometimes we seem to circle back around. We may hide behind the clouds or peek from beneath the clouds. But eventually, with support and self-confidence, we get to a point where we're able to beam with full light.

In astrology, the moon represents your true feeling nature - that which is concealed beneath the surface. Its influence in a personal birth chart illuminates your natural gifts, needs, emotions, and your style of relating to people and life scenarios. With guidance from the moon, an understanding of your emotional nature will unlock the door to your deepest feelings and hidden desires.

By exploring the meaning of the moon in an astrology chart, you can begin to answer life's vital questions. How do you naturally give and receive? What are your natural defense mechanisms? What are you looking for in your personal and business relationships? The moon sign in your astrology chart gives insight on how you naturally respond on an emotional level to people and situations - and on the ways you instinctively seek security.

As a facilitator, it might be fun to bring the elements of moon sign astrology into your work - *but it's not required*. If you choose to add this layer to your teaching, I highly recommend these books as good sources of information:

- **Astrology of the Moon** by Amy Herring - (Llewellyn Publications)
- **Secrets of Moon Astrology** by Teresa Moorey - (Godsfield Press)
- **Moon Tides, Soul Passages** by Maria Kay Simms - (Starcrafts Publishing)
- **New Moon Astrology** by Jan Spiller - (Bantam Press)
- **The Celtic Moon Sign Kit** by Helena Paterson (Simon & Schuster)

Moonlight Musing

Take some time to ponder the energy of your astrological moon sign. (*If you're unsure of what your moon sign is, send a private note to Tina with your birth information.*)

Does it resonate with you in any way? When looking at your personal and professional growth, do you find that your first emotional response is one that relates to your astrological moon sign?

Now look at the astrological house in which it falls and think about this area of your life. What is your emotional attachment to this? Where are you currently - as it relates to this part of your life?

Take some time to write about this in your journal.

The New Moon Phase

A new moon phase always brings a time of new beginnings.

- Where in your life do you desire a new beginning?
- What would you like to “reboot?”
- Where are you in need of a recharge?

As we look at the phase of the new moon, which is the *dark moon* – a period of time when the moon is not illuminated by the light of the sun - we begin to explore our current life status, triggering an awareness of any changes that are on the horizon. We begin to notice our emotions more - and how we feel about these transitions. The new moon can reveal potential emotional pitfalls, as well as possibilities of how we can regain our emotional balance.

This phase represents a time for retreating and withdrawal from the outside world. During the *darkness*, it's an opportunity to reflect on who we are – underneath the layers of life. It's a time to turn within and write about our inner thoughts and feelings. This is a potent time for both reflection on and acting upon soul desire.

The new moon offers us the occasion and a divinely-supportive opportunity to share our dreams with the power of our voices - our vehicles for expressions and co-creation.

This phase marks **the ideal time for connecting with our inner selves and our heart's desire.** By looking for the *light* and knowing that it's there, somewhere, waiting to be discovered – we can face our *dark moon* and reach a place where our personal reflection begins to shed its own *light*.

What wants to emerge? What wants to be born?

This is a time where dots start to connect and patterns start to reveal themselves – just as the stars do in the night sky. Everything has a place and everything has a purpose. Now it becomes our job to find our place in the next phase of life's journey.

Moonlight Musing

In your journal, describe your ideal *new moon vision*.

What is the *new beginning* that you truly desire for yourself?

What does it look like? What does it feel like?

Who are you *being* in this vision? What are you *doing*?

Who are you serving? How are you serving them? And how are they responding to what it is you're offering?

If you don't have a clear vision of your *new beginning*, jot down any ideas related to what you'd truly like to BE and what it is you'd truly like to be doing in this *energy of being* - without regard to money, time or resources. This will be a "*dream list*" - so don't be afraid to write what it is you truly desire. And notice who you need to become in order to claim your *unique dreams*.

Clearing the Space

I'd like to bring to your awareness how important it is to "*clear the space*" - both mentally and emotionally, so that new thoughts, new ideas, and more clarity can enter your mind.

If you can imagine for a moment, walking into a cluttered room and being surrounded by STUFF. You don't know where to begin or how to sort through it all.

It can be a real energy-zapper!

The same is true in the mind. When we walk around with rambling thoughts and no way to sort through them, we feel cluttered. We feel drained. We feel confused - and probably frustrated.

This is where a good "*mind dump*" comes in.

Setting a timer for ten minutes and writing from a point of view that allows you to answer the questions, "*What's in my mind right now?*" and "*What jewels of wisdom might be hiding in my mind clutter?*" - gives you an opportunity to clear the mind of clutter and clear the space for wisdom to emerge.

Often, when we're clearing the clutter - just as we do in a room, we run across a "*keeper*" - a nugget of thought or wisdom - that is worth holding on to.

Allow your intuition to guide you to that "*nugget.*"

Moonlight Musing

Don't set any intentions when doing this writing exercise. Just write for ten minutes and clear the mind. Then put down your journal, walk away for a few hours - and return.

After you "*dump your thoughts*" for ten minutes (or 20 minutes if you're feeling bold), take a breather - then return to your writing with a highlighter. Read through what you wrote and notice what jumps off the page.

What is your nugget of wisdom? What thoughts are worth keeping?

And how do they relate to your *bigger business vision*?

Make a note of any discoveries in your journal.

Release, Invite, Shift

Now that you've cleared the space with a good sense of what's important to hang on to - and what needs to be released, I'd like to invite you into an exercise that will help you organize this visually.

Using the ***Release, Invite, Shift*** worksheet - which is located in the *Moonlight Cafe File Cabinet* located under the *Share* tab (in the *Additional Resources* file), allow yourself to reflect on what your cluttered mind revealed.

Using this worksheet, allow yourself to ponder five things you want to release from your sacred space - anything that's keeping you stuck. It may be old beliefs or mindsets that are keeping you from moving forward. It may be situations, even people, who are

triggering the worst in you. Contemplate what you want to let go - in order to move forward and list them on the worksheet.

Also, think about what you'd like to invite into your sacred space - energies, mindsets, new beliefs, situations, people - who could help support a new beginning for you. Then list these on the worksheet.

And what within your sacred space, both internally and externally, needs to shift? Maybe it's your support system. Could you use a stronger one? Perhaps it's the way you exercise or sleep. Could you benefit from a better routine? Take time to consider what needs to be strengthened in order to manifest a *new beginning*.

Moonlight Musing

Once you've completed this worksheet, capture any insights you had in your journal.

Then reflect on what actions steps you can take to support the releasing, inviting, and shifting of these things.

What can you do immediately? What can you do on your own? Where could you use help from others? What might take a while - and why?

And how will all of this impact the *new beginning* you'd like to create for yourself?

Make note of your answers to these questions, then begin to take action.

Being in the Middle of Nowhere

A few years ago, there was an American television commercial that showed a sports utility vehicle driving through a remote mountain scene. And the voice-over said, "*You can find yourself in the middle of nowhere – or in the middle of nowhere you can find yourself.*"

Ponder this phrase for a moment. What do you think it means?

How could this apply to those who are facing a major life transition that feels painfully uncomfortable? Or how could it apply to those who are preparing for *new beginnings and fresh starts* that involve a sense of *unknowingness* about the future?

If we take a closer look at the first part of the phrase, "*You can find yourself in the middle of nowhere*" - we may feel like we're in the wilderness, far away from the usual landmarks. Our surroundings may feel barren, empty, or uninhabited.

In a sense, there is no “*there*” there.

And if you take it a step further, you might feel lost and unsure of where to go next – or how to get out of where you are now. It might feel confusing or a little scary, triggering a fear of the unknown or perhaps a deep sense of loss. And the indecisiveness about how to move beyond this “*nowhere*” place may feel dark and lonely.

When we look at the second part of the phrase, “*or in the middle of nowhere, you can find yourself*” - we may feel something totally different.

For example – when you find yourself in the wilderness, you have the opportunity to experience new insights about who you are and where you are going. This option has the energy of a vision quest or a retreat.

Being in this new place *in the middle of nowhere* is like traveling to a different land. The contrast between you and your life – and this new place – gives you opportunities to make new insights, new perspectives, and new awarenesses. The shift in space and time that happens when you enter a new land, a new frontier, or uncharted territory – allows you to make the leap to a new vision of and for yourself.

This presents a larger question that’s worthy of pondering.

Does being in *the middle of nowhere* trigger feelings of being lost? Or does it trigger a sense of wonder in you?

When we prepare to move into a **new moon phase**, there's an awareness that when one door closes, another one opens.

During a **new moon phase**, the sky is completely black, other than the surrounding stars. It’s the point in every month when the moon takes a retreat and begins to grow again, redoubling her light and reflecting new creative energy on the world.

New moons always bring new beginnings that stem from the internal desires we have bubbling just under the surface that are ready to take flight in the outer world. It marks an ideal time to acknowledge anything within us that’s been dormant and is now ready for more attention.

As you ponder the various parts of your life that are in need of more understanding, focus, and clarity, allow yourself to *feel your way through it*.

We often run from the emotional side of things, looking for ways to intellectualize what might be happening in our lives – and then we get spun up in over-analyzing to the point of draining ourselves of our own self-worth.

During any **new moon phase**, I invite you into an emotional connection with your own intuitive wisdom. Allow her to lead you out of anything that feels dark. By being fully present to your own voice, you'll be able to connect the dots of *light* that are already present in your life – the ones you're not allowing yourself to see.

Moonlight Musing

Make the most of your "*middle of nowhere*" moments by:

- (1) Giving yourself the time and space to be still.
- (2) Letting go of your need to know the answer. Shift your emphasis to knowing that you don't know right now.
- (3) Stimulating your soul - with poems, quotes, books, meditation, deep conversations, and long walks.
- (4) Asking yourself new questions, then stopping to listen to the answers.
- (5) Sitting in a space of willingness to see new images, hear new ideas, gain new insights, shift your perception.
- (6) Recording what you discover, taking your time to allow various layers of insights to come to you.

Use what you discover during this time to rewrite how you see yourself. Sometimes just one insight can shift not only how you see yourself, but how you want to live your life. This new thought could become the kernel of the vision yet to come.

What Are the Gifts in Darkness?

As poet Mary Oliver once wrote, "*Someone I loved once gave me a box full of darkness. It took me years to understand that this, too, was a gift.*"

It brings to our awareness the potential that *darkness* has in shedding light on life's lessons and the many gifts that would otherwise go unnoticed.

The *darkness of the moon* brings an opportunity to reflect on our life's journey by taking a closer look at who we are – underneath the layers of life. It's a time to turn within and write about our inner thoughts and feelings.

It's a time to ponder where we've been, how we got to where we are now, and where to go from here. It's an opportunity to explore new ways of thinking and to prepare for a new path of travel. It also marks an ideal time to go beneath the layers of who we are on the outside, connecting deeply with those parts of us that aren't as visible to the outside world.

The energies of the **dark moon** can feel especially potent. That's because they are. They represent the unknown and can send a magnetic pull to lure our willingness and our desire to find out – "*What is the gift in this darkness that is waiting to be discovered by me?*"

The first step toward this phase of *new beginnings* is the realization that there is a **gift** in everything IF we choose to see it.

It's a perfect opportunity to make a new discovery about yourself as you contemplate the next evolution of YOU.

Moonlight Musing

Allow yourself to reflect on a difficult time in your life - one that brought a myriad of challenges and a lot of growing pains.

From this current point in time, looking back on this period, what do you think the gifts were? What did you learn from this experience - and how did it help you grow and expand into the person you are today?

Take some time to write about this experience from the eyes of a much wiser self.

Exploring Life's Pivotal Moments

Fiction writer, Sandra Kring once noted, "*We work hard to disown the parts of our lives that were painful, difficult, or sad. But just as we can't rip chapters out of a book and expect the story to still make sense, so we cannot rip chapters out of our past and expect our lives to still make sense. Keep every chapter of your life intact, and keep on turning the pages. Sooner or later you'll understand why every scene, every chapter was needed.*"

Throughout our life journey, we encounter a variety of different experiences. We meet new people, we make friends, we get an education, we take certain jobs, we change our career, we explore certain hobbies, we find love, we experience break-ups, we make commitments to life partners, we have children, we lose loved ones, we get ill..... the list goes on.

When a life experience causes you to pause on your life path and take a different turn you otherwise wouldn't have taken on your own, it's called a "**pivotal life moment.**"

When you meet a person who changes your life in a significant way - or you give birth to a child - your life purpose path is altered. It sends you in a different direction. This is also called a "**pivotal life moment.**"

Pivotal life moments are those moments in your life where everything is forever changed because someone or some event or some decision crossed your path at a particular point, altering your life direction.

We've all had **pivotal life moments**, some welcomed - and others not. But no matter what the circumstances were, they changed our lives forever.

What were some of your **pivotal life moments**?

Moonlight Musing

For this exercise, let's explore some of the **pivotal moments** in your life.

In your journal, take some time to ponder 10-15 **pivotal life moments**. Allow yourself to look at significant moments that gave you incredible joy and happiness - as well as significant moments that caused you sadness, pain or grief.

Ponder your life as early as you can remember - up until now.

Look for those moments that caused you to pause on the path you were traveling - and that spun you around, sending you in another direction.

And pay particular attention to those moments that caused you great emotion - whether it was happiness or sadness, anger or relief, frustration or peacefulness, or maybe confusion or a profound sense of belonging.

Also, be sure to note any significant events that put you in a place of deep questioning.

As fiction writer, Sandra Kring points out - "*.... just as we can't rip chapters out of a book and expect the story to still make sense, so we cannot rip chapters out of our past and expect our lives to still make sense.*"

Your *life journey* does matter. It carries clues that reveal your North Star - that guiding light within you that has the ability to pull you through your darker moments and into the light of possibility. It's what I call the "*full moon within.*"

Working with Synchronicity

As you begin to ponder the direction you want to take in your *new moon vision* and what next steps are needed to get there, think back to the many messages that have been given to you from the universe. These messages usually present themselves as *synchronicities*, also known as positive evidences. These *synchronicities* may be meeting the right people at the right time, being in the right place at the right time - or seeing (or experiencing) something that feels right in that very moment.

The Merriam-Webster dictionary defines *synchronicity* as "the coincidental occurrence of events and especially psychic events (as similar thoughts in widely separated persons or a mental image of an unexpected event before it happens) that seem related but are not explained by conventional mechanisms of causality."

Synchronicities are always present - IF you're paying attention. And if you weave them together, they have the power to lead you in a particular direction that brings you a life of greater meaning.

Moonlight Musing

Take some time to think about the many signs you've received over the years, dating back to childhood, that pointed you in the direction of your passions.

As a child, what did you want to be when you grew up? What games did you like to play? What toys were you most intrigued by? What youthful experiences really resonated with you?

Now think about your life as an adult, are any of these childhood loves present in your life now? If so, describe them. If not, how did they disappear - and do you miss them?

Think about what experiences or encounters give you goosebumps. Think about the people you've met and the places you've been. What did you find most intriguing? What were you doing in those joy-filled moments? What was it that brought you excitement, happiness or eagerness?

How is all this showing up for you now? Is it present in your personal life? Is it present in your current work?

How might it play a role in your *new moon vision*?

Take some time to write about this in your journal.

Creating the Bigger Vision

Like the stars in the night sky, can you visualize your own *new moon* constellation? Can you see where your passions, interests, relationships, and experiences begin to connect?

Can you see a path that - *maybe for the first time* - makes sense? Can you see how one situation led to the next? Can you see how one person led you to an experience that provided you with some type of personal or professional growth (no matter how painful it may have been in the moment)?

Can you see how all the dots of *synchronicity* connect?

We all experience *life lessons* in many forms. And we're all pulled in a certain direction, much like a magnet - that isn't always clear in the moment, but somehow feels like it's the right thing to do or the right thing to experience - even if it puts us in darkness.

Moonlight Musing

Using a journaling technique called clustering, take a look at the list of passions you made in the last *Moonlight Musing*.

Then review your notes from your pivotal life moments - and the gifts you found in your darker moments.

What do all these things have in common?

Write that in a circle in the middle of a blank page (*this will become your "moon"*) - and begin to branch out your list by putting each thing in a smaller circle that connects via a line to the center circle (these will become your stars).

Once you've done 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.

Now work in any people or experiences that are directly related in some way, big or small, to your big circle. Draw a small circle around each of them with a line that connects to the bigger circle.

After you've finished this, hold the paper in front of you to see if you can visualize a constellation. If you see the circles connecting toward a larger vision - much like a constellation, do you see an overall theme?

If so, take a few minutes to 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 *New 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 *New 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.

Creating a New Moon Vision Board

In the *Moonlight Cafe Forum*, in the *File Cabinet* located under the *Share* tab, you'll find a copy of my special report, "*Creating a New Moon Vision Board*" in the *Additional Resources* file.

In this colorful report, I'll show you how to design an authentic vision through a creative, intuitive process of collecting images during the powerful energy of a new moon. The new moon phase is a time of new beginnings, fresh starts, and "reboots" of universal energy. Tap into the wisdom of our lunar goddess as you map out a vision that brings you light, abundance, and fulfillment.

And to set the stage for creating your *New Moon Vision Board*, I've added a special *New Moon* visualization in the forum *File Cabinet* under the *Visualizations* file.

** Please note that this is a recording from a previous **Purple Possibility** group, so please disregard the reference to the specific new moon energies at that time. The "clearing visualization" and the general new moon energy is what I'd like you to focus on.*

Sharing Your Work:

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