

JOURNALING BY THE MOONLIGHT

A Creative Path to Self-Discovery

Facilitator Training Program



Module Seven

The Last Quarter: Taking Baby Steps

It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward.

~ Old Chinese Proverb

Taking It One Step At A Time

As with any major endeavor, it can be quite exciting to create a vision and to see the many pieces that are necessary to carry it out. It can also be overwhelming if you try to take on too many pieces at once.

This is where the old adage comes in, "*take it one day at a time*" - which in this case means taking it one step at a time.

When we can slow things down and break our vision up into pieces, we begin to see the "*baby steps*" that are needed in order to move forward. Like a toddler who is just learning to walk, we literally take it "*one baby step at a time.*"

So take a moment to breathe - and begin to go forward, one small step at a time.

Moonlight Musing

Let's return to the path that showed up for you during the *Field of Purple Possibility* visualization in *Module Six*.

Looking at this path, notice the first few steps that are needed to move you along the way.

What are those steps? What do they look like? What do they feel like?

Take a moment to visualize these steps.

Then - with your vision in mind, bring your awareness to the very first step toward realization. Momentum is often found in the first step.

What is this first step?

Take some time to write about it in your journal.

The Last Quarter

In the **last quarter phase**, the moon is rapidly waning towards a new phase of life. This represents a time to move beyond the past and start working toward the activation of what lies ahead.

The **last quarter phase** is active and responsible. It's about reorientation, transition, and completion. It connects to the big picture focus of the *waning gibbous phase* - and also pertains to the instinctive body.

Intuition and sensory connections are strong now and the instinctive responses to the environment direct the final actions that are necessary to the fulfillment of goals. At this stage, any action taken is either one of changing a past action, behavior or thought pattern - or a step that is needed to realize a successful outcome.

The energy of this phase is stimulated by the five senses making every action essential and evident. It's an inventive time which supports the changing of a structure that has been built over time - and allows for manifestation of new visions.

In this phase, we are recognized for our accomplishments while accepting the responsibilities of our actions. We instinctively know the proper course, yet we still find ourselves asking, "*Where do I go from here?*"

It's now time to use what we have accomplished in the other moon phases to release any blocked energy that has prevented us from taking that first step.

Moonlight Musing

As you ponder your first step, pay attention to your energy.

Are you excited? Or are you nervous or afraid?

If there is anything at all that is blocking your excitement, take time to write about it in your journal.

Notice where this worry is coming from. What is it all about?

Are you going to let it stop you from moving ahead?

Taking Life One Day at a Time

We've all heard the phrase, "*Keep your eye on the prize.*"

This can be interpreted in many different ways – depending on what the "*prize*" means to us. But it usually requires some sort of vision that allows us to put the *law of attraction* to work.

This vision gives us the opportunity to become more aware of the *synchronicities* around us – which hold messages from the universe as well as our inner spirit, letting us know that we are indeed on the right path.

But when we're in the middle of a difficult transition, it's easy to get overwhelmed with the emotions of *"just getting through it."* That's why it's important to take a deep breath, adjust the speed in which our life is going, and put the focus on living one day at a time.

As Mahatma Gandhi once noted, *"There is more to life than simply increasing its speed."*



// **There is more to **life** than
simply increasing its speed.**

Mahatma Gandhi

Notice where you could benefit by slowing down the speed. If you can do this – moment by moment, hour by hour, day by day – things begin to change.

Have you ever watched a sunrise or a sunset? Have you noticed that the sun rises and sets bit by bit – and not in one fell swoop? This is nature's message to us – slow down and take it step by step, just like a baby who is learning to walk.

And with each baby step, we connect more and more with the power that's inside of us – putting us closer to living an authentic life.

Moonlight Musing

As you look at the **vision board** that you created in the last module, taking in each image and blending them into a whole - what is the first emotion that comes to mind? And how does it connect with the *life purpose statement* that you wrote?

With this in mind, imagine yourself in a field of wildflowers right before dawn. The moon is still in the sky and the sun is beginning to peek over the horizon. You sit quietly in the field – with the images of your **vision board** – and you release them into nature, one by one, like butterflies – flying high up into the sky. Each image flutters about – capturing the energy of the moon, the sun, and the wildflowers.

Then they fly back down to you, bringing the magical energy and wisdom of nature. They flutter around you - wrapping you in a circle of love and authenticity. You close your eyes and receive nature's gifts – brought to you by the butterflies.

How does this feel? Does it feel safe enough to stand up and take a first step toward your **bigger vision**?

Take a few minutes to write about this experience.

Creating an Authentic Path

Our own transformation through the phases of the moon allows us to move beyond the words and immerse ourselves in our dreams. We are capable of active fantasy now where we can write the screenplays for our inner journeys. But it's still up to us, individually, to transform the best of our visions into something that is real.

Know that you have the wisdom and freedom to make your own choices. And know that your inner spirit is both inspiring and encouraging as you begin to seek healthy outlets for your emotions and activities.

When communicating with or seeking guidance from your authentic self, know that she:

- Affirms your spirit
- Leaves you feeling confident

- Eases your insecurities
- Elicits your compassion for those around you
- Encourages self-love and acceptance of yourself
- Is honest
- Inspires you to be more generous and courageous

As you prepare to travel on your *authentic path*, how does it feel to have a deeper relationship with your *authentic self*? How does it feel to have expanded your spiritual boundaries with her?

She makes great a travel companion, don't you think? Take her with you and give her permission to lead the way.

Moonlight Musing

Sitting with your **vision board**, picture each image separately – waiting for you at the end of a path, gathered together as a big basket of fruit. Each piece of fruit represents a part of you – your hopes, your dreams, your desires, your passions. And assembled together, each piece of fruit becomes part of the whole basket, wrapped together with sparkling paper and a flowing ribbon. And there it sits waiting for you – when you are ready to claim it.

Now close your eyes and imagine that the pathway, leading to the basket of fruit, is made up of cobblestones - each stone representing a small step. You feel comfortable where you are and you feel no pressure to move ahead quickly. You sit there with the first cobblestone, pondering where it might take you today. You can see the fruit basket in the distance and you know that it will be there when you get there.

You feel confident and comfortable with the intention of taking one step at a time at your own pace. So you take a deep breath and take one small step forward.

As you stand on the cobblestone, breathe deeply – several times – breathing out what you left behind and breathing in the energy of what's ahead of you – in the fruit basket.

As you feel yourself beginning to connect with the energy of this first cobblestone, what images come to mind? Spend a few minutes pondering the meaning of them.

Now open your eyes.

Holding the energy of the first cobblestone - what **small step** can you take today that will move you toward your **bigger vision**? Write about this in your journal.

Seeing the Parts of the Bigger Vision

Standing on the first cobblestone, take a moment to look ahead at the *bigger vision*.

Notice the different parts of what would bring this into reality. How do these parts, themselves, represent mini-visions - each requiring their own set of steps?

Can you see how the different parts, when focused on separately, add to the magnitude of the *bigger vision*?

Begin to contemplate the different parts of your vision - and map out the steps within the parts that lead to completion of that segment.

Moonlight Musing

Return to your *Constellation of Possibilities* visual map from *Module Six*.

In the center circle marked, "*My Purple Diamond Vision*" - describe your bigger, overarching vision.

Then begin to contemplate the different parts of this vision that will bring it into reality - and note these parts in the surrounding stars.

After mapping out the various parts, allow yourself to ponder the specific steps needed to carry out each part of the vision as a separate entity.

Setting Intentions That Are Manageable

As you look at your *Constellation of Possibilities* map, allow yourself to be guided to the star that feels most significant for right now. Which star/part needs to be addressed first?

Now take yourself back to your cobblestone path, visualizing that specific part emerging in front of you. As you look at the cobblestones that pave the way toward manifestation of that particular mini-vision (the part you've chosen), notice the cumulative effect of a series of smaller choices and how powerful and far-reaching they are.

As with any type of project, we have to make our intentions manageable by detailing the specific steps that will carry us to our vision. Managing one small action at a time can reshape outcomes, reform negatives, and rebuild relationships.

Moment-to-moment choices are often habitual and as telling as a fingerprint. Just as the chromosomes of a single cell are the blueprint to an entire organism, the most innocuous behaviors define the whole person. We are creatures of habit. But one way to improve

your life is to identify, understand, and manage the patterns of thought and behavior that originally shaped it. How could you take a different approach this time?

As we monitor our thoughts and behaviors, let's focus on the myriad of seemingly inconsequential choices we make daily. Accumulated micro-choices add up. Applying intention to these choices enables change to occur - change that allows us to live the life of our dreams.

Telling the truth about our thoughts, values, feelings, desires, beliefs, and behaviors helps establish new and useful means of exploring issues and circumstances that compose our lives. Such discovery is largely useless when not followed up with intentions – a commitment to specific tasks that, together, build toward creating a bigger vision.

What intentions can you set toward living a purpose-filled life? What small step can you take today – and every day – that will put you closer to living the life of your dreams?

How can an awareness of the *synchronicities* in your life (and within your transition) support the steps you take? And how do these steps connect you to your bigger vision?

Moonlight Musing

As you look forward on the cobblestone path, focus on the fruit basket that is waiting for you at the end. In an effort to move a little closer, what intentions would you like to set for the near future?

Think of five things that are realistic for you and write those down.

How long do you think it will take you to realize these intentions? Would you like to commit to a date for each intention? If so, write it down.

Now look a bit further ahead. What else do you see? Are there other steps that you would like to reach – with the realization that they may take more time? If so, write them down.

Now, in your journal, draw a sketch of a cobblestone path with a big, beautiful fruit basket waiting at the end. Inside each cobblestone, write your intentions – both in the near future and further out. Color the fruit in the basket, using your favorite colors.

Now add some grass to the path – around the cobblestones – and a moonlit sky. Will the moon be a crescent moon, a waning moon, or a full moon?

When you're finished, take a look at your path and write one sentence that describes how you feel in this moment. Write the sentence at the bottom of the page.

Tending to Your Creative Garden

As with any project, just like a flower or vegetable garden, it needs our attention - whether it's focusing on daily tasks, maintaining our ongoing momentum, or adjusting and tweaking it when necessary.

And quite honestly, unless we have a team of people supporting our project, its success depends on us. So how can we make it all manageable for us - as the project manager?

This is where breaking it all down into manageable parts is key.

Moonlight Musing

In the forum *File Cabinet*, under the *Additional Resources* file, you'll find a *Tending to Your Creative Garden* visual map.

Use this document to map out the various steps for each part of your **bigger vision**.

In the center circle, describe a specific part - and begin to map out the steps, from the outside going in, that bring this particular mini-vision to fruition.

Then commit to taking action on the steps that are needed to manifest this mini-vision.

You can print out several copies of this map and use it to sketch out the different parts of your vision. Then allow yourself to organize them, putting them into an order that is based on priority or your own personal momentum.

Working with the Journaling by the Moonlight Card Deck

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



Sharing Your Work:

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