

# JOURNALING BY THE MOONLIGHT

## *A Creative Path to Self-Discovery*

### Facilitator Training Program



### Module Six

#### **The Waning Gibbous: Seeing the Bigger Picture**

*Don't ask what the world needs. Ask what makes you come alive, and go do it.  
Because what the world needs is people who have come alive.*

*~ Howard Thurman*

## What Makes You Come Alive?

Think about this question for a moment. It's a great one to ponder during the **waning gibbous moon** phase.

What makes you kick up your heels and dance or skip with joy? What is it that you gravitate to for a bit of inspiration? What is it that makes you want to jump out of bed in the morning?

Is it alive within you now? Do you surround yourself with it? Do you immerse yourself in it?

What is the IT that makes you come alive?

And how prominent is IT in your bigger vision?

### *Moonlight Musing*

What makes you come ALIVE?

Is there a physical place in the world that triggers your *aliveness* every time you visit? Is there a certain setting or environment that inspires you?

Are there certain people in your life who light you up every time you're with them? How do they serve as mirrors for you - reflecting back the light that is within you?

What types of things inspire you? What activities do you engage in that spark a joy within you?

Is this spark *alive* within you now? How present is it in your life, both internally and externally?

Take into consideration all of the places, people, and things that inspire an *aliveness* within you. What do they all have in common? Is there a theme that runs through all of them?

What does this theme tell you about YOU?

Take some time to ponder these questions in your journal - allowing yourself to really connect with what ignites a feeling of being *fully alive*.

## **Pulling Together the Pieces of the Puzzle**

During the full moon phase, we experienced what it would feel like if we could live an authentic, purpose-driven life. Now the full moon begins to close its curtain as it moves into the *waning gibbous phase*, going into a place where the vision becomes bigger and the groundwork is laid.

This is a time for visualizing our dreams on a bigger scale - and for taking action and laying out our plans to make this way of living a reality.

What would you like to see as the end result? And what are the scenarios that are needed in order to achieve it?

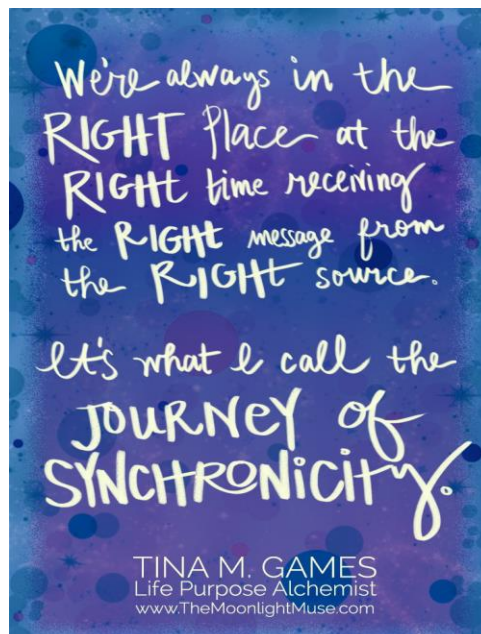
The idea is very simple. All great things are created twice - first in the mind and then in reality. First, we must get clear on what we want. Then we begin to create it in reality.

Think of building a house. What's the first step? Typically, we discuss our ideas with an architect who will then create a blueprint – rather than bringing in a construction team to build it blindly.

So with this in mind, I'd like to invite you to review all the *synchronicities* that have occurred in the past few weeks as you've worked with the content in this program. Go back through your journal and highlight them using a favorite color.

Who were some of the people you encountered along the way? What were some of the messages you received? What were some of the insights that came to you? What did you discover about yourself?

Consider this quote as you ponder your path of *synchronicity*.



This is all part of connecting the dots and creating your personal constellation - just as the stars do in the night sky. Everything suddenly becomes part of a bigger meaning and part of a bigger message sent to you by the universe and filtered through the wisdom of your *Inner Goddess*.

### *Moonlight Musing*

Sit with your journal for a few minutes, re-reading your entries from the past few weeks - and highlight any insights, patterns, and messages that make themselves visible to you. What *synchronicities* do you notice?

Make a new journal entry and record any *synchronicities* you discover and ask yourself, “*What connections do they have with each other?*”

With these *synchronicities* in mind (and through the eyes of your *Inner Goddess*), jot down anything you would like to accomplish in the next 5, 10, 20, 30 + years.

Think about your life as a whole - and list everything you’d like to do, see, hear, feel, touch, and taste. Feel free to include other people (and any animals) in your list.

Once you’ve completed your list (*it can be as long as you’d like*), decorate the page (or pages) with your favorite colors – and feel free to add any stickers that your *Inner Goddess* may be drawn to.

And for the next couple of days, take a look through a variety of magazines and printed publications - and cut out any images that you see which reflect the things on your list.

With clear desires in mind, look for the exact pictures which portray your goals. For example, if you want a house by the water, then flip through the pages of a home magazine until you find something that represents that. If you want to start your own business, find images that capture that dream for you. If you want to learn how to play the guitar, then find that picture.

When you’ve collected enough images, put them inside of an envelope or tuck them inside your journal. They will be needed for one of our next *Moonlight Musings*.

### **The Waning Gibbous**

When the moon is waning, it represents a time for bearing fruit and participating with others, and letting go of any plans or old patterns that aren’t in sync with the authentic self. This phase is receptive and demonstrative – and is about communication, sharing

resources, and being open to transformation. It connects to the feeling-moving body, yielding to the power of what is felt to be significant - using it as a propelling force for distribution of gifts, talents, and a bigger message.

At this stage, feelings need to be shared with others. The energy of this moon phase pertains to motion as an offering of belief is made. There is a need to align the personal vision with the needs of the whole and to gain perspective.

The **waning gibbous moon** phase brings us an opportunity to step into the bigger picture of our own inner light - seeing its effect on a larger scale.

What does it look like when we embrace the gifts of who we are? What does it feel like when we're *fully alive*? Who and what are we impacting when we live life *wide open*?

Allow yourself to see and feel the bigger vision - and notice the *ripple effect* that you create when you step into the bigness of who you are?

Once you've connected with this bigger vision, notice the path that you need to take in order to get there. As you look out onto this path, what do you see? What feels important to know before embarking on this path? What do you need to take with you in order to feel prepared for this visionary journey?

During this phase, it's important to share our vision with the universe and ask, "*How do my personal goals contribute to the welfare of the collective?*"

Review the feelings that emerged in the first quarter moon phase and allow them to blossom in the **waning gibbous** – which can bring illumination to the influences of the entire lunar cycle.

This phase can affirm that our present world of dualities and evolutionary struggles can offer opportunities, which lead to heartfelt expansions of consciousness.

### *Moonlight Musing*

Ponder some of the things you would like to accomplish in the next year, both personally and professionally.

What feels within reach? What feels so close you could taste it?

What feels like a bit of a stretch, yet highly-desirable? Imagine what it would feel like, one year from now, if you could lay claim to this desire?

Make note of these things in your journal.

## **Giving Life to the Vision**

In order to attract what it is we truly want in our lives, we must be clear about our desires and intentions. Sometimes these can be hard to put into words. This is where a vision board will come in handy. It's great for setting intentions.

Vision boards are very powerful tools when used in conjunction with the *law of attraction*. When we send out a clear vibrational energy of, “*This is what I most desire*” – we’re activating the *law of attraction* and we begin to attract what it is we want.

A vision board (also called a creativity collage, a treasure map, or a visual explorer) is typically created on a foam or poster board on which you paste or collage images that you’ve torn out from various magazines and printed publications. The idea behind this is that when you surround yourself with images of who you want to become, what you want to have, where you want to live or where you want to vacation, and who you want to share it with - your life changes to match those images and those desires. The images add feeling to your intentions and clarity to your desires.

The vision board, with its larger picture, will represent your desires and intentions in all their magnificence. It will show the many pieces of the puzzle – that fit together to create one over-arching vision.

Before you begin to create a vision board, light a candle and sit quietly with your intentions - of what it is you want to attract. With gentleness and openness, ask yourself what it is that you want to manifest. And take a few minutes to be with whatever pops into your mind.

This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can create your vision more clearly.

Inspirational speaker and author Wayne Dyer says, “*When you change the way you look at things, the things you look at change.*”

The vision board, with its larger picture, will represent your desires and intentions in all their magnificence. It will show the many pieces of the puzzle – that fit together to create one over-arching vision or a bigger dream.

And in order for our dreams to come true, we need a clear vision of what that looks like. We need the bigger vision in order to create the steps to get there.

### ***Moonlight Musing***

How clear is your bigger vision? How wild is your wildest dream? Who do you see yourself becoming? What do you really want to do? Explore these questions with depth.

## Two Types of Vision Boards

In creating your *vision board*, there are two versions that you can consider (depending on where you are with your clarity). Ask yourself, “*Do I know exactly what I want?*”

If the answer is yes, begin process number one. If the answer is, “*No, not exactly – the vision is still a bit fuzzy*” – then begin process number two.

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### ***(1) The “I Know Exactly What I Want” Vision Board***

Create this type of *vision board* if you’re very clear about your intentions.

With your specific desires in mind, look for the exact pictures which portray your vision and arrange them in a way that captures a snapshot image. For example, if you want a vacation home - and more specifically, a log cabin by a lake with a backdrop of mountains, then look for the exact image that portrays this desire.

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### ***(2) The “Opening and Allowing” Vision Board***

Do this *vision board* if:

- You’re not sure exactly what you want
- You have a vision of what you want, but are uncertain about it in some way.
- You know you want change, but don’t know how it’s possible.

To create this *vision board*, go through magazines and tear out images that delight you. Don’t ask why. Just keep going through the magazines and look for images that “*speak to you*” in some way. For example, you may see a gorgeous garden picture, but you have no idea how it fits into your vision. But because you’re “*opening and allowing*” the energy to manifest, it may turn out that you’re drawn toward attending an outdoor retreat at some point - in a beautiful garden setting.

The *Opening and Allowing Vision Board* can be a powerful guide for you. Sometimes our egos think they know what we want, and lots of times those desires aren’t in alignment with who we really are. So this process goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passions.

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So set your intention, create a vision board around it - and release it to the Universe!

## *Moonlight Musing*

It's time to create a **vision board!**

Using the *law of attraction*, you'll be creating a snapshot image of your hopes, dreams and desires – and sharing it with the universe (the more we share with the universe, the more it shares with us).

For this creative project, you'll need a piece of foam board or poster board, a glue stick and your magazine images.

Carefully assemble the images you've collected on your board (in a way that works for you). This will be a collage, so try not to leave any blank space on the board (every spot will be covered with an image – and images will overlap).

Once you've assembled them, glue them on the board - and put it in a place where you will see it often. The law of attraction will start to work its magic and the *synchronicities* will start to increase.

And take a few minutes to write about what you see - as a whole - in your **vision board**.

Look at every inch of your board and record the first thoughts that come to your mind.

The more you put these energies out into the universe, the more they manifest.

## **Creating a Life Purpose Statement**

A *life purpose* is the context or vessel in which you build your life. It's this context that contains our daily lives - and shapes and directs our actions. It's a way of being or a vision that inspires what you do.

The most powerful *life purpose* statements are a compilation of three elements:

- 1) the vision you hold for what's possible for yourself and the world
- 2) your core values (what matters most to you)
- 3) the essence of your being (who you are and what people count on from you)

As you craft your own *life purpose* statement, consider the following questions:

- *What do you love to do?*
- *What kind of people do you love to be with?*
- *What are some of the things you could do to give yourself the opportunity to spend more time with these people?*



- *If money, time, energy, and talent were unlimited, what would you do with your life and who would you be?*
- *Who are some people that you greatly admire?*
- *What is it about these people that you admire?*
- *What values are important to you?*

Your life purpose statement will become the basis for creating a purpose-filled life. It will help guide you toward living a life filled with meaning and to make decisions from the eyes and heart of the authentic self.

### *Moonlight Musing*

Using your vision board, create a life purpose statement (in first person) that best summarizes (or blankets) your ultimate life dream (or heart's desire). This can be one short sentence or one long sentence. It doesn't matter as long as it represents exactly what you want for the rest of your life.

Here's an example: *"I live a life filled with joy, compassion, creativity, and appreciation for all that is unique and beautiful in the world – and without a need for perfection or judgment of myself or others."*

Once you've developed a statement, write it on a piece of colorful paper, decorate it and paste it on the back of your **vision board**. This will become your mantra for daily living as you continue to absorb the images you assembled for yourself.

And beware – your *synchronicity antenna* will be on high alert!

So pay attention to the signs!

### **Bringing Color into the Vision**

Reflecting on the color of your *authentic vibration* (the color you chose for yourself in the last module), take a moment to feel what life would be like if you chose to live through your vibrational color.

Allow yourself to emotionally connect with this color - a color that makes you feel really good. It doesn't have to be a color that you have in your wardrobe. It's a color that when you see it, it lights you up - triggering an emotion within you that sparks a deeper awareness, a larger purpose - a color that lights you up and makes you feel *on purpose*.

Give yourself permission to see the many **possibilities** that could unfold for you as a result of *"living in authentic color."*

Notice how everything shifts, internally and externally, when you make the decision to show up "*in color.*"

How could you express yourself through this color? What creations could be birthed through you via your "*color filter?*"

Imagine a *colorful vision* for yourself!

### *Moonlight Musing*

In the *Cafe File Cabinet* under the *Additional Resources* file, you'll find a *Constellation of Possibilities* visual map.

In the center circle, you'll see the word "*My Purple Diamond Vision.*"

Begin to contemplate the bigger vision you see for yourself, both inner and outer.

We'll be working more with this map in the next module. But for now, begin to imagine the many possibilities that support a bigger vision for you.

### **The Inner and Outer Purpose**

We've become a society that is constantly looking on the outside to make things right. But true healing, true self-love, true compassion begins on the INSIDE. When the inside is right, everything outside will naturally fall into place.

This is what I call the "*inner purpose.*" It's a significant part of our **life purpose legacy**.

All of our ripples in the outer world stem from our "*inner purpose.*" They're a direct reflection of how connected we feel on the INSIDE.

The *inner and outer purpose* are intended to work together in an energy of congruence, creating a life theme that is present in everything you do and in everything that you are.

This is the thread that has been running throughout your entire life. This is the thread that continues to show up for you today. This is the thread that weaves together your "personal tapestry" - your *inner* and *outer* experiences.

How is it showing up within you? How is it being expressed through your emotions and in your thoughts? How is it being expressed through your relationship with self? ~ This is your "*inner purpose.*"

How is it being expressed in the outer world? How is it showing up in your creative work? How is it impacting what you choose to give to others? How does it inspire your relationships with others? ~ This is your "*outer purpose*."

How aligned is your *inner and outer purpose*?

### *Moonlight Musing*

Let's take a moment to reflect on your work in this module.

What have you learned about your **life journey** - that is impacting where you are now? And how has it brought you to your current crossroad?

What is the **life theme** that has emerged for you? How does it thread together *your inner and outer purpose*?

**And how does this theme inspire your bigger vision - and what's possible for you?**

Allow yourself to deeply connect with these questions, allowing the wisdom to pave the way for the next phase of self-discovery journey.

### **The Field of Purple Possibility**

It's time to return to the **Door of Purple Possibility!** 😊

As you prepare to map out a path that honors your *bigger vision* (which will be our focus in the next module), I'd like to invite you into a field of **possibility**.

Imagine a beautiful field of lavender flowers - with yourself in the center of the field, surrounded by many **purple possibilities!**



Notice, just over the horizon, the dawn beginning to rise. You see the sun peeking through the tree.

This is YOUR new beginning! And you're surrounded by LOTS of **purple possibilities!**

So where does the **Purple Possibility Path** begin for you?

### ***Moonlight Musing***

In the *Cafe File Cabinet*, you'll find a special visualization (under the *Visualizations* tab) titled, "*The Field of Purple Possibility.*"

*\*Please note that this is a previously-recorded visualization from my Purple Possibility Studio, so disregard any references that were specific to the group at that time. It's the visualization that I'd like you to experience.*

Take some time to listen to this visualization and note what comes to you as you return to the **Door of Purple Possibility.**

What path emerged in front of you?

What wisdom did you receive? And how will it impact your next steps?

Take some time to reflect on your experience 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 *Waning Gibbous* 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 *Waning Gibbous* 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.



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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 **Waning Gibbous** 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.