

**INNER PEACE
PARENTING**
— *magazine* —

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Intuition

**INNER PEACE &
PARENTING**

THEY KNOW YOU
Psychic Kids

Power of Ripple
WOMEN HEAL WORLD

TEST YOUR INTUITION
Three Thoughts

Champion Children
HAPPY SUCCESSFUL GRACIOUS

TAKE CARE OF PINEAL GLAND
Access Higher Planes

How much do you use your 6th sense?



The Power of the Ripple Effect

How Mothers Living on Purpose Heal the World

By Tina Games

Imagine for a moment a pebble thrown into a pond. It creates a ripple that goes on and on and on.

I believe that mothers are a significant part of the *ripple effect* - that will transform the world into a more loving, more nurturing place.

When a mother is living life with complete authenticity, she's subconsciously giving permission for her kids to do the same.

She's truly at her best - creating powerful change for herself, her family, her community - and for the world at large. It's all part of "*the ripple*."

But what if something goes awry - and "the ripple" stems from a place of frustration, confusion, disconnect or unhappiness?

My transformational work with mothers came out of my own experience of connecting with the moon during a dark period in my life.



Shortly after the birth of my first child, and after making some fairly significant life changes at the same time, I fell into a period of depression.

I hadn't realized until this experience how much of my identity was tied into things that were outside of me, like my career.

Without it, I felt very lost and very unhappy.

It was during this time that I fell back on a great passion of mine - journal writing.

So night after night, I'd grab my journal and retreat to my favorite chair - beside a big bay window where I caught a glimpse of the moon.

It was the moon that taught me the meaning of transition. I'd watch this beautiful lunar goddess, night after night, move in and out of her various phases, from darkness into light. And before long, I began to connect her phases with my own emotional tides.

So when I came to the point of writing my book, *Journaling by the Moonlight: A Mother's Path to Self-Discovery*, I wanted mothers to realize that every human transition begins in darkness and gradually moves into light, where we get a glimpse of what is possible.

And then we retreat, to ponder the many ways we can manifest these possibilities into reality.

This requires deep work, where we step into our own truth and into our own power - and where we can emerge in the most authentic way possible.



This is what I call the Blue Moon phase - when we finally realize that we are here on this Earth to be WHO we are, to put our personal thumbprint on the world in the most truthful, most authentic, most unique way possible.

And because moms are natural role models, our kids are observing all the time. There's a lot of truth in the saying, "Monkey see, monkey do."

In other words, when a mom is modeling the value of following her heart, her kids *get it* - much more than they would if she was just saying it.

Kids feel energy. They know when a person is happy and when they're not.

So why not be happy - and let the *ripple* flow?

Wouldn't the world be a much better place if we were all following our hearts? If we could truly live life with passion and purpose, everything would have a richer and deeper meaning.

It would create a *ripple* of positive and loving energy that could literally heal the world.

Each and every one of us has the power to create great change in the world. And this change has the most impact when we begin with ourselves - looking in the mirror and honoring the person who is staring back.

WHO is this person?
Do you really know her at her core?
If you were to remove every label that she wears - mother, wife, partner, community leader, business owner, loyal friend, etc. - who is she?

Imagine for a moment - each of these labels being a blanket.

Slowly remove each blanket, acknowledging the label it represents, and set it aside.
Continue doing this until you have no more labels except - SELF.

Who is SELF? Take a moment to describe SELF from the inside out. How do you feel when you're not bombarded by what the world thinks you should be?

What are your passions? What are your dreams? What makes you come alive? How does this person - from the inside out - want to show up in the world?

These are great questions to ponder in your journal, allowing yourself to answer them - truthfully and completely.

When we start chipping away at the exterior labels, what do we look like on the inside? What is our "diamond in the rough?"

Once we discover this, we've connected with our authentic self. And it's from this place where purposeful, powerful and magical ripples are created.

What kind of ripple are you sending out?

Through her signature coaching programs, based on the phases of the moon, Tina gently guides women from darkness to light as they create an authentic vision filled with purpose, passion and creative expression. For more information about her work please visit:

www.JournalingByTheMoonlight.com
where you can receive her 12 best tips for journal writing.



Tina Games

*Author of of **Journaling by the Moonlight: A Mother's Path to Self-Discovery** (an interactive book with an accompanying deck of 54 journaling prompt cards). As a certified creativity coach and life purpose intuitive, she is the "Moonlight Muse" for women who want to tap into the "full moon within" and claim their authentic self, both personally and professionally.*