



Working With Earth Wisdom

How to Use Earth Wisdom to Support Your Inner Wisdom

Tap into Your Daily Divine Ritual:

Women who are living their truths create a Sacred Ritual Time each day to slow down and tune into their soul's wisdom.

Create an appointment with your Soul over the next 7 to 10 days.

Try to do this at the same time each day. Look at the calendar and put that appointment on it ~ and KEEP IT.

Remember, your soul is your best friend ~ would you stand her up? Morning's are great for intention and visioning. Evenings are powerful for reflection and gratitude. (Refer to Lesson 2 in Living Your Truth Membership for Creating Soul Success!)



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Using Your Calendar

Your calendar keeps track of everything. It can also keep track of embracing the Divine Cycles of the Earth.

~ Place on your Calendar (or sub-calendar) the moon cycles

Two resources for this are:

Strictly dates/times:

<https://www.timeanddate.com/moon/phases/>

<https://www.calendar-365.com/moon/moon-phases.html>

<https://www.space.com/18880-moon-phases.html>

Full Moon (2018) with interesting facts about each:

<https://www.space.com/16830-full-moon-calendar.html>

*Double Bonus points if you put a notation by each of the powerful energy it carries

~ Place on your Calendar (or sub-calendar) the Seasonal Solstice Cycles.



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Using Your Calendar

Look at your next big project coming that needs to be created and calendarized.

Look at the moon cycles on your calendar. Is there a way to plan, implement and celebrate this around a moon cycle? If so, do it!

If not, that's ok! Just have more patience with yourself and the process as you become aware of which cycle you are in as you are moving through the project. Typically, you can always find some aspect of a project that correlates with the moon's energy. That is where your focus (and joy) should be!



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Using Moon Energy in Your Bedroom

Using Your Bedroom to Harmonize with the Energy is a practical approach to creating connection to the energy of the moon. When people slept under the stars, women harmonized their monthly cycle during the new moon. They moderated their activities with the it's phases.

Since we have become separate from nature and sleep indoors, our body rhythms no longer are in synch. We are out of balance with nature.

You can harmonize your body rhythms! To do that.

~ **During the New Moon** (when it is at it's darkest), make your bedroom as dark as possible.

~**During the Full Moon**, sleep with a small nigh-light.

There is a sacred space deep within that will respond to this. Make sure you put a note on your calendar to do this for 3 to 4 cycles and see what magically happens!



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Creating Moon Rituals

Another way to integrate your own inner cycles with the moon's rhythms is to create moon rituals. This kind of ceremony uses the moon as a focal point so that you can step into a more expanded level of awareness.

You do NOT need to have years of training to create a ceremony! It is a symbolic event, and the best ceremonies are created out of intention from the wisdom of your being.

Beginning rituals and ceremonies can often feel awkward. Push yourself past that point and the sacred within will lead the way. Go past the rational way of thinking and step into the majesty of the ceremony!

Ceremonies can be elaborate or quite simple. They can be done on your own or you can gather soul sisters and create one together. Whatever way you do them, do them with the utmost intention using the energy of that particular moon phase as a guide.



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Creating Moon Rituals

Simple Modern Day Rituals:

1) Honor the Moon: Stand at a window (or outdoors). Lift your arms to the moon. Feel the energy surge and fill you. Women have done this for centuries. If you are new to Moon Rituals, it is best to start this with a Full Moon to fully feel the energy.

2) Take a Moon Bath: Bathe in the moon's energy. Sit in the light of the moon and feel it infuse your being. Dance in it's light and feel it energizing you. Hug yourself beneath it's beams as if it was wrapping you in it's arms. *Allow the healing energy of the moon cleanse your mind, emotions, body and spirit.*

3) Go on a Moon Quest: Create a circle of stones and sit inside of it. Enter the circle from the east. Honor the four elements and their directions. Sit. Call upon the Goddess of the Moon to be with you and show you signs of support for the upcoming cycle.

4) Create Moon Water: Leave water out in the moonlight. Use a glass pitcher. Surround the base of the pitcher with crystals if possible. Drink it knowing that it is activating your dreams, intuition and femininity.