The Moon She Rocks You

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Name

THE Moon SHE ROCKS YOU:

Revealing the Secrets of Women's Inner Emotions

MANUAL and WORKBOOK

Gurutej Khalsa

Self-Connection

The Clitoris

The Clitoris Moon Center is about socialization. In the Clitoris Moon Center, you are talkative, just like when in the Lips. But the energy of this Center makes you want to socialize and have fun not just talk to talk.

When you are in the positive aspect, you want to socialize and have fun. We are not talking about orgies here! Socializing here means going to parties, having meals with your loved ones, connecting with other people, etc. In the challenged aspect, you get very cliquish and clannish. You only want to be around people whom you feel safe with or people you are used to. When you are in the neutral aspect of the Clitoris Moon Center, you feel like you have the capacity to lead and uplift all of the people around you with your capacity to connect deeply. Your presence, your capacity, how you speak, and how you connect is very uplifting. You get things done effortlessly for the benefit of all. How do you do this best?

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Remember, you will always have people who will stay with you in your corner, and that's not bad, but they can also be the shackles that keep you from achieving what you've always wanted to do. How do you want to interact with others? See this and speak to yourself about this perception here and now. What is your Heroine's journey?

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When the moon is in the Clitoris, which aspect do you tend towards?

How do you feel when you are in the challenged aspect of the Clitoris?

How do you feel when you are in the positive aspect of Your Clitoris ?

How do you experience the neutral aspect of your Clitoris?

When the Clitoris Center is challenged, what can you do to avoid fear of new connections and making leaps?

When the Clitoris Center is challenged, you can start getting to creative by moving your body freely—planning a get-together, party, event, or a fundraiser. What will you do?

What activity or exercise will you enjoy doing to empower the Clitoris?

If you feel really empowered, you will take charge of whatever situation you find yourself in and become the leader. How does this tend to happen for you?

How do you want to interact with others?

Where the Clitoris Center is in the neutral state, you can lead and uplift all the people around you with your charm, your skills, and charisma. You get things done effortlessly for the benefit of all. What does that feel like to you?

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Perceived pain: Ex. I will only work on this project with my friends in the office.

Please write your biggest perceived pain that has to do with socializing or your lack of it.

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Positive Action point question: Ex. Ask suggestions or advice about the project from your colleagues.

Please write your answer on how you can deal with this perceived stressor.

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What is your personal understanding about the Clitoris Moon Center?

Self-Connection

The Membranes of the Vagina

The most interesting Moon Center is the Membranes of the Vagina. This Moon Center is all about connection to one person or to the world. In the positive aspect, you feel social for a cause. You long to be connected with something or someone. When in the challenged aspect, you feel hopeless as if you were nothing. You feel like a complete zero. When in the neutral aspect of this Center, whatever happens does not affect you at all. You are extremely calm, cool, and connected.

You are also feeling social in the Membranes of the Vagina, but in a different way. You are social for a cause. You can be in a very neutral space and see beginnings and endings as the same. Write about your experiences with this feeling. This is the most intuitive of the lower centers. It talks to you about you and how you interact with the world and intimate others. Those you can welcome and those you should move sometimes run from. Do you listen to your membranes? What do they tell you?

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When the moon is in the Membranes of the Vagina, which aspect do you tend to find yourself in?

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When your Membranes of your Vagina is challenged, how do you feel?

When you find yourself in the positive aspect of the Membranes of the Vagina how do ou experience that?

How do you experience the neutral aspect of this Moon Center where deep neutrality resides; where you care but take nothing personally?

When the Membranes of the Vagina Center is challenged, what can you do to avoid deffness to yourself?

Which of these exercises are your favorite? Why? How will you incorporate it into your life?

This Center can teach you to understand the infinite pulsation of everything. You get to know yourself and plumb the depth and the vastness of you. Write about what gives you that feeling; that experience. Is it something you can replicate?

This Center allows you to understand that you will always be connected to a person, place, or thing. It may look like it's either coming or going, but you know that it was a part of you and so will it forever be. Write about your experience with this.

The Membranes are actually little think tanks and they talk to you when you need guidance. The Membranes also allow you to find out what you need in life so this Center can stay juicy, alive, and neutral. What we need to avoid here is numbness. What do your membranes say to you? Do you consult them? Do you trust their wisdom?

Perceived pain: Ex. I have to travel and work allot and feel like I never get to see and be with my friends? It's grinding?

Please write your biggest perceived pain that has to do with your connection to others of lack of it.

Action point question: Ex. What can you do to bring back excitement when traveling and meeting new people and situations?

Please write your answer on how you can deal with your perceived stressor.

What is your personal understanding about the Membranes of the Vagina?

For more information about Gurutej Khalsa's materials, go to the following websites:

www.Gurutej.com