

The Moon She Rocks You

Name

THE
Moon
SHE ROCKS YOU:
*Revealing the Secrets of Women's
Inner Emotions*

MANUAL and WORKBOOK

Gurutej Khalsa

Self-Connection

The Eyebrows

The next Moon Center is the eyebrows. Eyebrows are pretty neat-looking things. The whole face seems incomplete without them. Eyebrows are really fun. We move our eyebrows—we can move up one eyebrow at a time. Our eyebrows talk. When we question things, one eyebrow usually goes up. The consciousness of the eyebrows is different in different cultures. When my daughter came back from the Peace Corps in Honduras, she had plucked all of her eyebrows out. When I asked her why, she said, “I wanted to see what it felt like. Everybody down there plucks their eyebrows out and then they pencil them back in.” I'm not going to make you pluck out your eyebrows. Don't mess with them. They are yours.

So, what happens when the energy of your moon penetrates through your eyebrows? In the Eyebrows, the moon will produce very healing dreams—both sleeping and waking. Your intuition is very open. It's a very visionary time but it is much more of an intuitive vision, much more about healing. You are going to feel like, I know what to do to heal myself.

Healing means to obey your intuition. Healing means to be in the flow of the infinite so you know what heals you. You know some people, their healing is their touch, some people their cooking, some in just the way that they look at people, and some others in their writing. Everybody has a healing capacity, not just healers. The first person you get to heal is you.

When the Eyebrows Center is challenged, you don't feel whole or healed. You don't feel connected. You feel very left out. You want to be in a fantasy land because you are out of sync with your life. It makes you vulnerable to people coming along and snatching your energy. Remember, fantasies are simply someone else's dream; they're not yours.

In the neutral, you use these visions about healing. You know what is it to heal and how to get into healing mode for yourself and others.

Do you feel very intuitive now? Write about your intuitions and how it has served you.

When the moon is in the Eyebrows, which aspect do you most often relate too?
Not wish but do?

How do you feel when in the challenged aspect of the Eyebrows Center?

How do you feel when in the positive aspect of the Eyebrows Center?

How do you feel in the neutral aspect of the Eyebrows Center?

When the Eyebrows Center is challenged, what can you do to avoid fantasy in this Center?

When the Eyebrows Center is challenged, you can start balancing it by knowing and admitting what you love. What do you love?

Make a list—a love list.

Perceived pain: Ex. I have so much to do at work that I don't have time to take care of myself.

Write about YOUR biggest perceived pain that has to do with healing or lack of it.

Action point question: Ex. What simple steps can you do today to take care of yourself?

Please write your question to yourself that deals with your challenges in the Eyebrows, your Healing Dreams.

Self-Connection

The Cheeks

The next Moon Center is the cheeks. We love cheeks. Have you noticed that we love to emphasize our cheek bones by putting blush-on? We put things on our cheeks to make our cheeks look skinnier, higher, and more visible.

The moon in the Cheeks makes you ready to do PR for anyone and everyone. When in the positive aspect of the Cheeks Moon Center, you become a PR magnate. This is a great time to network, when you feel very secure and powerful. When you are empowered in the Cheeks, you are a powerful force and can accomplish things in record time. You can do anything for yourself and anyone who asks. You are brilliant and alive.

The challenged aspect of the Cheeks is where you doubt everything you do and flirt with everyone just to get their positive feedback. You want others to tell you that you are wonderful and you are exactly what they want.

The neutral aspect of the Cheeks Center is about being radiant and beautiful. The best way to get neutral in the Cheeks is to eat radiant foods. What are radiant foods? Fruits, vegetables, some nuts, and some grains like Quinoa, Brown Rice and Millet are alkaline foods that will make you feel radiant.

When the Cheeks Center is challenged, you can start balancing it by eating alkaline foods and doing an exercise that you love. What alkaline foods will you include in your meals?

When the moon is in the Cheeks, which aspect do you find yourself in the most often?

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

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

How do you feel when you are in the neutral aspect of the Cheeks ?

When the Cheeks Center is challenged, what can you do to avoid need to be flirtatious (looking outside for love) in this Center?

What exercise will you start including in your daily schedule?

What will make you stay with your choice? Will you get someone to do it with you? Will you set up a healthy reward if you do, or a penalty if you don't? Who will you be accountable to?

Perceived pain: Ex. I'm new in the community and I don't know how to advertise my new business.

Please write YOUR biggest perceived pain that has to do with promotion.

Action point question: Ex. What would make or inspire you to advertise your new business?

Please write how you can deal with this perceived stressor.



