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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 Lips

The Lips Moon Center is all about communication. When you are in the positive aspect of the Lips Moon Center, you are talkative. You can talk about anything! It would be nice to have the center at the Lips when you are giving a presentation. When the Lips Moon Center is challenged, your get sharp-tongued and you can't communicate effectively about anything. That's the forked tongue effect where you have no patience or control of how you say things. You feel stuck and can't say anything right. The neutral aspect of the Lips Moon Center is when you can naturally connect and talk to people about so many things.

Remember you can uplift others with your speech. Think before you speak. It is easy for us to say really mean things. Trade up. Instead of saying mean things to other people, give them reassurance and hope. When you feel like saying negative things to or about others, take a really deep breath. Inhale through your mouth with the "O Breath" and exhale through the nostrils. Do this five times and you will feel yourself calming down. If five times is not enough, then do a few more.

In the Lips, you have the desire to communicate the highest goals, so this is not just about being talkative to hear yourself talk. What will you do to shift your speaking patterns to ones that uplift you and others?

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

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

How do you feel when you are in the positive?

How do you experience the neutral aspect of the Lips ?

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When the Lips Center is challenged, what can you do to avoid forked tongue in this Center?

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When the Lips Center is challenged, what foods can you eat to empower you?

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What exercises will you do to balance the Lips Moon Center?

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Perceived pain: Ex. I always engage in gossiping in the office. I share less that positive things about people in the office. I can't help it.

Please write YOUR biggest perceived pain that has to do with your communication-challenged area.

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Action point question: Ex. How can you refrain from gossiping in the office?

Please write your question and how you can deal with watching how you speak and communicate and the perceived stressor.

What is your personal understanding of the Lips Moon Center?

Self-Connection

The Earlobes

The Earlobes Moon Center is about your values. This is where you want to discuss the depth of why you are here on this planet and what you stand for. Your values and principles are the topics. In this Center, you want to be around those who will connect with you at this level of depth.

We love putting beautiful ornaments on and in our earlobes. They are very sensitive creatures. Yogi Bhajan tells us not to put anything in our earlobes on a regular basis unless it’s a full- carat diamond. It’s because it blows the acupuncture point out if it is anything less. Yes, a full carat! Earrings are often passed down through the generations. You get a legacy of your family values through the jewelry. Your values are really what you stand for and they are the foundation of your life. Knowing your strengths and honoring them, knowing your weaknesses and working with them instead of ignoring and trying to override them is what this center is about.

In the positive aspect of the Earlobes Moon Center, you want to discuss your life, what's happening in it, and what you want to happen in the future. Challenged, it turns on you and you analyze everything you think, do, say, and imagine. This can be good when introspective but not when self-deprecating. You ask questions like I have no idea what I'm doing or I don't know why I’m at this job? This internal talk is not uplifting, it's self-deprecating. There is no self-love happening in here.

When you are neutral in the Earlobes Moon Center, you can talk about the things you value. You want to re-evaluate all your relationships and situations in your life yet there is no claim and no blame. You ask questions like: “Are we on the same page?” In the neutral there is no question in your mind about what you need to do. It’s like you can say with certainty, This is what I stand for and if it means everything falls away from me, so be it! This is not defiant but a statement of what is.

When we don’t feel aligned to our values, we want to get away from ourselves. We act in a way that makes everybody else want to get away from us, too. We don’t want them to see who we really are because we don’t know our own self. How does this play out in your life?

When the moon is in the Earlobes, which aspect do you find yourself in positive, challenged, or nuetral most often?

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

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

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How do you experience the neutral aspect of the Earlobes ?

When the Earlobe Center is challenged, what can you do to avoid losing your values?

When the Earlobes Center is in the positive or neutral aspect, it's the perfect time to create a mission statement for your life or business. What is your mission statement?

For your life?

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For your business?

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Perceived pain: Ex. I have no idea why I'm in this job.

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

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Acton point question: Ex. How do I know what I want for a job?

Ask yourself what action you are willing to take to shift the situation that is causing you to be out of alignment with your values.

What is your personal understanding about the Earlobes Moon Center?