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 Nape of Neck

Are you ready to be really romantic? The men are going to love to know about the Nape of the Neck Moon Center.

Romance literally means connecting in a very gracious, almost ceremonial way, with another person. It is very patient and beautiful and thoughtful all at the same time. It is the foreplay of life.

When in the Nape of the Neck Moon Center, you will be romantic and sexy. In this Moon Center, you will be inspired to be around those who can connect heart to heart with you. It's in the voice. You will be super-sensitive to the tones and intonations. So men/partners, it's time to speak with love and kindness.

In the challenged aspect of the Nape of the Neck Moon Center, you will feel totally unable to communicate from the heart or even speak in a way that is romantically, truly, and lovingly connected to you partner or anyone else for that matter. You have no desire to communicate with anybody.

In the neutral aspect of this Moon Center, you will speak from the heart. You use your voice to be extremely romantic and to connect romantically. You speak in a way that is romantically, truly, and lovingly connected to you partner or anyone else.

Are you ready to be really romantic? Are you ready to speak very romantically? When in the Nape of the Neck Moon Center, you will be romantic and sexy if spoken to in a very caring and romantic way.

When the moon is in the Nape of the Neck, which aspect do you tend to favor?

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How do you feel when you are in the challenged aspect of the Nape of the Neck Center?

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How do you feel when you are in the positive Aspect of the Nape of The Neck?

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How do you experience yourself when you are in the neutral aspect of the Nape of the Neck ?

When the Nape of the Neck is challenged, what can you do to avoid you inability to communicate?

What can you do to commune with yourself more effectively on a daily basis?

When you are challenged in this Center, you will feel totally unable to communicate from your heart or even speak in a way that is romantically, truly, and lovingly connected to you partner or anyone else for that matter. How will you work with shifting that? What will move you away from this pain into the gift of pleasure that is available?

When you are unable to feel that romantic connection, you are going to experience ineffective communication. You'll think nobody listens to you or pays attention to you when you talk. You feel that you aren't connecting with anyone. What have you previously done in this situation? What do you choose to do now?

Perceived pain: Ex. I'm so busy managing my household and raising my kids that I have no time for myself.

Please write your biggest perceived pain that has to do with being connected to romance or lack of it through the sound and intonations of those you love.

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Action point question: Ex. What can you do to stretch time and space in your life ?

Please write your action point question of your perceived stressor and how you can address it.

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What is your personal understanding about the Nape of the Neck Moon Center?

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Self-Connection

The Nipples

When the moon is in the Nipples Moon Center, everyone would want to be around you. Here, you are overly compassionate and giving. There is just not enough that you can do for everyone!

When in the positive aspect, you are over-giving. You can do anything for anyone! The challenged aspect of this is that you feel insecure about your gifts and you act closed, unfeeling and hard-hearted. When you are neutral here, you know how to be extremely compassionate and present. You radiate with unconditional love. You are “there” with everyone. You are not looking for validation.

What makes nipples special? Well, it's the arch line in women that goes from nipple to nipple over your heart. Men don't have this arch line, just women. When your energy is in the Nipples, you tend to want to give or serve by volunteering your time and expertise.

In my yoga classes, I see how students find it hard to do all the exercises that open up the heart and put pressure on the nipples. It’s hard because these exercises lead them to a vulnerable and venerable place inside of themselves, leaving them exposed. It can be scary.

When we women have our heart closed, we become really critical of everybody and everything. There is almost zero patience and nothing seems right. The result is that we usually have to go and clean up the mess we’ve made by saying things like: “I am sorry I said that to you. I wasn’t in my right mind.” Knowing this ahead of time, what will you change in your life to feed your amazing heart? This is about compassion, not empathy or sympathy.

When you are in the compassionate state, it’s very different because you are neutral. You see what needs to be done and you know you can do it.

When the moon is in the Nipples, which aspect do you tend to find yourself in?

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

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

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How do you experience yourself when you are in the neutral aspect of the Nipples?

When the Nipples Center is challenged, what can you do to avoid feeling like a victim?

What will you commit to doing?

Do you like a particular exercise on balancing the Nipples? What is it?

Everyone wants to be around you when the moon is in the Nipples. Here, you are overly compassionate and giving. There is just not enough that you can do for everyone! How giving do you ecpect yourself to be?

When you are neutral in the Nipples, you radiate with unconditional love. You are “there” with everyone. How would this make you feel?

When you are in the compassionate state, it's very different because you are neutral. You see what needs to be done and you know you can do it. When you are sympathetic, you are bleeding from your heart. Epathitic you feel with another. How do you deal with being sympathitic or empathitic?

When we women have our heart closed, we become really critical of everybody and everything. The result is that we usually have to go and clean up the mess we've made by saying things like: "I am sorry I said that to you. I wasn't in my right mind." Knowing this ahead of time, what will you change in your life to feed your amazing heart?

When you are sympathetic, you are bleeding from your heart. How do you deal with this aspect?

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Perceived pain: Ex. I don't think I can meditate. My mind's filled of things I need to do.

Please write your biggest perceived pain that has to do with compassion.

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Action point question: Ex. What can you do today to jumpstart your meditation? Pick one to open your heart.

Write down what you will do on a regular basis that you know will open your heart—your heart stress releaser.

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What is your personal understanding about the Nipples Moon Center?