

# *Moon Wishing*



**How to Use the Phases of the Moon to  
Create Your Perfect Year**

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## *Introduction:*

We all want a little magic in our lives. I can't imagine anyone on this Earth who wouldn't like SOMETHING in his or her life to be a little bit easier. So, when I found out about Moon Wishing, and then I realized the magnificent synchronicity of the first New Moon occurring on the first day of the New Year, well, I just couldn't pass up the chance to share this powerful ritual with you!

This mini eCourse is just that - mini. It's an introduction to using the phases of the Moon to create and manifest, and it's a great place to start. This course is a little bit Law of Attraction, meets Astrology, meets Magic and is meant to get you moving in the right direction. If you want more study on this and a deeper understanding of using each phase of the moon to create your life, watch for the full course to be released in late spring 2014.

One technical detail here, you'll see that throughout the text, I use the words 'wishes', 'goals', 'dreams' and 'intentions' interchangeable. Each of these words carries its own distinct energy as well, but for the purpose of this course, these words can be used in place of each other.

As your coach, I'm here on this journey with you. I'm going through the course as well and will be doing my Moon Wishing each and every month. I LOVE the idea of using the energy of the Universe to manifest every single thing that we want! That's what it's there for, and slowly, little by little, we're learning to use it.

For now, cheers to all your wishes coming true and a fabulous 2014! Enjoy the ride!

Love & Light,

Jen

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## *The Moon*

The Moon, our mysterious sister, holds the push and pull of the tides, sets the calendar, affects our emotions and influences our fertility and creativity. She is a gentle, yet powerful creature, an ally with whom we can merge energies to manifest our deepest desires.

She represents the “yin” energy - feminine, passive, dark, cold, wet - opposing the sun’s “yang” energy - masculine, active, light, hot and dry. The Moon is half of the interaction of the yin and yang that maintains the harmony in the Universe.

Having no light of its own, the Moon reflects, at various angles, and is illuminated by, the Sun. It is these angles of light reflection that define for us the phases of the Moon.

The Moon cycle - repeating every 29 days, 12 hours and 44 minutes - begins with the “Dark of the Moon”, or New Moon, when the Moon is between the Earth and the Sun. We can’t see the Moon in this phase because the Sun is shining on the side of the Moon that is facing away from the Earth. She moves rapidly through the zodiac constellation to the Full Moon - when the Earth is between the Sun and the Moon, and the Sun is illuminating the half of the Moon that we can see - and back again to the New Moon to begin the cycle again.

There are 2 periods of the Moon’s cycle: waxing and waning. Each complete cycle contains 8 phases. From the time of the New Moon to the Gibbous Moon, the Moon gets brighter and looks larger. This is when the Moon is “waxing.” The waxing period of the cycle includes the first 4 phases: New, Crescent, First Quarter and Gibbous Moons. This first 2-week period is considered the fertile time in the Moon’s cycle. Conception, growth and creative inspiration are highest during the waxing period of the cycle, and this is the time to draw things in to you.

From the Full Moon back to the New Moon, the moon gets dimmer and smaller. This is when the Moon is “waning.” The waning period of the cycle includes the second 4 phases: Full, Disseminating, Third Quarter and Balsamic Moons. This second 2-week period is considered the barren time in the Moon’s cycle. Fertility and creativity are low during this period as this half of the cycle is best for retreat, review and completion, as well as casting things away from you.

While the energy of all 4 phases in the waxing period is about creating and the energy of all 4 phases in the waning period is about completing, each of the 8 phases of the Moon contains its own, more specific, distinct energy. In this mini eCourse, we are going to briefly discuss 2 of the strongest phases: the New Moon phase and the Full Moon phase.

## *Moon Wishing*

The energies that we put out into the Universe are the energies that we get back. These energies can be crops/plants, ideas, thoughts, prayers, intentions, actions, beliefs, words, interactions, etc. Basically, we reap what we sow, and by knowing this, we can make sure we sow the energies of that which we want to harvest in our lives. By knowing what dreams, intentions and wishes we want to see come true, we must be sure to plant the right seeds at the right time. When we do, the Moon is our ally in this crusade. For centuries, farmers have known to plant their crops by the Moon's cycles, and astrologists, like Jan Spiller and Jennifer Shelton, swear by the act of Moon Wishing.

Moon Wishing is an ancient practice that aligns our intentions, dreams, wishes and prayers with the Divine and the Universal flow of energy. When we harmonize ourselves with the Moon's natural waxing and waning cycle of light, we illuminate the energy of our future creations. Universal forces create opportunities for our dreams to manifest. When we take the extra steps to write down our dreams and believe them to be true, the Universe works with us to make it so. Our dreams come to fruition through a partnership, a co-creation effort, with the Universe when we align our own energy fields with the Moon's wave of increasing light.

When the seeds are planted and the intentions set at the right time within the Moon's cycle, your wishes are set into motion and will come true in the months ahead. At each phase of the Moon you will be able to see the progress that's being made. You'll know when the best time is to take action and when to rest, when to harvest and when to prune in order to nurture your desires to bloom in full again and again.

## *How does Moon Wishing work?*

As soon as you finalize your wishes by writing them down during the New Moon power period, the energy is activated and the change is set into motion. The Universe begins to align all of the things necessary for your wish to come true. Things begin to happen such as your personal taste begins to change, your attitude shifts and you start to view life and respond to it differently. You'll see some of your wishes start coming true immediately while others take time - especially if you've asked for something radically different. For these longer term wishes, keep repeating them on each New Moon until they manifest in your life.

When you make a wish, you begin changing in ways to accommodate the wish in order for it to come true. While you do need to take action when appropriate, you don't need to worry about having the willpower to do so. The changes happen naturally. Just be willing to partner with the new energy and cooperate with the new you that emerges. One word of advice here - when making your wishes, make sure to ask for them to occur in an easy, happy way or the changes you experience could be drastic and stressful.

Don't be surprised when your subconscious garbage begins to come up after you make your wishes. This is part of the change that happens in order to manifest your wishes. When you begin to hear the voice in your head tell you that 'you aren't good enough', 'you aren't smart enough', 'you don't deserve this', 'it won't happen for you' simply let those thoughts go and move forward anyway! As my business coach says: "Do it scared!" Change happens outside of your comfort zone and that change is where you want to be or you wouldn't have wished for anything to be different. Remember that the energy you put out is the energy the Universe sends you back - like attracts like - so focus on your dreams, not your fears, and you will be amazed at the awesomeness that follows!

## Wording Your Wishes

Ultimately, the wording of your wishes is up to you. To be honest, I found NO examples online of how to word your wishes. There is one book where I found examples of how to word your wishes, though, that makes sense to me and this is how I will word my wishes so I suggest that you try out this wording as well.

Master Astrologer, Jan Spiller, in her book *New Moon Astrology: The Secret of Astrological Timing to Make All Your Dreams Come True* recommends using the word “want” in your wishes. There is absolutely nothing wrong with “wanting.” We ALL want things whether physical, material, spiritual or emotional, and everyone deserves to have his or her wants, that are in that person’s best interest, fulfilled. If you have trouble using the word “want”, though, you may substitute the word “intend.” Jan spent 22 years researching what works and was absolutely successful using “want.” Most importantly, the ‘truth’ is what works, and you can explore the best wording for you until you find out what gives you the best results.

The way you word your wishes is important. It’s not the grammar that matters, but the “feelings” conveyed in your wishes. Your wishes should make you feel joyful and happy. If the wording of a wish causes you stress or makes you feel uncomfortable, you should either re-word it or remove it from your list for the time being.

Another important things to remember when writing wishes is that a wish may be too drastic of a change for where you are in your life. For instance, the wish “I want to attract the perfect spouse” may be bigger than what you’re ready for at the time. If so, start by breaking your wish down into smaller, more comfortable chunks, such as “I want to find myself in situations where I easily meet a potential romantic interest.” Take the pressure off and go slowly when you need to!

One last piece of advice before I give example phrases of wishes - don’t combine wishes to get more than 10 or just because they sound like they belong together. They won’t work. For example, “I want the habits of smoking and drinking to be lifted from me” combines a wish for smoking and a wish for drinking into the same wish. Make 2 separate wishes for these 2 items if you really want them to come true.



Ok, the way that Jan Spiller words her wishes is as follows:

**“I want (state the thing or the feeling that you want)”**

Easy enough - state what it is that you want.

- 🌍 “I want total clarity in my relationship with Steve, leading to my taking those steps that result in happy, loving relationship.”
- 🌍 “I want all inner resistance to experiencing happiness and love in my relationship with Jessica easily lifted from me.”
- 🌍 “I want right ideas to occur to me to share with my daughter that will result in her improving her marriage.”
- 🌍 “I want all inner resistance to having a happy romance totally lifted from me.”
- 🌍 “I want right ideas to occur to me, causing me to be in the right place to apply for and get the job that will make me happy.”

**“I want to (state something you want to do)”**

This is a potent, direct way to word your wishes. Use caution when phrasing your wishes this way. If you are asking for something that requires a lot of change in order to manifest, you might want to add the word “easily” to your statement or choose the more gentle wording below.

- 🌍 “I want to easily attract the right marriage partner for me, someone who also wants a home and children, with whom I can build a stable, happy relationship.”
- 🌍 “I want to act as a vehicle for healing energy for my clients.”
- 🌍 “I want to easily attract, recognize and begin working in the right job for me.”
- 🌍 “I want to easily cut through any fears or negativity that may arise in the month following my Power Period, and emerge with flying colors.”

## **“I want to be (state the feeling or the person you want to be)”**

State who or what you want to be. Again, if your wish is highly potent or requires much change to come true, you might want to add “in a happy, healthy way” to your wishes. For example, stating “I want to be rich” could manifest because of a tragedy, so be clear with the Universe that you want it to happen “in a happy, health way.”

- 🌍 “I want to be rich in a happy, healthy way.”
- 🌍 “I want to be willing to begin a happy romantic relationship with the right person for me.”
- 🌍 “I want to be healthy in order to set a good example for my children.”
- 🌍 “I want to be totally free from seeing myself through \_\_\_\_\_’s eyes.”

## **“I want to find myself...” & “I want to easily find myself...”**

This is the more gentle wording for wishes. It allows you to freely receive. Starting your wish with “I want to find myself...” takes personal will and willpower out of the situation by implying that the situation just happens. Adding the word “easily” ensures that any change will occur easily and not stressfully.

- 🌍 “I want to easily find myself saying the right words to Steve that evoke feelings of love in our relationship.”
- 🌍 “I want to easily find myself participating in situations where I meet a potential romantic partner.”
- 🌍 “I want to easily find myself embracing the next right, happy job for me.”
- 🌍 “I want to find myself desiring to exercise and enjoying it whenever I do.”

## Wishing Guidelines

In the bonus section: **Using Your 'North Node' For Making Effective Wishes**, I'll give you some ideas about specifically what you can wish for based on the North Node in your astrology chart, but to start, I want to give you some general guidelines about making your wishes.

The list of guidelines below are compiled from Jan Spiller's guidelines along with some other research I've done. By following these guidelines when performing your wishing ritual, you'll maximize your manifesting power and experience the best results.

- 🌍 Wishes can be made up to 48 hours after the New Moon, but **the first 8 hours are the most potent.**
- 🌍 **Hand write your wishes on paper** or in your journal with a pen or, even better, with markers, crayons or colored pencils. Don't type them. Writing your wishes by hand creates and stamps a contract to yourself. The more energy you put into wishing, the more energy that's put toward manifesting your wishes. The Universe witnesses your energetic investment and acts quickly to deliver to you.
- 🌍 Jan Spiller suggests **using the word "want"** in your wishes, but if that word is problematic for you, you may substitute the word "intend."
- 🌍 Use your intuition to **word your wishes** in a way that the "feelings" behind them come through clearly. If a wish doesn't "feel right" after you write it or it makes you feel troubled or uncertain, either change the wording or postpone that particular wish. Don't write down a wish if it doesn't feel completely comfortable, even if it makes logical sense.
- 🌍 **Make between 2 and 10 wishes per cycle** even if multiple wishes involve the same issue. It's best to make 2 or more wishes to activate the energy of the New Moon, but not more than 10 so as not to spread the energy too thin. Keep your wishes separate from one another. In other words, don't combine wishes together so that you can get more than 10 in a cycle.
- 🌍 It's best to **include both big and small wishes** on your list. Small wishes that are easy to manifest get the ball rolling and the receiving energy current flowing. They are not necessary in order to help larger wishes come true, but they are good for our psyche and belief systems.
- 🌍 **Date and keep your wish lists.** Wishes don't operate like affirmations - it's not necessary to read them over and over in order for the outcome to occur, but it's

a good idea to keep your wish lists so that you can refer back to them to review when shifts start to occur in your life.

- 🌍 Trust yourself to **write down the wishes that make you feel happy and harmonious on the exact day of the New Moon**. Don't plan ahead for this. Check in with yourself on what feels best on that day.
- 🌍 Trust the process and where the energy leads you. **Keep repeating wishes that don't come true right away** or watch for unexpected benefits that come in their place. Make multiple wishes around a particularly tough or important area. The Universe wants you to be happy.
- 🌍 Regardless of your motive, **you can't make wishes for other people**. It doesn't work. The Universe works with YOUR energy for YOUR wishes. You CAN make wishes for changes in your own behavior that will affect another person in a positive way.
- 🌍 **Make a treasure map** - aka vision board - **during the New Moon in Aries** (once per year). See the bonus section *Make a Treasure Map (Vision Board) During the New Moon in Aries* for why you should do this and more details.
- 🌍 Believe in and **pursue your dreams!** Trust your ability to go through the tests of character that open the way to experiencing your own inner happiness.
- 🌍 For maximum results, **focus primarily on 1 area** until things begin to shift you in the right direction. For example, you might make several wishes related to the same subject, but from different angles.
- 🌍 For a gentler approach, you can **make wishes each month around several areas** that will steadily move you toward manifesting your wishes.
- 🌍 Once your wishes are written, take time to **visualize them** as being already true and completed. Smile when you think of how good you wishing success feels and thank the Universe for them.

## *The Phases of the Moon*

The Moon represents and influences our emotions. Although no formal studies have been done, think of all the stories you've heard or experienced of strange behavior during a Full Moon. I experienced this phenomenon myself when I owned a doggie daycare. We always knew when it was a Full Moon by the erratic and strange behavior of the dogs. Both the New and Full moons seem to have extra influence over our emotions, and the New Moon, in particular, is a good time to acknowledge those emotions, especially the ones you tend push aside and ignore. Simply sitting with your emotions and allowing yourself to feel them without trying to fix them, can be very life-affirming and you may experience profound healing. During this time, be gentle with yourself, allow your emotions to speak to you and reveal their wisdom. Use this Divine wisdom from within yourself, along with the emotional energy of the Moon, to make your desires known and set them into motion toward fruition.

The 8 phases of the Moon are (and, by the way, some sources list 10 phases):

- 1) New Moon
- 2) Crescent Moon (aka Waxing Crescent)
- 3) First Quarter Moon (aka Waxing Quarter)
- 4) Gibbous Moon (aka Waxing Gibbous)
- 5) Full Moon
- 6) Disseminating Moon (aka Waning Gibbous)
- 7) Third Quarter Moon (aka Waning Quarter)
- 8) Balsamic Moon (aka Waning Crescent)

In this introductory course, we are going to focus on 2 of the phases: the New Moon and the Full Moon.

## *New Moon* - Plant the seed...

Keywords: Beginnings, fresh start, clean slate, blank page, instinct, initial urge, projection, birth, emergence, clarity, vision, intention.

The first phase of the Moon is the powerful New Moon phase when the Moon is completely dark to us here on Earth as her other side - the side facing away from us - is being illuminated by the Sun.

The New Moon is a time that promotes all forms of growth and is the absolute best time for new beginnings, fresh starts, new ideas, new projects and planting seeds - figuratively and literally. It's a time to gather your thoughts, begin planning and prepare to announce your intentions at the Crescent Moon. Now is not the time for action, just setting your intentions and beginning your plans.

Just as seedlings need a period of gestation below the soil before they emerge and reach for sunlight, so, too, do our ideas and wishes. The dark side of the Moon, with her mysterious but powerful energy, offers the nurturing environment our intentions need in order to establish their roots before their miraculous manifestations begin to sprout.

Anything initiated during the New Moon will be met with rapid growth. This is the time for looking within, tuning in to your intuition, making your wishes and setting goals that stimulate new beginnings in your life. Spend time alone visualizing your goals, dreams, wishes and intentions for the current Moon cycle.

## *Full Moon* - The flower emerges...

Keywords: Signed, sealed, stamped; perfection; completion conscious; illumination; fulfillment; realization; experience; objectivity.

The waxing half of the Moon cycle has been completed and we begin the waning half of the cycle with the 5th phase - the Full Moon. This is the time of the flowering, the blooming, and the highest fertility; the time when all is illuminated before your eyes.

Your intentions have been set. The contract is signed, sealed and stamped. It may or may not be delivered yet, but your intentions have been set into motion. The Universe is aligning the stars, circumstances, supporting people and time frame at this moment to deliver what you have asked for in the best way for all concerned.

Now is the time for exposure and illumination. Watch for your plan to bear fruit or blossom. Look for new information to be revealed or new perspectives to emerge. Going public may be in order as the Full Moon is the time of unveiling and revealing when you are given a clear view of your progress. Go to a public place. Do something with a friend. Listen. Be aware. Understand others.

Not all dreams, wishes, intentions and goals can be reached within a single Moon cycle, but the process has been set into motion. In six months, the Full Moon will be in the same "house" as the New Moon is this month. Therefore, it may take six months for your intentions to manifest rather than 2 weeks. Be patient and vigilant.

## *Preparing Your Space*

Before you begin, it's a good idea to create a sacred space for your wishing and to prepare for the upcoming cycle. Make this a place where you can meditate, concentrate, think about what you want and write in your journal. It doesn't have to be elaborate. Simply designate an area in a space that's comfortable where you can be free from distraction. You might place sacred objects that help you connect to your Higher Self and the Divine in your space such as found objects from nature, photos, crystals, charms, candles (only lit when supervised please), etc. Have your Wishing Journal and pen (and colored pencils, markers, crayons, etc should you choose to use them) ready.

The first 8 hours after the exact time of the New and Full Moons are the most potent times of energy in each phase, so it's a good idea to know the dates and times of each phase in advance. For advanced Moon Wishing, it's also useful to know the zodiac sign that the New Moon will be in during each cycle. (We won't be talking about the zodiac signs in relation to the New Moon in this mini course, but we will discuss it in the full version of this course.) So, prior to a Moon cycle beginning, write down the dates & times of the New Moon and Full Moon phases, and the astrological sign of New Moon. Set calendar alerts on your calendar for each Moon phase so you remember to work within the appropriate timeframe for each phase.



## *Wishing Steps*

I've described the Moon Wishing steps in detail below, but for easy reference, I've created a one-page '**Moon Wishing Reference Guide**' on page 20 that you can print out and easily follow each month.

### **At the start of each phase:**

- 1) **Prepare yourself:** Take a moment to cleanse yourself of distracting thoughts. Tune in to your body and become aware of it in time and space. Tune in to your heart and offer yourself humbly and honestly. Offer your time and attention for a few moments to the Moon and all that she holds.
- 2) **Set your intention** for the phase that we're entering. In the New Moon, set your intention to receive your wishes with clarity. In the Full Moon, set your intention to clearly see, feel & know all progress that's been made.
- 3) **Invite your Divine helpers** - your Spirit Guides, Angels, Archangels and Ascended Masters - to assist you, bless you, and illuminate clearly the steps to take toward your wishes.
- 4) **Give thanks** to the Universe, the Divine & your Divine helpers for working with you to deliver your wishes.

### *Here are the steps to take during the New Moon:*

- 1) Refer to your Wishing Worksheet on page 35 for the following questions: **"What do I most desire to be, do or have? What would I most like to accomplish or experience? What does my heart most desire?"** Read the questions aloud, then settle in and focus on anything you think, see, hear or feel about them. Write down everything that comes to you. Don't think about it or filter it at this point - just write it all down no matter how big or small, how outrageous or silly it might seem.
- 2) When you are finished channeling your message, review your list. **Decide on 2 to 10 wishes** from your list (no less than 2, no more than 10 and including wishes you are repeating from prior cycles). You may repeat wishes from prior months as many times as you'd like to. The more you repeat them, the more energy you are sending to them.
- 3) **Feel into your wishes.** Really feel the excitement, happiness and joy related to the wishes you've picked in your heart and body. The more you feel them, the better!

- 4) **Hand write your wishes** in your Wish Journal. The more energy you invest in writing them down (for instance, using colored pens and markers), the better energy you're sending to your results. Make sure the wording of your wishes expresses your true feelings of joy and harmony.
- 5) **Sign, date and save your list.** Signing it symbolizes signing a contract with yourself and the Universe to make those wishes come true. Dating and saving the list are helpful should you want to review your list at a later date & time when you start experiencing shifts in your life and you want to know why.
- 6) Repeat the phrase "**Om Namō Narayani**" 3 times. this means "I surrender to the Divine Mother" in Sanskrit and implies a trust that Spirit will bring you what is best for you.
- 7) For 5 minutes, close your eyes, smile and **visualize your wishes** as being already completed and true. Feel the energy of them and experience them in your mind & body as if they are already true - in the present tense. Express your thanks and gratitude for them to the Universe.

## *Here are the steps to take during the Full Moon:*

- 1) **Review the Wish List** you made during the most recent and any past New Moons to refresh your memory.
- 2) **Make a list** of the circumstances that have arisen and the supporting people who have presented themselves to help you move forward toward manifesting your wishes. List the wishes on your list that have come true so far. Be sure to include any synchronistic events you've encountered that have related to your wishes. Acknowledge and **give thanks** to the Universe for what has been delivered.
- 3) Refer to your Wishing Worksheet on page 36 for the following questions related to any outstanding wishes: **“Where can I get more information? What new perspectives or patterns are emerging that I might use to reach my goals? What actions can I take to step closer to my goals?”** Read the questions aloud, then settle in and focus on anything you think, see, hear or feel about them. Write down everything that comes to you. Don't think about it or filter it at this point - just write it all down. Use this guidance to move your wishes forward.
- 4) Repeat the phrase **“Om Namō Narayani”** 3 times. this means “I surrender to the Divine Mother” in Sanskrit and implies a trust that Spirit will bring you what is best for you.
- 5) For 5 minutes, close your eyes, smile and **visualize your wishes** as being already completed and true. Imagine that you have used the ideas that you uncovered in the list above to help you achieve their completion. Feel the energy of your completed wishes and experience them in your mind & body as if they are already true - in the present tense. Express your thanks and gratitude for them to the Universe.
- 6) Continue to **move the energy** forward by making a plan to meet a friend and revealing your wishes, goals, plans & dreams. Ask for advice about fulfilling your wishes. Listen carefully, absorb and integrate any advice that resonates with you.

# *Moon Wishing Reference Guide*

Print this guide for easy reference.

## **FOR ALL PHASES:**

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- 🌍 Prepare your space
- 🌍 Set a calendar alert for the date & time of the New Moon and the Full Moon
- 🌍 Prepare yourself
- 🌍 Set your intention
- 🌍 Invite your Divine helpers
- 🌍 Give thanks

## **FOR THE New Moon PHASE:**

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New Moon date & time: \_\_\_\_\_ Astrological Sign: \_\_\_\_\_

- 🌍 Read the questions from your worksheet and meditate on the answers
- 🌍 Decide on 2 to 10 wishes
- 🌍 Feel into your wishes
- 🌍 Hand write your wishes in your Wishing Journal
- 🌍 Sign, date & save your list
- 🌍 Visualize your wishes as already being complete and true
- 🌍 Express your thanks

## **FOR THE Full Moon PHASE:**

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Full Moon date & time: \_\_\_\_\_

- 🌍 Review past Wish Lists
- 🌍 Make a list of helpful circumstances and people that have presented themselves to you
- 🌍 List the wishes that have come true
- 🌍 Read the questions from your worksheet and meditate on the answers
- 🌍 Visualize your wishes as already being complete and true
- 🌍 Give thanks
- 🌍 Make plans to reveal your wishes to a friend and ask for advice
- 🌍 Continue to move the energy forward

## *What if a wish doesn't come true?*

“Some wishes take longer to manifest than others depending on how much resistance you have built up from past experiences,” says Master Astrologer Jan Spiller. Don't worry about it. Just continue to include these types of wishes on your monthly list. By continually planting the seeds, the Universe will create opportunities for your life to change in order to materialize your wishes.

It may be that you can break the wish down into smaller chunks, or to a lower level of change to begin the process. For example, instead of wishing for the perfect marriage to come along, you might wish to become easily and happily open to the possibility of a long-lasting romance first. If even that is scary and seems difficult, maybe you start with an even smaller step by wishing to find yourself in happy, comfortable situations where you have the opportunity to meet a potential romantic interest. Simply break down your wish into the smallest chunks that you need when you've made a wish that doesn't seem to be coming true.

If, after making the appropriate changes and wishing for several months, your wish still hasn't come true, it might be a sign that you need to take a deeply honest look at yourself and your life. All wishes made by you for you and repeated over an extended period of time will come true eventually - unless they are in “direct conflict of your destiny,” according to Spiller, or your personal resistance and limitations have blocked them. But the things that you deeply desire in your heart and soul ARE your destiny and are worthy of pursuit. Those things are meant to come true, but it may take time to strip away personal limitations enough that a particular wish has room to manifest. Any wish that has not come true usually signifies that a release of resistance by your subconscious mind is needed, or that your wish is in conflict with your destiny and ignores the good of everyone involved, including your own.

If a wish isn't even budging toward coming true, then take the time to review your wish. Is it right for you? Are you still interested in pursuing it? It might be best to set this wish aside for a time.

## *Moon Calendar*

Below are the dates and times of each New and Full moon in 2014 plus the zodiac sign for the New Moon.

<b>Date</b>	<b>Time (CT)</b>	<b>Moon Phase</b>	<b>Zodiac</b>
1/1/14	5:15 AM	New Moon	Capricorn
1/15/14	10:53 PM	Full Moon	
1/30/14	3:39 PM	New Moon	Aquarius
2/14/14	5:54 PM	Full Moon	
3/1/14	2:00 AM	New Moon	Pisces
3/16/14	12:08 PM	Full Moon	
3/30/14	12:46 PM	New Moon	Aries
4/15/14	2:42 AM	Full Moon	
4/29/14	12:15 AM	New Moon	Taurus
5/14/14	2:17 PM	Full Moon	
5/28/14	12:40 PM	New Moon	Gemini
6/12/14	11:12 PM	Full Moon	
6/27/14	2:10 AM	New Moon	Cancer
7/12/14	6:25 AM	Full Moon	
7/26/14	4:43 PM	New Moon	Leo
8/10/14	1:10 PM	Full Moon	
8/25/14	8:13 AM	New Moon	Virgo
9/8/14	8:39 PM	Full Moon	
9/24/14	12:15 AM	New Moon	Libra
10/8/14	5:51 AM	Full Moon	
10/23/14	3:58 PM	New Moon	Scorpio

Date	Time (CT)	Moon Phase	Zodiac
11/6/14	4:23 PM	Full Moon	
11/22/14	6:33 AM	New Moon	Sagittarius
12/6/14	6:28 AM	Full Moon	
12/21/14	7:36 PM	New Moon	Capricorn

## BONUS:

### *Using Your 'North Node' For Making Effective Wishes*

The Moon's nodes are not planets. In fact, they aren't even material objects - just two points in space where the Moon's orbit crosses the plane of the Earth's orbit.

The North Node in your astrology chart simply shows the general area in your life that you need to develop. It shows an aspect of your character that's been neglected or a spiritual lesson for you to experience. The opposite point, the South Node, shows the over-developed place where you feel most comfortable. In the area of your South Node you are too comfortable. And if you stay there, you get into a rut. And worse. Your life can stagnate. Life begins outside of your comfort zone!

Each node - both North and South - correspond to an astrological sign and each sign holds a specific energy and characteristics. Once you've found your North Node in the chart below, read about the energy of that sign to know what you should work on (and can make wishes on). It may also be helpful to do some research outside of this course about the energy of your South Node to know what kind of continuous behavior leads you to being stuck in your very own rut. If you can avoid an excess of your South Node behavior and add in some North Node behavior, you'll find your life being more in balance.



## North & South Node Charts

Below are the North Node and South Node charts from Cafe Astrology:  
<http://www.cafeastrology.com/northnodetables.html>

Birthdate Range	Sign	Birthdate Range	Sign
Jan 1, 1940 - May 24, 1941	Libra	Jan 8, 1977 - Jul 5, 1978	Libra
May 25, 1941 - Nov 21, 1942	Virgo	Jul 6, 1978 - Jan 5, 1980	Virgo
Nov 22, 1942 - May 11, 1944	Leo	Jan 6, 1980 - Sep 24, 1981	Leo
May 12, 1944 - Dec 3, 1945	Cancer	Sep 25, 1981 - Mar 16, 1983	Cancer
Dec 4, 1945 - Aug 2, 1947	Gemini	Mar 17, 1983 - Sep 11, 1984	Gemini
Aug 3, 1947 - Jan 26, 1949	Taurus	Sep 12, 1984 - Apr 6, 1986	Taurus
Jan 27, 1949 - Jul 26, 1950	Aries	Apr 7, 1986 - Dec 2, 1987	Aries
Jul 27, 1950 - Mar 28, 1952	Pisces	Dec 3, 1987 - May 22, 1989	Pisces
Mar 29, 1952 - Oct 9, 1953	Aquarius	May 23, 1989 - Nov 18, 1990	Aquarius
Oct 10, 1953 - Apr 2, 1955	Capricorn	Nov 19, 1990 - Aug 1, 1992	Capricorn
Apr 3, 1955 - Oct 4, 1956	Sagittarius	Aug 2, 1992 - Feb 1, 1994	Sagittarius
Oct 5, 1956 - Jun 16, 1958	Scorpio	Feb 2, 1994 - Jul 31, 1995	Scorpio
Jun 17, 1958 - Dec 15, 1959	Libra	Aug 1, 1995 - Jan 25, 1997	Libra
Dec 16, 1959 - Jun 10, 1961	Virgo	Jan 26, 1997 - Oct 20, 1998	Virgo
Jun 11, 1961 - Dec 23, 1962	Leo	Oct 21, 1998 - Apr 9, 2000	Leo
Dec 24, 1962 - Aug 25, 1964	Cancer	Apr 10, 2000 - Oct 13, 2001	Cancer
Aug 26, 1964 - Feb 19, 1966	Gemini	Oct 14, 2001 - Apr 14, 2003	Gemini
Feb 20, 1966 - Aug 19, 1967	Taurus	Apr 15, 2003 - Dec 26, 2004	Taurus
Aug 20, 1967 - Apr 19, 1969	Aries	Dec 27, 2004 - Jun 22, 2006	Aries
Apr 20, 1969 - Nov 2, 1970	Pisces	Jun 23, 2006 - Dec 18, 2007	Pisces
Nov 3, 1970 - Apr 27, 1972	Aquarius	Dec 19, 2007 - Aug 21, 2009	Aquarius
Apr 28, 1972 - Oct 27, 1973	Capricorn	Aug 22, 2009 - Mar 3, 2011	Capricorn

<b>Birthdate Range</b>	<b>Sign</b>	<b>Birthdate Range</b>	<b>Sign</b>
Oct 28, 1973 - Jul 9, 1975	Sagittarius	Mar 4, 2011 - Aug 29, 2012	Sagittarius
Jul 10, 1975 - Jan 7, 1977	Scorpio	Aug 30, 2012 - Feb 18, 2014	Scorpio

<b>If your North Node is in:</b>	<b>Then your South Node is in:</b>
Aries	Libra
Taurus	Scorpio
Gemini	Sagittarius
Cancer	Capricorn
Leo	Aquarius
Virgo	Pisces
Libra	Aries
Scorpio	Taurus
Sagittarius	Gemini
Capricorn	Cancer
Aquarius	Leo
Pisces	Virgo

In addition to listing your North and South Nodes, I've given you some information about the lessons from your North Nodes. You can use this information, and the sample wishes below, to make your own wishes and invite these lessons into your life.

### **North Node in Aries Lessons:**

Co-dependency, indecisiveness, and a tendency for problems in one-to-one relationships are some of the issues this position suggests. With this position, Aries North Nodes need to learn to love themselves, to trust their instincts and lead without fear. They need to develop self-confidence to help them act on their impulses and to overcome their fear of living alone. Striving for inner peace will help them improve relationships and bring them happiness and satisfaction.

### **Sample wishes:**

"I want to easily find myself accepting responsibility for my own survival."

"I want all unhealthy codependent tendencies totally lifted from me."

"I want to consciously and consistently view life as a process of self-discovery."

"I want to easily find myself acting on my impulses."

"I want all guilt surrounding fulfilling my needs easily lifted from me."

"I want to easily find myself experiencing the peace and love of my own energetic field when I am with others."

"I want to easily find myself fully accepting and loving myself."

### **North Node in Taurus Lessons:**

Defining their own worth and values in terms of their significant others, neglecting their own needs for the needs of others, and attracting intense, stressful life situations are some of the issues for this position. Taurus North Nodes need to discover their own values, depend on themselves and establish their own self-worth, and enjoy life's peaceful moments without unconsciously creating crises. Learning to define goals based on their own values and working toward them patiently will help them achieve more happiness and inner balance.

### **Sample wishes:**

"I want all feelings of guilt around stating my needs to others totally lifted from me."

"I want the idea that I need the energy of others totally lifted from me."

"I want all self-sabotaging thoughts and actions around money totally lifted from me."

"I want to easily find myself creating healthy boundaries between myself and those with whom I am close."

"I want to easily find myself approaching my goals with a step-by-step process that assures my needs will be met."

"I want to easily find myself focusing on my own life rather than the needs and desires of others."

"I want the addiction to crisis totally lifted from me."

"I want to easily find myself becoming conscious around money in a way that leads to increased security and financial ease."

### **North Node in Gemini Lessons:**

Holding beliefs and opinions without first gathering facts, being self-righteous and minimizing others' feelings, possessing excess nervous energy from constant rushing and lacking tact in relationships are some of the issues for this position. Gemini North Nodes need to learn to listen to others to discover the value of true communication and to see both sides of a situation. Learning to slow down, being sensitive to social graces and others' needs without fear of being tied down will help us release nervous tension and find more happiness and inner balance.

### **Sample wishes:**

"I want all tendencies to self-righteousness totally lifted from me."

"I want to easily find myself successfully and joyously connecting with a variety of people."

I want to easily find myself asking the right questions that lead to my understanding others on a deeper level."

"When I become panicky, I want clear logic to enter my mind, showing me the facts of the situation and the logical way to proceed."

"I want the compulsion to reform others totally lifted from me."

### **North Node in Cancer Lessons:**

The need to be in control, taking responsibilities too seriously and being rigid and fearful of being dependent on others are some of the issues for this position.

Cancer North Nodes need to learn to relax their standards of perfection and achievement, let go of the tendency to over-manage their and others' lives, allow themselves to be vulnerable and make time for home and family life.

**Sample wishes:**

"I want all tendencies to suppress my feelings totally lifted from me."

"I want to easily find myself graciously accepting help from others and acknowledging the value of their support."

"I want to easily find myself sharing power by revealing my true feelings and inviting others to do the same."

"I want to be sensitive to others' verbalized needs."

"I want to easily find myself aware of my gut instincts."

"I want to easily find myself allowing others the freedom to care for me and fill my needs in their own way."

**North Node in Leo Lessons:**

A tendency to rely on others who might let us down, to come across as impersonal, to be afraid to stand out as individuals, to fear taking risks and to fall back on community at the expense of our individuality are some of the issues of this position. Leo North Nodes need to avoid worrying about what others think about them - be individual! They need to make an effort to deal with others in a more involved and loving way and to learn to take personal risks to develop self-confidence in order to achieve inner balance and happiness.

**Sample wishes:**

"I want to be filled with healthy self-confidence in every area of my life."

"I want to easily find myself responding to the drama of others in a way that creates new, positive directions for everyone involved."

"I want the fear of being ridiculed by others totally lifted from me."

"I want to be consciously aware of my power to create positive results in any situation."

"I want all self-limiting detachment totally lifted from me."

"I want to easily find myself pursuing activities that are fun for me."

**North Node in Virgo Lessons:**

Avoiding details and practicalities of everyday life, leading an unorganized existence to avoid making goals and putting too much faith in the big picture without tending to the details are some of the issues of this position. Virgo North Nodes need to work on developing healthy and practical routines and schedules to avoid vague worries and to maintain a feeling of control. They must establish limits and boundaries for others in order to avoid being used. By developing systems,

routines and order, self-confidence will increase, they'll be more productive and they will get closer to achieving their dreams.

**Sample wishes:**

"I want to easily find myself actively focusing on creating positive results in my life."

"I want to easily find myself clearly defining my goals and objectives."

"I want all panic attacks totally lifted from me."

"I want the tendency to overlook details totally lifted from me."

"I want clear boundaries, empowering me to not allow abusive situations in my life."

"I want to easily find myself setting and following healthy routines that add strength and confidence to my life."

**North Node in Libra Lessons:**

Relying too much on the self so as to alienate others, being excessively competitive, taking things personally and being impatient, rash and impulsive are some of the issues of this position. Libra North Nodes need to sensitize themselves to the needs of others, learn tact and walk in another's shoes before acting. They must let go of the overwhelming competitive nature that will block them until they learn to look at the other side or through someone else's eyes. Partnership and cooperation will help them attain inner balance and achieve their goals.

**Sample wishes:**

"I want preoccupation with my own survival totally lifted from me."

"I want the tendency to project my standards onto others totally lifted from me."

"I want the habit of giving orders totally lifted from me."

"I want to easily find myself feeling self-confident and comfortable in social situations."

"I want to easily find myself helping others to maintain their inner harmony."

"I want to easily find myself being a team player with others."

**North Node in Scorpio Lessons:**

Excessive self-reliance, being set in their ways, clinging to possessions and habits, being overly fearful of crisis and security, and attempting to force success through will are some of the issues for this position. Scorpio North Nodes need to loosen the grip they have on all that's around them and open their souls up for transformation. They must learn the value of partnership and intimacy to gain the

security they crave. Releasing themselves from the attachment of doing things their own way and expanding beyond the 5 physical senses will help them find satisfaction and inner balance.

**Sample wishes:**

"I want all self-defeating stubbornness totally lifted from me."

"I want all thoughts about money that are blocking my prosperity totally lifted from me."

"I want all fears of 'not having enough' totally lifted from me."

"I want to easily find myself open to receiving the benefit of other people's energy."

"I want to easily find myself consciously and accurately aware of the values, motives, and needs of those around me."

"I want to attract and begin working with the right business partner who has values I support, and with whom I can make lots of money!"

**North Node in Sagittarius Lessons:**

Getting overwhelmed by information overload, overstimulation that shuts down the decision-making ability, being stuck in logic and details at the expense of intuition and missing the 'big picture' are some of the issues for this position. Sagittarius North Nodes need to learn to trust their intuition to uncover more meaning in their lives, to allow themselves to believe in something that doesn't necessarily make sense in order to reduce anxiety and stress, and to act bravely and impulsively thus freeing them from inner turmoil of doubt and excessive logic in order to find inner balance that enriches their lives and souls.

**Sample wishes:**

"In listening to others, I want to easily find myself hearing the deeper meaning behind their words."

"I want all excessive mental activity totally lifted from me."

"I want all self-defeating needs for social acceptance totally lifted from me."

"I want to easily find myself acting in alignment with my conscious."

"I want to easily find myself listening respectfully to my voice of intuition, trusting it to lead me in the right direction."

"I want to easily find myself living my life spontaneously, in accordance with my inner feelings and intuition and not limited by logic."

### **North Node in Capricorn Lessons:**

Over-attachment to their childhood and past, dependency on others to avoid accepting responsibility, extreme fear of rejection that causes missed opportunities and excessive focus on emotional problems are some issues of this position. Capricorn North Nodes need to take charge of their lives and take responsibility for their actions, stop blaming their past for emotional difficulties, let go of the comforts of childhood in order to move forward and define solid goals and direction in their lives in order to achieve the financial and emotional security they crave.

### **Sample wishes:**

"I want all fears of being responsible for myself totally lifted from me."

"i want to easily find myself allowing others to be upset without feeling personally responsible for protecting them from their emotions.:

"I want all tendencies to overreact emotionally totally lifted from me."

"I want to easily find myself making decision that lead to feelings of self-respect."

"I want to easily find myself aiming for small goals that are reachable on my way to achieving the larger goals I want."

"I want all fears of success totally lifted from me."

### **North Node in Aquarius Lessons:**

Over-attachment to romance and relationship drama, being overly focused on getting what they want, resistance of being part of the crowd in order to stand out as unique and special are some of the issues for this position. Aquarius North Nodes need to offer freedom to relationship partners in order to release fear, to accept that they can be both special AND part of a community, to be more objective, cultivate true friendships and let go of the need to get everything they want which will help them to find satisfaction more easily - all to achieve a greater sense of balance.

### **Sample wishes:**

"I want all tendencies to expect others to put me on a pedestal to be totally lifted from me."

"I want to easily find myself allowing the natural flow of life to bring me my good fortune, graciously accepting the Universe's bounty."

"I want to easily find myself feeling friendship with others."

"I want to easily attract, recognize and being participating in the right humanitarian causes for me."



"I want to openly communicate my feelings with my romantic partner as I would a friend."

"I want to easily find myself allowing my heart to open, joyously receiving love from others."

"I want to easily find myself receiving helpful messages from the positive, angelic forces around me, supporting me in successfully navigating my life."

### **North Node in Pisces Lessons:**

Unremitting worry, being plagued by guilt about under-performing, lack of faith in a spiritual plan and over-analyzing themselves and others are issues with this position. Pisces North Nodes need to put faith in spiritual powers or the "big picture", let go of the fears that they are not doing enough, be more compassionate and loving to themselves and others, and to be more humble. Trusting their imaginations and letting go of some of the details will help them achieve balance and release their fears of failure and guilt.

### **Sample wishes:**

"I want the notion that I have to 'be perfect' totally lifted from me."

"I want to easily find myself releasing all anxieties to a Higher Power."

"I want the habit of excessive analysis totally lifted from me."

"I want to easily find myself focusing on the positive aspects of people and situations."

"I want to easily find myself inviting the ideas of others on the best way to get the job done."

"I want to easily find myself meditating a minimum of \_\_\_\_ days per week, a minimum of \_\_\_\_\_ minutes each time."

## BONUS:

### *Make a Treasure Map (Vision Board) During the New Moon in Aries.*

Each New Moon has strong energy for new beginnings, but the New Moon in Aries is especially powerful since Aries is the first sign in the zodiac. The sign of Aries corresponds to the energies of new beginnings, action, assertiveness, authenticity, exploration, courage, leadership, strength and self-reliance. It is truly a powerful force!!

Creating a treasure map or vision board during the New Moon in Aries combines the energy of the New Moon with the energy of Aries to give you a double dose of manifesting juice! This is much stronger than creating your vision board around January 1st without regard to where the Moon is in its cycle around the first of the year. For example, if the Moon is in its waning period, that energy is much better for releasing and completing than it is for creating and beginning.

When making your treasure map with the New Moon in Aries, follow these guidelines:

- 🌍 Collect your supplies in advance, but don't begin selecting pictures yet. The Moon will not be in the creation part of its cycle.
- 🌍 Don't start selecting pictures or words, or creating your map until the New Moon is actually in Aries. Once that happens, you have 48 hours to create your treasure map.
- 🌍 Use your intuition for selecting images and placing them on your board. If an image doesn't "feel right" - even if it's something your brain tells you that you want - don't include it. Trust your instincts.
- 🌍 After making your vision board, forget it. You don't need to keep it out where you can see it. You don't need to review it. (You can if you want to - do what makes you happy). Once the board is completed, the wishes are set into motion and the Universe is working to deliver! Trust in the process!

## *Wishing Worksheet - New Moon*

Ask yourself this series of questions during the NEW MOON phase, then meditate on the answers. You can ask all of the questions at once or separately - whatever is most comfortable for you. Use the section below to write your answers.

**What do I most desire to be, do or have?  
What would I most like to accomplish or experience?  
What does my heart most desire?**



## *Wishing Worksheet - Full Moon*

Ask yourself this series of questions during the FULL MOON phase, then meditate on the answers. You can ask all of the questions at once or separately - whatever is most comfortable for you. Use the section below to write your answers.

**Where can I get more information?  
What new perspectives or patterns are emerging that I might use  
to reach my goals?  
What actions can I take to step closer to my goals?**

## References

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## *About Jennifer...*

"Everything is energy. When you truly learn how to work with this at a soul level, the magic of the universe is unveiled to you and your life becomes fluid and abundant. I'm here to help you with the unveiling so that you can live the exquisite life you desire."

~Jen Blumenthal

I am Jennifer Blumenthal, President and Founder of WholeBeing Balance.

I guide people on a journey into spiritual evolution to help them discover and use the magic of the universe to expand and enrich their lives. I'm so excited to serve people, build my tribe and help others do the same. I know there are other people out there who love what I love and want to know what I know, and I can't wait to share it!

My soul purpose in this lifetime is to expand and become aware, and then teach others to do the same. I am to help light a spark of recognition in people and teach them how to work with energy and frequencies to raise their vibrations in order to help heal the planet.

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Jennifer Blumenthal is a Tibetan Reiki Master Teacher, Karuna Reiki Master, PMC Level III Certified Artist, Tarot reader, Psychic, energy healer and a Certified Dog Daycare Supervisor in the DogSpeak 101 method. She studied psychic development, Tarot, The Reconnection and Usui reiki under Alexandra Alexander; Psychic development under Bonni McCliss; Karuna and Usui reiki under Patsy-Patricia Seay Dollar; PMC artistry under Teva Chaffin; dog daycare, dog behavior and dog communication under Nikki Ivey and Essential Oils & Reflexology from the American Institute of Holistic Theology. She is a member of the Uplevel You Mastermind group and the Amazing Biz & Life Academy.

In previous careers, Jennifer was a Certified Florida Dance Masters Teacher, gymnastics instructor, software trainer and datawarehouse developer. While she isn't a Certified Life Coach, she is fully qualified to coach and guide people to better places in their lives based on her own life experience and other teaching experience.

*Did you like my book?*

*Then you will love a VIP Day with me of your very own!*

If the pull of the Universe and the desire in you to accelerate your life into 'amazing' are so strong that you are ready to jump into the fire with both feet and come out a beautiful, new phoenix rising from the ashes, then you are ready for a VIP Day! This laser-focused, one-on-one coaching day was created just for YOU. This special day-long VIP retreat can be done in person or via Skype. In person VIP days are held at the incredible space at Atmalogy in Nashville, TN.

Visit my [website](#) for more details.

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Welcome to my *Soul Sandbox*. Thank you for coming to play with me!