

Welcome

**Reclaiming Your Rhythm:
Where Lunar Cycles, Chakra Wisdom,
and Mental Health Align**

*A free masterclass for soul-led women ready to stop overthinking,
start aligning, and finally trust their inner timing.*

The Modern Day Mystic

Donna S. Conley

Author | Healer | Coach



Moon Guided Healing

Wild Moon Healers®

Find Yourself • Love Yourself • Align with the Moon

Healing begins with remembering your wholeness.

At Wild Moon Healers®, we see healing as a journey of wholeness, self-love, and transformation. By weaving energy healing, lunar rhythms, and self-awareness, we create a sacred space where you feel seen, supported, and empowered to heal from within.



Follow Lunar Cycles

Why Follow the Moon?

What does it mean to align with the moon?



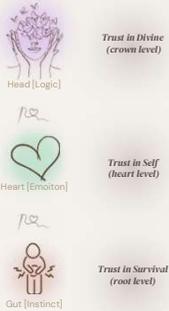
- NEW MOON**
Set Your Intention
- WAXING CRESCENT**
Create an Inspired Plan
- FIRST QUARTER**
Take Meaningful Action
- WAXING GIBBOUS**
Evaluate Progress
- FULL MOON**
Perform Shadow Work
- WANING GIBBOUS**
Let it Go - Surrender
- LAST QUARTER**
Forgive Yourself
- WANING CRESCENT**
Love Yourself

The Connection

Energetics

The Energy Living Within - 3 Centers of Intelligence

So, why does the head win?



- Trust in Divine (crown level)**
Head [Logic]
- Trust in Self (heart level)**
Heart [Emotion]
- Trust in Survival (root level)**
Gut [Instinct]

The Nervous System Connection

Your Body's Energetic Switchboard

Autonomic Nervous System
Body Functions



Much of this system runs automatically—but your breath gives you access.

Sympathetic Nervous System
Fight / Flight

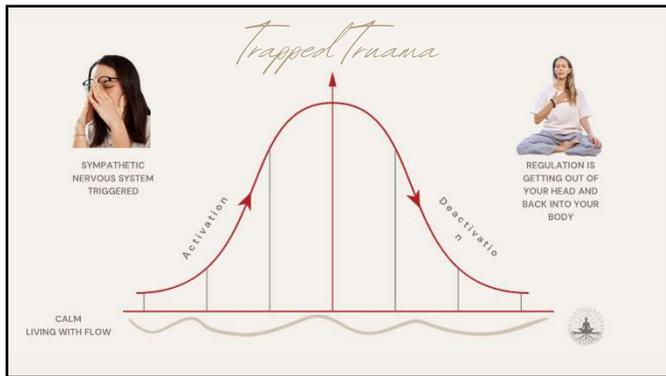


Shallow, Chest Breathing
Oxygenating Extremities

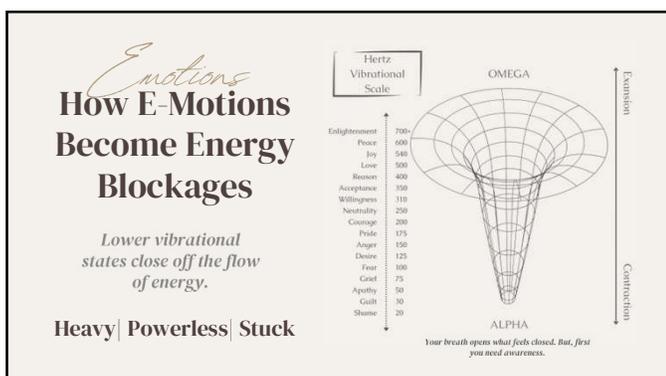
Parasympathetic Nervous System
Rest / Restore / Digest



Deep Body Breathing
Oxygenating Body







How to Build Trust
Awareness

Healing begins with awareness: Awareness → Integration → Embodiment

Energetic Awareness → Reconnects us to power.
Emotional Awareness → Gives us depth.
Cognitive Awareness → Rewrites the story.
Behavioral Awareness → Directs choices.
Somatic awareness → Brings us home.
Spiritual awareness → Gives us vision.

Soul-Centered Awareness

How to Build Trust
Awareness

Healing begins with awareness: Awareness → Integration → Embodiment

Through Lunar Awareness:

- **Relational Awareness** → Restores safety.
- ☾ **Cyclical Awareness** → Aligns with our pace/timing.
- 👤 **Shadow Awareness** → Leads us to wholeness.

Two Sides to Every Story
Energetic Integrity

There are two sides to energetic integrity
 Trust + Boundaries = Integrity

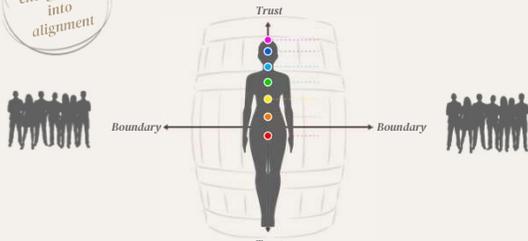
The Cost of Disconnection Not Energetically Aligned

1. Out of sync with your body.
2. Disconnected from your intuition.
3. Lost in overthinking or emotional spirals.
4. Stuck in cycles of burnout or people-pleasing.
5. Chronic GI issues or tension in the gut.
6. Unclear about your path, or what's even "yours" to carry.



Bring your energy back into alignment

Axis Points Integrity Model



Axis Points Energetic Integrity

There are four quadrants to energetic integrity

<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>AUTHENTICITY Expression of your truth "This is who I am." Truth Expressed Trust = High Boundaries = Low</p> </div> <div style="text-align: center;">  <p>ALIGNMENT Living your truth "I'm becoming who I want to be." Truth Lived Trust = Medium High Boundaries = Medium High</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>EMBODIMENT Feeling your truth within "I'm safe in myself." Truth Felt Trust = Low Boundaries = High</p> </div> <div style="text-align: center;">  <p>SOVEREIGNTY Owning your truth "I lead myself from wholeness." Truth Owned Trust = High Boundaries = High</p> </div> </div>
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Chakra Alchemy

Energetic Integrity in Motion

Tune In • Listen • Align

HEAD
Throat • Third Eye • Crown
What do I know, see, or perceive?

HEART
What matters most to me?

GLT
Solar Plexus • Sacral • Root
What do I need to feel safe and take action?

Body Wisdom

The Capacity Principle

Tapping Into Your Untapped Potential

The Body Intelligence (90%)
(from the top of the nose down)

- Embodied/Emotional Anchor
- Heart & Gut Intelligence
- The 2nd Brain (entire digestive track)
- Throat Chakra
- Heart Chakra
- Solar Plexus
- Sacral Chakra
- Root Chakra
- Somatics
- Stored Emotions
- Grounded Intuition
- Internal Fire (stability, will, personal power)
- Earth Rooting (stability, survival instincts, grounding)
- Energetic Flow (emotional release, adaptability, creativity)
- Breath & Rhythm (life force, nervous system regulation)
- Cellular/Ancestral Memory (body's record of trauma, lineage, healing)
- Hormonal / Endocrine Intelligence (cyclical rhythms, stress regulation, sexuality, metabolism, energy balance)

Head Intelligence (10%)
(from the top of the nose up)

- Mental/Spiritual Anchor
- The Brain
- Third Eye & Crown Chakra
- Logic & Reasoning
- Intuition (mental/psychic)
- Imagination, Impeccing, & Visioning
- Connection to Source / Spirit
- Cognitive Processing & Analysis

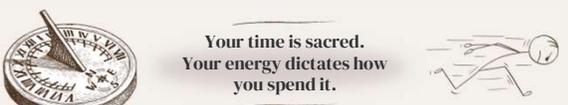
Chakra Alchemy

Energetic Network

The Shift from Structure to Flow

As Above
So Below,
Flows Within

Healing Beings with Awareness
You Matter
 Awareness • Trust • Boundaries



**Your time is sacred.
 Your energy dictates how
 you spend it.**

Cultivate **AWARENESS** of how your energy is moving

- How is your time spent?
- How do your emotions speak to you?
- Where does your trust flow?
- Where are your boundaries needed?



Chakra System
Trust Bridge
 Understanding The Wisdom of Energy, Trust,
 and Boundaries

Ask yourself:

- Do I need to reconnect with my roots?
- Do I need to build deeper trust in myself?
- Or is it time to open back up to something bigger?

*How We Can
 Work Together*
**A Transformational
 Healing Ecosystem**
 Healing on Every Level, at Every Stage



Online Resources
 (heal at your own pace)

Written Material
 (books, blogs, emails, social media, etc.)

Authenticity & Sovereignty

Energetic Alignment

Embodied Experience

Healing Services
 (coaching, services, classes, events, retreats, etc.)

THE ENERGETIC PATH
A Journey Through Chakras & Soul Alignment

Your Rhythm Starter Kit

✦ Includes a helpful FAQ and a book with embodiment exercises to deepen what you've learned today. Download your free Rhythm Starter Kit anytime at...

www.WildMoonHealers.com/MC

Signature Online Course
The Energetic Path
 Learn and Heal at Your Own Pace

JOIN THE WILD MOON COLLECTIVE
 Live energy healing sessions with Donna to guide your transformation

Leave emotional exhaustion & overthinking behind.

Discover your path, align your energy & embody your truth.

What Things Come Alive, Everything Single! | A Curriculum for Your Soul | Engaging modules | The Power of Chakra Alignment Understanding the Flow of Energy | How the Chakras Work Together | A Healing, Intentional System | Self-paced, Trauma-informed, Spiritually guided | Free of Cost

Thank You!
What's Next?

THANK YOU FOR SPENDING THIS TIME WITH ME. I HOPE YOU LEAVE FEELING SEEN, SUPPORTED, AND ALIGNED.

- 📌 Enroll in The Energetic Path
- 💡 Join in the Wild Moon Collective
- 📄 Download your Rhythm Starter Kit
- 👤 Stay connected: @wildmoonhealers

www.WildMoonHealers.com/MC
