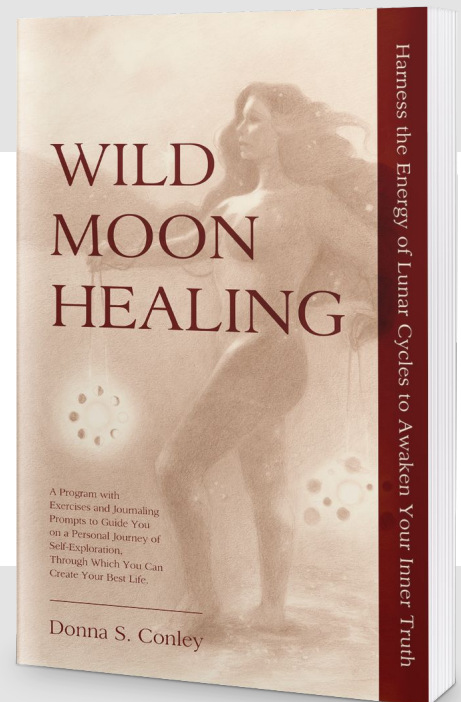


WILD MOON HEALING

Harness the Energy of Lunar Cycles to Awaken Your Inner Truth How to Embark on a Personal Journey of Self-Exploration to Create Your Best Life



Hello,

Thank you for reading my book. I hope that the book club questions and exercises listed below will help you create your own best life, harnessing the energy of the lunar cycles.

These questions can be contemplated individually or together in a Book Club group.

- Book club meetings to discuss Phase I should prepare you for new moon work.
- Book club meetings for Phase II of the book should follow lunar cycles to practically translate the contents of the book into tangible, literal actions.

Authentically Me,

Donna Conley

Meeting #1 - Self-Exploration, Discovery, and Renewal

1. Each of us have experienced things that hurt. There are both physical and emotional pain that cause us to withdraw and hide parts of ourselves so we do not experience that pain again. If something is hidden, how can we see it? Can you create a list of energetic barriers you experience in your life or ways that you are limiting your potential?
2. What does a healthy mind look like to you? Does this description match your reality? What changes can you make to shift your energy to a healthy mindset?
3. We create our own challenges by the limiting beliefs created from our pain and struggles. List out everything you think you are. Write individual statements as, "I am fat." Write out everything that comes to mind. Now create a To Be list using the same format. If you think you are overweight and want to be a healthy weight, write, "I am healthy and lean." Did you feel your energy shift during this exercise?
4. Energetic leaks affect everyone. Outside of chaos or struggle, we normally get up and do something, and then need rest at the end of the day. Can you identify some of the main sources of energetic depletion you experience?
5. Every human being has an inalienable, fundamental right to discover their authenticity and live their truth. Describe the life you would live if you were free. What does your best life look like?
6. Restorative thoughts speak to your mind from your heart. We have to elevate our thinking mind because your reality grows out of what you think of most. I break restorative activities into four parts: physical body, the mind, emotional self, and spirit. What aspect of your life will it be most beneficial to incorporate healthful activities? Pick one preventative or restorative activity you will commit to that will help you work toward your best life. What is this activity going to help you achieve during the upcoming lunar cycle?

Meeting #2 – New Moon Phase

1. Self-discovery is a developmental learning process. You've been doing it all along. Learning is the active practice of creating an infrastructure that is comprised of data (your knowledge) and context (your experience). Accumulating knowledge and experiences forms your beliefs and behaviors. As you live your life, this cycle repeats itself. How have your life experiences created your story?

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2. Moon work is about you and only you. Even in a relationship, you should still be you, an individual. Perfectionism is subjective but you are absolute. To strive for “perfect” is an energetic leak. To strive for your best self is beautiful and amazing. Discover what you know about you by asking yourself questions. What do you want? Why do you want it? What is important to you? Why is it important to you? Each question should lead to more probing questions. What insight did you gain?
3. Visualize the new story of your life. No barriers, you are just living your best life as if you have already achieved it. You are watching a movie, it has happened and was recorded. Use all your senses. Attach emotion to your vision, how incredibly happy and healthy are you? How are you honoring your truth and your body? Open your eyes and write it all down in your journal. Don't use terms such as “I will” because you've already done it. Write your vision as if it is a memory to reinforce that you believe it.
4. You can't visualize or dream forever. Now that you have an unclouded vision for your future self, what one thing can you do consistently this month that will help you achieve your dream? In what ways will this one thing help you? What is the plan: when will you do this thing, do you need a special space to ensure you complete this one thing or ensure privacy, what barriers might stop you from completing this task, what's the backup plan, etc. When the powerful forces of a vivid intention and inspired action align, their combined energy radiates at a high frequency, and the universe conspires in your favor.

Meeting #3 – Waxing Moon Phase

1. You created a plan and took action to achieve meaningful change in your life. Look back at your responses to meeting #1 questions. As you started taking action, did you revert to an old story and lose track of your new moon dream (or intention)? Did you encounter a barrier or experience an emotional trigger that derailed your progress?
2. What did putting your energy into your old story or trigger accomplish? What draws you back into old routines or habits? For me, when I sit down on the couch, my day is over. I can sit at the kitchen table or my desk and keep grooving, but the couch drives me into old routines of sitting mindlessly and accomplishing nothing.
3. Acknowledge your fear. We all experience it. Don't avoid it. If you are having a hard time staying the course, ask yourself, “What am I afraid of?” Identify your fear and acknowledge it.

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4. Evaluate the impact of creating change on your life. What is the consequence of not changing your behavior?
5. Was your action plan a little overzealous compared to your current reality? Maybe you underestimate your abilities. Tweak your plan, keep going, and do not give up.

Meeting #4 – Full Moon Phase

1. What does inner child and shadow self look like to you?
2. When we hide our unhealed traumatic wounds, we stifle our energetic flow and keep ourselves stuck in trauma and struggle. You've been learning a lot about yourself. Now look inward by examining all your missteps under the waxing moon. What can you learn from your barriers and triggers? Excuses don't teach you anything. Maybe you are thinking, "I did my best." Great! What did you learn about yourself by doing your best?
3. With the full moon comes heightened emotions, feelings, mental processes, and dreams. Pay attention as these things provide you with valuable information and encouragement. Ask this illumination to reveal to you an energy leak, energetic vampire in your life, or a false, limiting belief? What is one thing you can identify in your life that is no longer serving you (an action, belief, thought, person, etc.)?
4. Explore you. Only you have the answer to your current life challenges. Be truthful with yourself and expose yourself under the light of the full moon. How are you physically, emotionally, mentally, and spiritually?
5. Are you engaging in self-care? It is necessary in exploring your shadows. Restorative activities build a positive infrastructure to encourage progress with your Moon work and that will lead to positive breakthroughs and progress. Choose to no longer take a passive role in life. Choose to heal with the energy of a full moon. What is your go-to restorative activity that calms and grounds you?

Meeting #5 – Waning Moon Phase

1. What does the phrase "Let it go" mean to you? What emotions come up when you say that phrase out loud?
2. Describe how emotions can create a place within.

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3. It is always ok to feel what you feel, but you need to validate your emotions. No one can do it for you. What are the ways you can validate your feelings?
4. Being present, mindful, aware, and intentional are all key aspects to Moon work. What do these things look like in your life?
5. You can know what changes you need to make in your life, but still be unsure of how to accomplish it. What you can do right now is love yourself. What does loving yourself look like?
6. There may be things in your past that bring up feelings of shame or guilt and you hope no one ever discovers about you. The “mess” is part of your message. It is part of your story. In what ways can you accept all of yourself?
7. We need to cultivate a forgiving heart, but one of the hardest things to accomplish is self-forgiveness. Forgiveness of self requires action. What in your life requires your forgiveness?
8. Do you believe you can choose love and happiness at any moment in your life? What would it look like if you did that in the midst of a triggering situation?
9. If you could highlight just one takeaway from this book, what would it be?

If you have 5 + people in the book club, I will be happy to offer a 30-minute virtual call with me as a thank you to the members of the book club. To schedule the call, please email dsconley@wildmoonhealers.com with the requested date and time. We also appreciate your book review on your retailer of preference.



Moon Phases

