



# Mindfulness~ Start Where I AM Now!

## Tapping into the Rhythms of Nature

### Part 1

Here are some tools to enlighten you about where you are right now. Some call this intuition, however we all already have this. It is not a sixth sense, but an inner awareness, a practice of not DELETING what is right before our very eyes. Women already seem to sense these things on some level, but going through the formal process brings this inner knowing to a more tangible level.

First, let's turn our attention to what's already happening with nature and our moods. Moods seem to change with the seasons. Our moods mirror inside of us what's happening outside and in the Earth, the moon, the sun and the planets.

We are all energetic beings! We are simply energy contained in a seemingly dense container or vessel. We are each vibrating at a level that keeps us on this planet, thanks to gravity and the Laws of Physics. In less than 12 months all of our cells will have turned over and are not the same. We think we are mass, but can we all agree that everything is all energy, including us?

***“Everything is energy and that's all there is. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.” ~Albert Einstein***



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Next, we will discuss creating a journaling chart to help you chart your moods and the seasons. This is called circadian rhythm. I am a huge moon goddess, and watching the cycles of the moon, the equinoxes, the solstices and the celtic seasonal calendar I can determine when my moon cycle will start. We will also track the correlation between our menstrual cycle and our moods, and a place to journal about our monthly mood fluctuations. By being aware of the moon cycle then journaling you will soon learn if that's true for you, too.

Next you will note the weather outside and jot down your internal weather, too.

There are charts to help you in journaling to identify cycles in which your mood normally follows. Update these on a daily, weekly, monthly and yearly basis.

The final chart is designed to help you see how your own actions affect your mood.

At the end there is a place for you to write down your experiences and what you've learned.

### **Weekly Energy, Mood, Moon and Season Journaling Chart:**

*Notate:*



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- 1. Where is the cycle of the moon this week (new, waxing, full, waning)*
- 2. What is going on with the solar system (Mercury retrograde, solar flares, astrological charts)*
- 3. What is the weather in my area like each day?*
- 4. My mood/energy upon waking*
- 5. My mood/energy upon retiring*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Month:

At the end of the month journal about your overall mood/theme.

Seasons:

Each season on the Celtic calendar has a theme.

Take a look at *The Healing Power of Trees* by

### **Time of Day Mood Tracker**

We all have an internal clock. In accordance to our Native American teachings we all each have our Hour of Power. In



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Ayurveda we follow a 24 hour clock for eating. We eat our biggest meal when the sun is at the zenith or there is the most prana present. Many practices also follow the moon cycle, and fast from grains or eat less grains, on the 11th day following the new and full moon cycle, according to the days with the least prana or energy.

For a week jot down how you feel during these times:

Waking

MidMorning

Noon

MidAfternoon

Evening

Night

### **Monthly Moon Cycle**

1-31

Mark your menstrual cycle

Mark your ovulation

Mark your phantom cycle if in menopause

### **Mood and Actions**

For a week jot down everything you put into your body. A great all is the MyFitness Pal.

Use these categories:

- Food and Nutrition



## **Mindfulness~ Start Where I AM Now! Tapping into the Rhythms of Nature**

- Breakfast
- Snack
- Lunch
- Snack
- Dinner
  
- Movement
- Spiritual Connection
  - Prayer/Quiet Time
  - Meditation
  - Sadhana
  
- Connection
  - Friends
  - Family
  - Community
  - Just me
  - Someone Else
  - Overall

Lastly, What patterns have you noticed?

The three things that influence my mood the most:

Sources:

PositivelySunny.net



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<https://www.goodreads.com/quotes/1281784-everything-is-energy-and-that-s-all-there-is-match-the>