stars by stevie.

YOUR MOON SIGN WEEK 1 SUBSCRIBE TO YOUR DREAM LIFE

Stevie McCormick

Moonology and
Manifestation Coach

SUBSCRIBE TO YOUR DREAM LIFE

PURPOSE OF TODAY

Your moon sign (aka your subconcious mind) to identify and clear out your ego of thoughts, behaviours and patterns which stop you from creating a life you love, with skills and tools to be able to create new beliefs which serve the new you.

Intention for todays session

Your Name

Your Intention for Today

What do you feel the full moon is lighting up for you?

12th January 2023 @19:30

- South and North Nodes in your birth chart to understand patterns that keep you held back and clarity on where you can take action to finally understand what keeps you UNSTUCK!

23rd January 2023 @ 19:30

- Moon cycles in your birth chart and activating your first new moon diary.

30th January 2023 @19:30

- Moon sign and subconscious mind - realising blockages

Today

Connecting to your inner child.

Activating your inner mother.

CONNECT TO YOUR INNER CHILD
YOUR MOON SIGN IS YOUR MOTHER IN YOUR BIRTH CHART

SUBCONCIOUS 0-7 YEARS

THE EGO IS FORMED.

CUE - ROUTINE - REWARD

A HABIT LOOP IS FORMED.

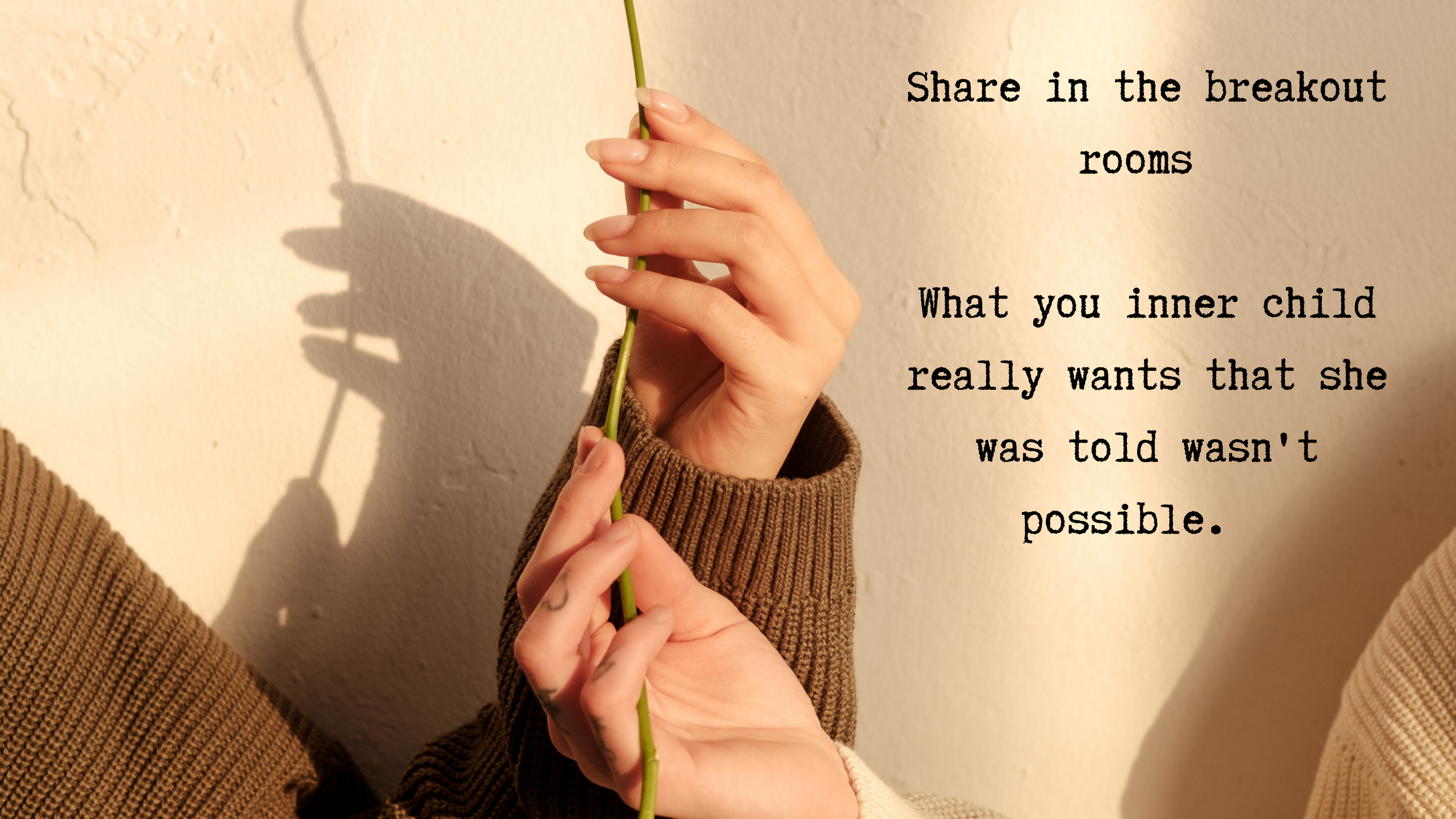
DOPAMINE OR GOOD BEHAVIOUR IS REWARDED YOU ARE SAFE WE REPEAT AND RECYCLE.

Journal

What does she want to say to you?

What is she afraid of in regards to what you want to create for yourself?

What does she want that she didn't receive that made her feel unsafe?


Share in the breakout rooms
What you inner child really wants that she was told wasn't possible.

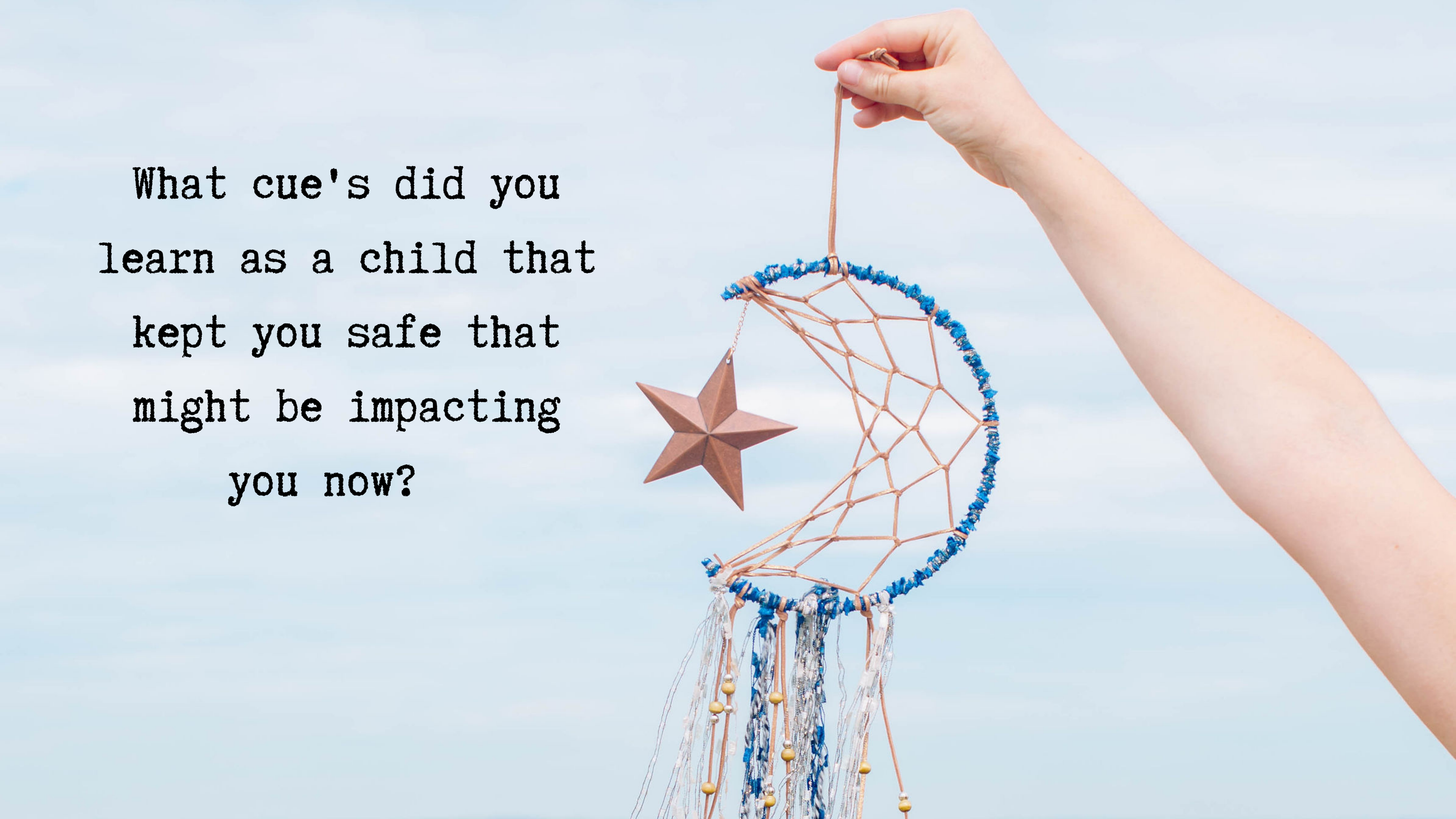
To overcome these you have to identify your cue.

It could be spending money if you have money safe not to have it. i.e. going shopping and spending it.

Trying a new habit and finding yourself going to coffee and sweets to feel good to get the hit.

Self care is essential to regulate the nervous system - for manifesting success.

What cue's did you learn as a child that kept you safe that might be impacting you now?



How is this affecting my life right now?
What is something that left my inner child feeling unsafe?
BREAKOUT ROOM
What does my inner child want to say/do/feel?

ASKING YOUR INNER MOTHER WHAT IS ONE ACTION SHE FEELS CALLED FOR YOU TO TAKE TODAY TO SUPPORT YOU IN ACHIEVING YOUR GOAL? WRITE IT OUT BELOW

YOU WILL RECEIVE A WORKBOOK TO ACTIVATE YOUR MOON SIGN AND UNDERSTAND THIS DEEPER TO BEGIN TO NURTURE THIS PART OF YOURSELF.

LET'S STAY CONNECTED

Always DM if you have any questions.

Stay up to date on subscribe to your dream life hub

Thursday 12th January at 19.30`