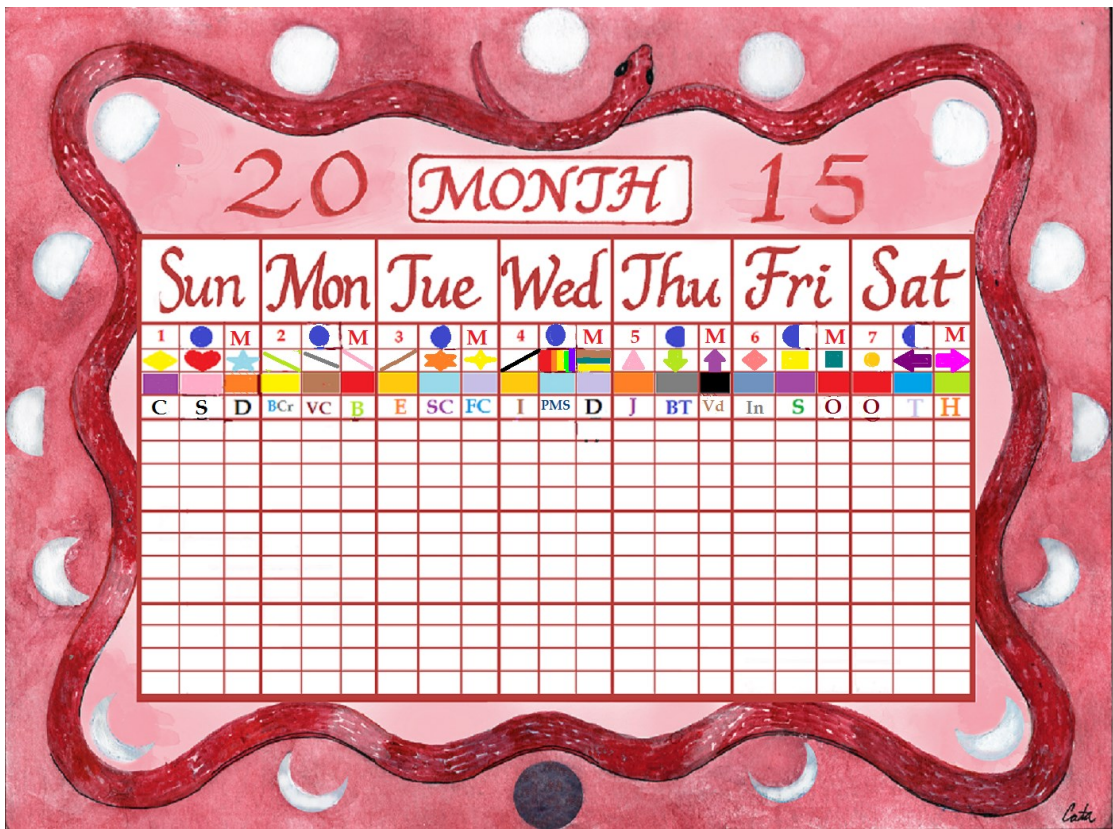


Here is an example of what one coded day might look like.

<i>Day</i> 1	<i>moontime</i> 	S D C
		D
		S

Here is an example of what one week might look like.



 *IDEAS and SUGGESTIONS*  
*to FOLLOW* 

At the end of each focus, there are nine places where you can write your personal responses and ideas. The goal is to bring your inner world into the outer world so you can keep track of what is happening to your mind, body, emotions and spirit.

1. Journal - uncensored thoughts, feelings, reactions to this month's moontime.

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2. Dreams and Visions - messages from the unconscious, from your Goddess self.

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3. Special self-nurturing reminders - things to do for yourself during your moontime, or during the month, to sustain healing.

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4. Preparations needed to create a harmonious moontime - reminders for child care, appointments to make or cancel, items to purchase, candles to have for a bath.

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5. Reminders for food and diet - when to change or eliminate certain foods, take supplements, herbs to have on hand, things to do that release stress.

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6. What old beliefs have been uncovered, need to be eliminated or changed? Create affirmations for transformation.

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7. Reminders of activities that will create a harmonious moontime - make an appointment for a massage, walk in nature, get extra sleep, listen to music that you love.

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8. What did your last moontime reveal that will help make the next one more spiritual or bring you closer to your sacred self?

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9. Create your own ritual, draw or paint your feelings or dreams.

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