



### TIPS FOR GETTING THE MOST OUT OF THIS WORKSHOP

I'm delighted you're here! It's a privilege to share the cycles of the Moon together. It would be an even greater treat if we were literally together, as in a real-time workshop. To bridge this gap, feel free at any time while you're enrolled to email me ([dana@mooncircles.com](mailto:dana@mooncircles.com)) with questions or to share your experiences with the Moon. And now... for the tips:

You'll take from this workshop as much as you give to it. You can't just read about the Moon. You have to meet her—moonplay is experiential. You need to bring your imagination, sensory awareness, and knowledge to the game.

But that's no excuse to pressure yourself. The Moon doesn't want you to be a "perfect" student. She just wants you to make genuine contact with her. That often happens in mysterious, serendipitous ways.

But it helps to be focused—gently—by analytical information. You don't need to read everything in the playbooks, unless that's how your temperament rolls. The secret to a lasting relationship with the Moon is making sure that the journey is pleasurable. Keep following the joy that inspired you to sign up for this course. Your delight may play hide and seek with you at times. But that's why I've filled the playbooks with so much content. It's like a fine restaurant menu—you're not meant to eat everything listed. Peruse the playbooks with an eye towards finding just the taste that would intrigue you now.

For each New Moon that you're enrolled, renew your commitment to moonplay. Decide how and when you'll touch base with the Moon each cycle. Feel free to change it up—but get a plan and do your best to stick to it—until you can enjoy throwing it away at the Dark Moon.

Be honest about your schedule. What fits for you? Some of my students like to start every day with a brief awareness of the Moon. Maybe you can only grab time like that

every three or four days. Or perhaps your week is so full, you commit to just one hour on Mondays, the Moon's day.

The Sun and Moon are always there. But they don't shout for your attention the way everything else around you does. These two lights guide the fundamental in-and-out breaths of our planet—yet they're easy to ignore. That's why it helps to make a reasonable commitment and stick to it. If you fall out of rhythm, notice why and when. This seeming failure could actually lead you to a life-changing insight.

### Carry your playbook with you—printed or digitally.

The Moon is always moving. Even the most devoted students can lose track of her. And that's okay. But you want to be ready. There will come a moment when something happens to you—or you feel a certain way—like something beyond the ordinary is occurring. Maybe it's just a simple awareness like “Wow, everybody is so jumpy today. Where's the Moon?” And you discover that it's the First Quarter phase—and you've just witnessed how its tension is playing out around you.

Or maybe the experience is more profound. When the odd stranger holding the door for you says something with such compassion and grace, you find yourself unstrung. You wonder how to make sense of this moment. And you think about the sign of the New Moon, what house it touches in your chart, and you realize you just got an important message.

Rather than filling your calendar with Moon facts and dates ahead of time, use her in real time. She's a clock that indicates more than just hours and minutes. She adds meaning to the moment. If you're lucky enough to be bored, grab your playbook and find the Moon—which phase, which sign, or house she's in. Then let the conversation begin.

### Keep a record of your thoughts and experiences.

Designate a special file or notebook as your Moon journal. We learn through natural time by way of repetition. The Sun and Moon move in cycles. This means they keep returning us to certain qualities-of-the-moment again and again. What happens when the Moon is in Virgo today? You might get a new insight. But you can't reliably identify your pattern with Virgo Moons (*if you have one*) until you've gone through a few Virgo Moons. If you notice an unproductive pattern, look forward to the next Virgo Moon! You can use your new awareness to respond more creatively or perhaps get smarter about self-nurture. You can free yourself into a new experience of the Virgo energy.

The fundamental concepts that shape this workshop are easy to understand. Your mind can grasp them quickly. But it's only through repetition, as the cycles unfold, that you'll absorb the information at a deeper level. Writing about your experience is a way to honor it. When you acknowledge what you think, see, and feel, you strengthen the inner talker and the listener. You grow more intimate with yourself.

Likely a “future you” will be quite grateful for this content. Just as our dreams reveal deeper meanings on conscious review, so do our journals. That’s why I include plenty of writing prompts in each playbook. The questions and exercises are designed to till your inner soil and enrich your inner ground. Keeping journals is what Moon-watchers have done for centuries—for good reason.

**Moonplay requires that you enter a vast ocean. But you have choices. You can make your way from a variety of beaches. So pick one and start there.**

It’s good to have a foundation. Otherwise—and this *has* happened to a few students—you have no idea where you are or what’s going on. You just know there seems to be lots of Moon activity, and although you’d like to make sense of it, it’s a bit overwhelming. A better way to start is to pick one feature of the Moon’s cycle that interests you. It could be something you already know a little about or something entirely new.

- A nice place to start is with New and Full Moons. These are the two great pivots in the cycle. The energy of these turning points is distinct and discernible. Designate these days for important moonplay. Try to find and feel the energy of the day. Once you sense it, you can attune to it—which brings energetic support. It helps to harmonize the system. But how does one sense the energy of time? Tune in with your body as well as your mind. On these days move your body towards the Moon—with a gesture, a ceremony, the ritual of water practice, or anything that strikes your fancy. The waxing/waning Moon sets the fundamental beat for life on earth. Your animal body benefits through your awareness of this rhythm. Your spirit does too.
- Here’s another focus. You can refine and deepen your awareness of the Moon’s cycle by noticing the different qualities of each of the eight phases. Learning what astrologers have to say about each phase is easy. They represent stages of growth. Life creates and destroys, something the Moon demonstrates through her phases by growing, disappearing, and growing again. The elegance of this gesture has great wisdom in it. That’s what you’re studying when you focus on the phases—each points you to the wisdom in the unfolding process of growth. But experiencing these nuances takes time and attention. This can be quite rewarding. For the year that I focused on these phases, I had the feeling that the Moon had taken quite an interest in me! The messages I received were abundant—sometimes profound, sometimes amusing, always stimulating.
- Another fine place to start is with the Sun. Every playbook has a few pages called the “Solar Ingress.” That’s just a fancy term for “the day the Sun enters a new sign.” Why should this matter to you?

Of course, the Sun moving through the constellations of the zodiac has mattered to astronomers and priests for centuries—it's a great way to tell time. If the waxing/waning Moons set the fundamental beat of life, the Sun brings the melody, as it creates the seasons as it moves against the pattern of constellations in our sky. The playbooks are designed to help you hear this song—for good reason! Natural time opens a door into the “symbolic layer” of experience—the world of Ideas that Plato used to talk about. In this layer lie the blueprints for your experience. Tinker in this inner world and you can make great changes in the outer.

It takes a year for the Sun to move—by degree—all the way around your chart. Each month—with each solar ingress—the lord of the Sun energizes the qualities of that sign in *you*. The chart is a symbol of you. If something happens within it, then something happens in you.

When the Sun enters Aries, its fire awakens in you. The part of you that is eager to explore, fight, or initiate is getting roused. But what will you do with it? Ah! This is the art of Sun transit mastery. Experiment. Enquire. Watch which house the Sun is in—your playbook will tell you. In that part of your life, is something getting ignited—or is the Sun hidden behind clouds? Due to the regularity of the solar cycle, the Sun lights up the same house in your chart during the same month each year.

School always started when the Sun was in my first house—a perfect time for new beginnings. It's no surprise I looked forward to this moment every year. I was fired up in my first house. What month does the Sun light up your first house?

- Another fine way to launch your moonplay is by focusing on the signs of the transiting Moon. This is a brilliant way to learn astrology—you'll get a deep understanding of the meaning of each sign. The Moon occupies a sign for about three to four days, a good amount of time to study keywords and notice patterns. The Sun takes a year to go through all twelve signs, but the Moon transits all twelve in a month.

The zodiac cycle is both personal and universal. When the Moon is in Gemini, she's in Gemini for everyone. Collectively we share in this universal energy—but there's plenty of freedom for individual experience. Each of us will absorb, interpret, enjoy the ride, or reject the Gemini Moon in our own way. This makes it personal. Where the Gemini Moon transits in your chart—the house or houses containing Gemini—this is also personal. Gemini lights up my 10<sup>th</sup> house—so this is a good career Moon for me. If it lit up my 2<sup>nd</sup> house, that might make it a good money Moon.

- **Another area of study is Void of Course Moons. Many claim that anything started during a Void Moon will fail. Is that true? Make it a project to investigate this. Keep a record for a week or two. If you stick with me through “Lesson Twelve” of the workshop—I’ll tell you what I discovered about these times. Then you can compare that against what you’ve observed, as you’ll be a Moon expert too.**