

Moon Wisdom Week Starting Jan 9: Shapeshift And Inspire Your Life Awake

By Andrea Maxine Frade

Please know this is a remodeling, a shape-shifting of perspective, and as a result the ways in which you are beginning to see the world are disorienting as they are newly forming.

There is a matrix of information and energy swirling around you at this time. In other words, you may feel especially busy just now with all that is coming at you. At times this could feel as if your world is falling apart. The false structures, that have contributed to levels of understanding thus far, are being revealed to you. You have outgrown their usefulness. In this space of dissolution we are invited into the rapid momentum of change.

This element of flux asks you: "How will you move forward? How will you repurpose your beliefs into new paradigms of personal growth and possibility? How will you create?"

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The steps ahead may not always appear as quickly as you would like and that is because you are building from foundation that is new. Connecting in with your intuition is vital and will be designated for you.

Take time out of your day to remember your personal intention for work and play. Create daily reminders for focus that will

help you feel more grounded while in the midst of process.

Carve at least 1-3 minutes out of your day for simplicity and spaciousness, even if this takes place while in a bath or shortly before sleep. Delight in the luxury of knowing how to breathe into your heart space. Check in, ask yourself how am I feeling in this moment? Become sensitive to the needs of your body and mind and make the time to tend to them. Evaluate whether or not you are on track with what you want to be experiencing. Be honest and gentle with yourself. Truly commit to the invaluable opportunity you have, in any moment, to connect in.

*You are the architect, the invisible hand and the blueprint.
You are the pyramid being built. You are the legacy.*

Spiritual practice is nothing more (or less) than listening to your Self, with devotion.

The question this week is: "How are you establishing the ways in which you inspire your life awake?"

Listen carefully, delicately, to the silent (yet often too loud) voice that nudges you from deep within. You know the one, the subtle yet firm orator that sends you love letters in the form of affirmations that float to the surface of your awareness when you allow them to. These powerful inner truths are your pathway of knowing.

*The highest form of guidance available to you is your own.
Make the space to receive it.*

Clear the way for your mind to hear the messages your heart wants to deliver. Honor what genuinely wants to come into the frame for focus and keep a steady eye on your dreams. The intimate details of your plan do not go unnoticed, they are felt by everyone. Listen to the offering the space of patience has for you. Become deliberate for the sake of desire. Hold

yourself sweetly in the arms of creation. And swim on, lovingly, in the Piscean waters of this creatrix womb.

For more self-study, [The Urban Howl](#) recommends [The 13 Moon Oracle: A Journey Through the Archtypal Faces of the Divine Feminine](#) .



Image: Reaching for the Moon by Edward Eggleston c. 1933

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