

YOUR MOON MIRROR



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**DARSHINA**



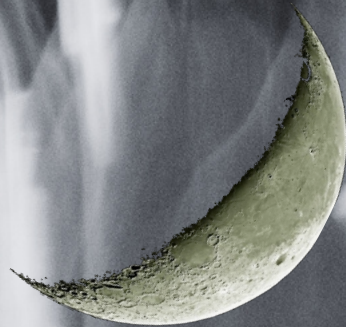


YOUR MOON IS YOUR MIRROR  
SHOWING YOU A REFLECTION OF YOUR  
EMOTIONS AND MIND. ALLOWING YOU TO SEE  
AND FEEL YOUR ENERGY THROUGH ITS PHASES

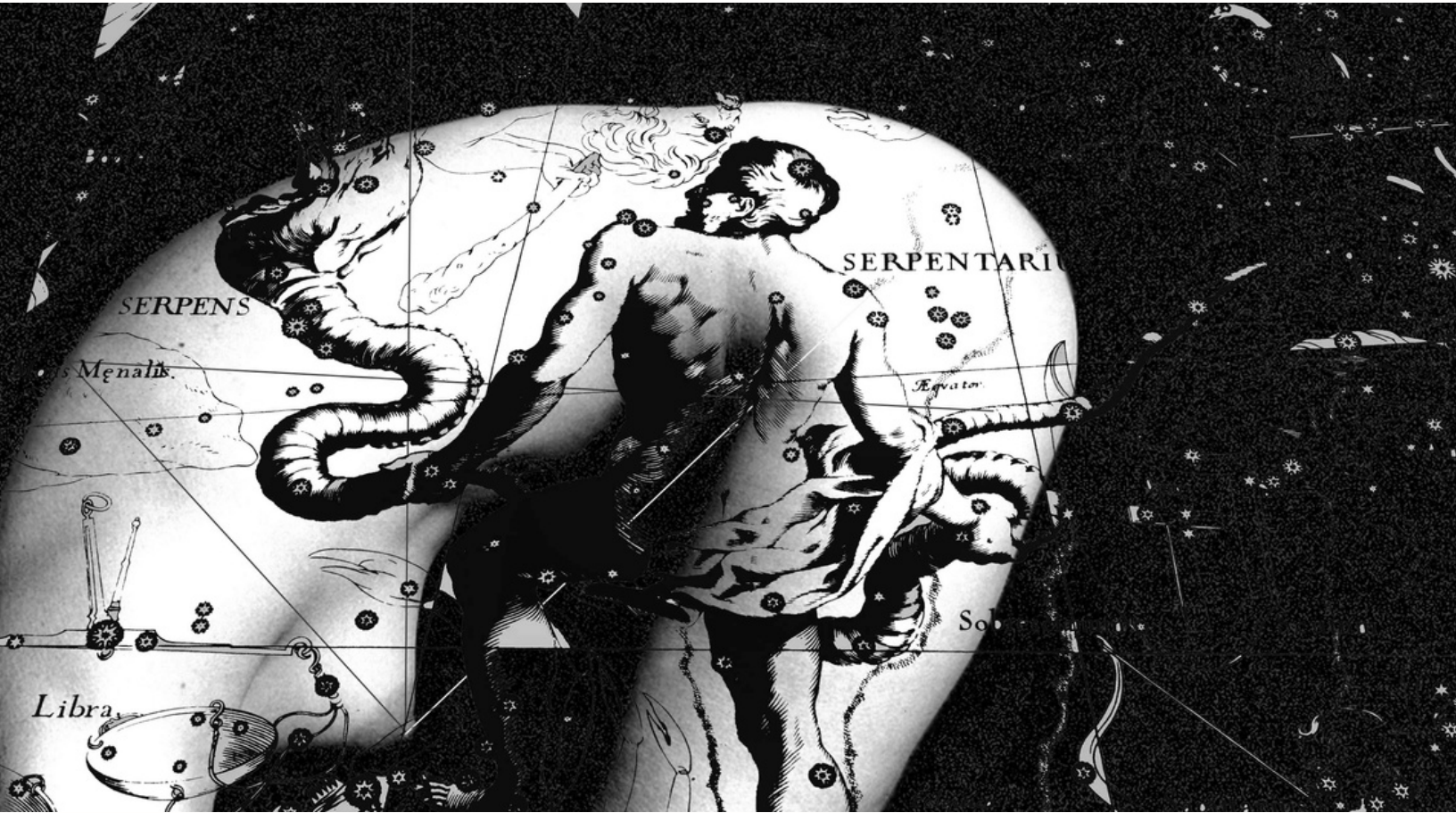
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Welcome to meeting  
your moon with  
your heart



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Women are the main holders of moon energy as we have the bio chemistry that produces children. Whether that is a physical reality or not in this lifetime. The potency of the moonlight gives us the opportunity to use the light and dark phases as a transformative process within your energetic system which are the nadi pathways linked to the whole meridian and chakra system. Your left and right hemispheres of the brain linked to intuitive and logical processes of your mind.

The right and left side of your bodies showing you polarity as does the moon through the phases. The moon is your inner nurturer the mother within. As your mother created you through these exact cycles. This is your subconscious imprinting of your mind set. The moon working with your psyche. This connects to your hormonal phases and fluctuations.



# Your Moon Mirror

The various appearances of VENUS

as she revolves round the SUN.

THE WAXING AND WANING MOON IS A REFLECTION OF HOW MUCH ENERGY THROUGH YOUR PSYCHE AND THE FLUIDS IN YOUR BODY (WATER) RETAIN AND EXPEL THROUGH THE ENDOCRINE AND EXOCRINE SYSTEM.

YOUR EMOTIONS ARE CONNECTED TO THE MOVEMENT OF THE MOON. WOMB AND BREAST ENERGY. HENCE IT IS A BIG MIRROR FOR WOMEN CREATING RESONANCE AND KNOWING YOUR MOON PLACEMENT AND ITS EXPRESSION IS THE VITAL FOUNDATION FOR A HEALTHY MENSTRUAL CYCLE DURING FERTILE YEARS TO PRODUCE A CHILD AND BEYOND TO USE AFTER BLEEDING HAS CEASED IS SUPPOSED TO BE USED IN WISDOM TO A HIGHER SELF THROUGH THE COSMOS.

THIS IS THE OVARIAN BIO RHYTHM. LINKED TO THE CIRCADIAN RHYTHM. HOW YOUR INNER BODY HORMONAL SECRETION IS LINKED TO NIGHT AND DAY AND PROCESSED THROUGH YOUR CHAKRAS METAPHYSICALLY AND THROUGH YOUR CELLS AS HORMONAL RESPONSE.





# Moon Body Mirror

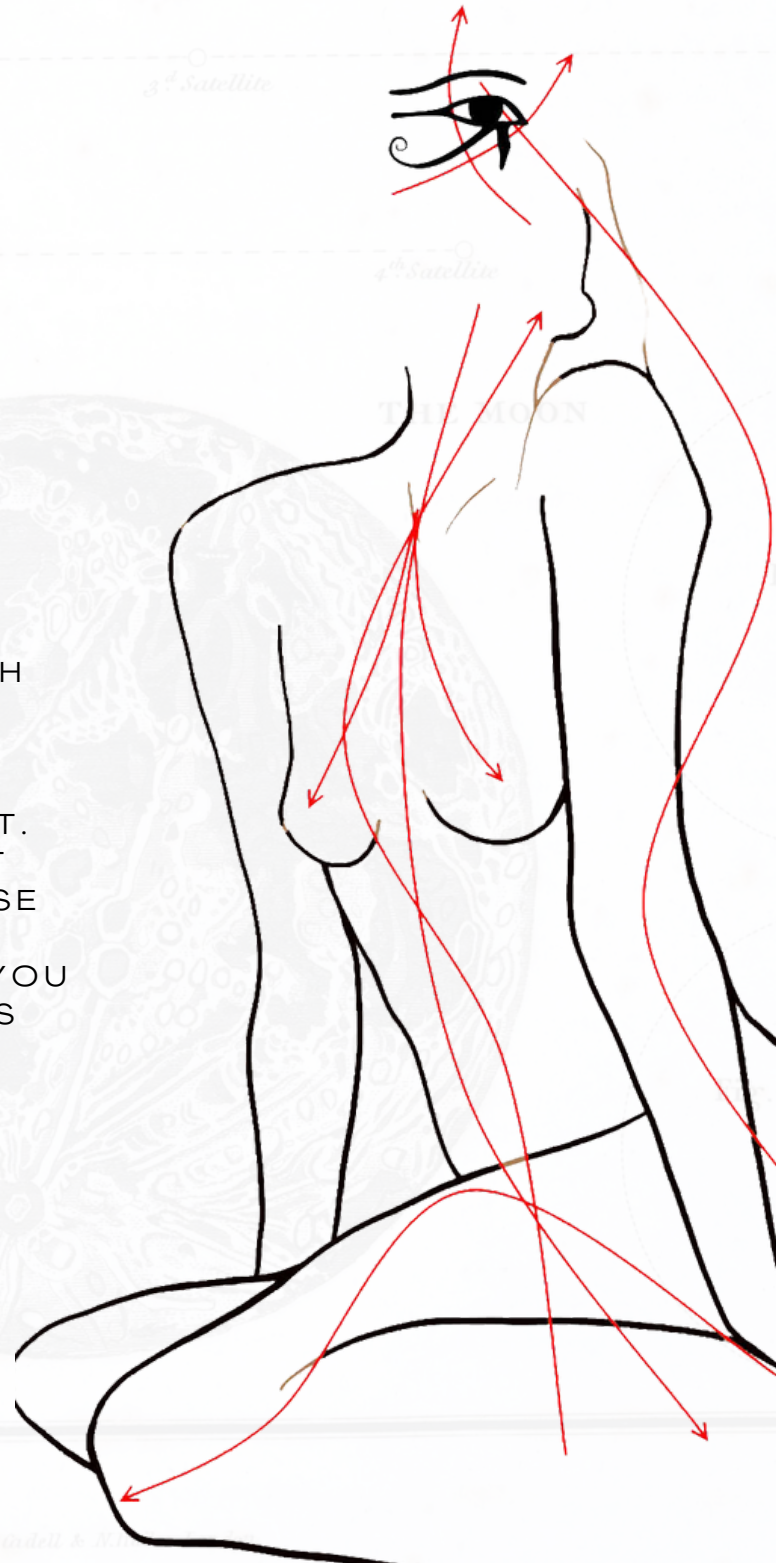
HOW TO RECOGNISE HOW THE MOON EFFECTS YOU IS TO KNOW YOUR PERSONAL BIO RHYTHM. WHICH IS YOUR MOON MENSTRUAL CYCLE IN RELATIONSHIP WITH YOUR HEART...

THE STEPS TO RECOGNISE

HOW DO YOU FEEL IN BODY?  
IT WILL BE RESPONDING THROUGH PHYSICAL SENSATIONS LIKE TIGHTNESS, LIGHTNESS, HEAVY, FLEXIBLE

YOUR MIND WILL HAVE MANY THOUGHTS STREAMS WHICH WILL HAVE A PATTERNING THROUGH EACH MOON PHASE.

SPIRIT SPEAKS THROUGH THE HEART. YOUR DEEP FEELINGS OF LOVE. NOT THE SUPERFICIAL KIND. A REAL SENSE OF HOW DEVOTED ARE YOU TO YOU...THIS IS THE INNER NURTURE. YOU ARE YOUR OWN MOTHER ASWELL AS YOUR PHYSICAL MOTHER





# Begin to connect

How to recognise is to know your personal Bio rhythm.

How you feel in body mind and spirit during a waxing phase till you reach illumination at full moon.

To then release through the waning phase.

Ask yourself:

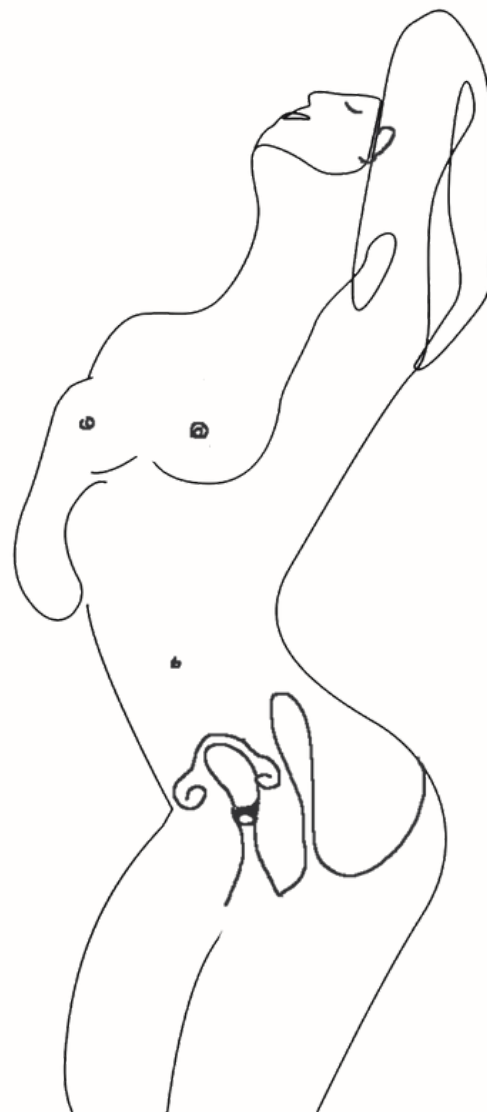
What realisation have you come to?

To then feel your waning phase?

How does your body feel? heavy light fluid retention, inflamed?

What is your libido like?

These are all indications of your connection to your moon placement in your astrological chart giving you a story of patterns to become conscious of and change...





# And re -member

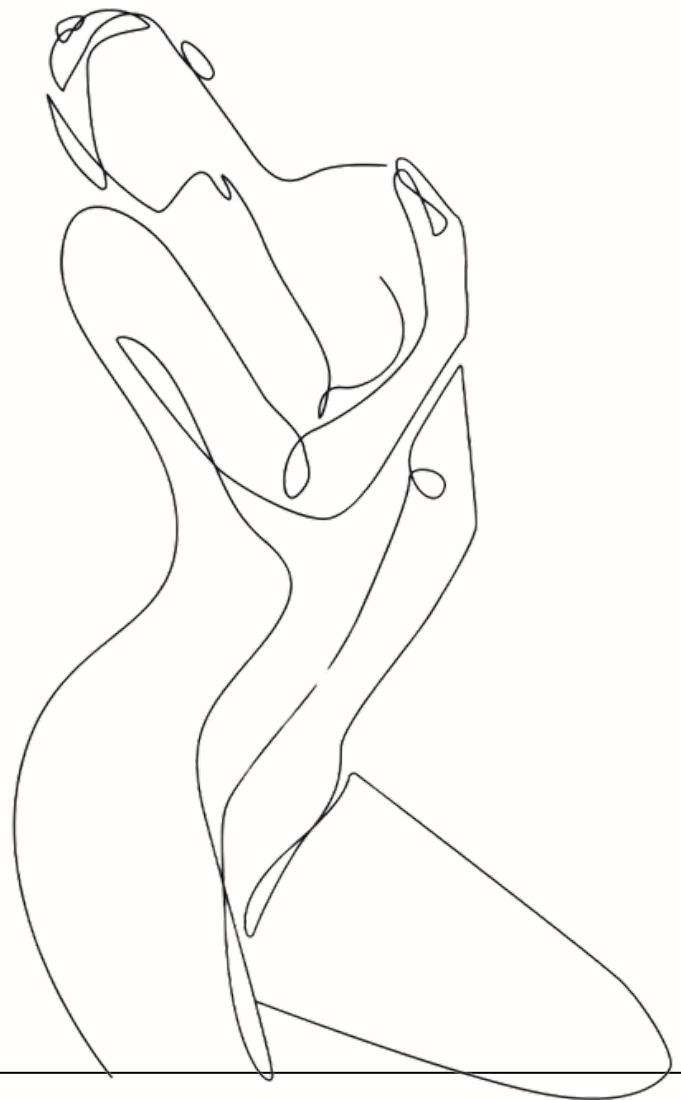
Why?

because your soul came for discovery of how to create and manifest with your connection to your feminine.

Your relationship with your mother will be the biggest clue of how you relate to your moon.

This will reflect in your biology and moon cycle as pain or pleasure or needing a release of emotion. It is all to become self-aware and self-realised. Your connection to you and your spirit and source itself.

Remembering is becoming conscious and to begin re pattern according to how you want to create your life.





# The Experience

## Kundalini Magnetic Resonance

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### Octave

The Octave the sound of your moon resonance through your emotions each cycle and your ability to Respond is taking responsibility for your connection and evolving by becoming aware. This heals the body through embodiment, somatic expression which is your natural beautiful technology. Innate wisdom of the ancestors KMRT® Kinaesthetic Listening. Enables you to listen.

### Oscillation

The Oscillation is the expressional movement of how your body responds to your archetypal energy through your awareness. The body in movement creates waves in your energetic field for more potential of healthy manifestation. Once you become aware.

### Orgasm

For the Orgasmic union to take place. You become in union with each phase of the moon and recognise your consciousness through it. Change your response to negativity. Allow it to respond to self love.

Create harmony and conscious synergy with the cosmos and beyond.

What a beauty your moon is...these natural laws of KMRT® Kundalini Magnetic Resonance Therapy





# How?

JOURNAL WITH THESE MOON PHASES  
KNOW THE OCTAVES OF YOUR EMOTIONS  
AND MINDSET. THIS IS HOW YOU FEEL DURING EACH PHASE  
OF YOUR MENSTRUAL CYCLE. YOUR HORMONES RESPOND  
FROM YOUR ENERGY AS MESSENGERS.

MOVE YOUR BODY NATURALLY WITHOUT MUSIC. JUST ALLOW  
IT TO EXPRESS ITSELF WITH YOUR BREATH. YOU WILL FEEL  
YOUR OCTAVE THROUGH THE WAXING AND WANING PHASES  
OF THE MOON. THIS IS SOMA  
YOUR SOMATIC RESPONSE  
TO THE MOON MIRROR  
OSCILLATION

YOU WILL KNOW YOU ARE IN ORGASMIC UNION ONCE YOUR  
NEGATIVE EMOTIONS IN EACH PHASE CAN BE WITNESSED BY  
YOU AS A PART OF YOU  
READY TO BE LOVED.

YOUR BODY WILL BE LIGHTER. YOU CAN NURTURE YOURSELF  
AND BEGIN TO USE THE WAXING AND WANING PHASES TO  
CREATE YOUR LIFE BY LEARNING TO FEEL AND LISTEN TO  
TURE INSPIRATION WHICH COMES FROM THE HEART...

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# Much Love



From Darshna  
@consciouswomb