

# **THE 28 DAY HAPPY CHALLENGE**

**(EXCERPT)**

**HAPPINESS HABITS FOR YOUR DAILY LIFE**

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## **DAY 2: HAPPINESS HABIT**

### **ATTUNE TO THE MOON**

Just as you wouldn't go out in the middle of Winter wearing light cotton shorts and a singlet, it makes just as much sense to consider the effect of the lunar weather on our moods and emotions. This is not lunacy, in fact the opposite - to avoid feeling looney we need only live in tune with lunar cycle as a way to create greater emotional balance. If you don't think the moon has any effect on your moods, consider the effect the moon has on the tides of every ocean the world over. Since we are comprised of over 70% water, it stands to reason that the moon also has a huge impact on the rise and fall of our inner emotional tides.

This is why statistics show higher admissions to crises facilities like hospital E.R's and police stations during the full moon lunar phase each month. Crises occur when our emotions run high. More so, for those people who are already living life on the edge, as they feel less able to contain their emotional overwhelm, which then spills over, affecting the emotional wellbeing of those nearest to them. So how do we avoid going feral like a werewolf at full moon and ripping up daises in our neighbor's yard?

Understand the moon phases and the effect they have on our psyche.

#### **NAVIGATING THE LUNAR PHASES**

There are four main phases. The more we schedule our plans to match the rise and fall of our personal energy levels in accordance with these phases, the less chance we have of having a meltdown. This is especially important info for women to take note of, since the moon also affects our hormonal cycle - even if our physical monthly cycle has ceased. This is why women are more emotionally sensitive. (On the upside, once we understand our emotional cycle and learn to steer our ship, we can harness our psychic and emotional sensitivity as a gift rather than fearing our emotional self as 'the mad diva' who can strike without warning.)

Note: Men who have a lot of planets in Cancer in their natal chart or planets in the fourth house (which is ruled by Cancer) will also be more prone to moon-induced mood swings. This is because Cancer is ruled by the moon.

**NEW MOON:** This is akin to low tide and occurs two weeks after full moon. During this phase we are more likely to feel tired and grumpy. This low ebb of lunar energy can cause us to feel emotionally down, passive, depressed, inward and powerless. It is when we are more likely to see ourselves as the victim in situations. This is a danger time for those prone to self-harm, comfort eating, addictions or suicidal fantasies.

**HOW TO BALANCE YOUR EMOTIONS AT NEW MOON:** Get enough sleep, eat

nutritious food (freeze extra food in the lead up to new moon so you don't have to cook), avoid sad films, music and people who drain you. Meditate, have baths, journal and spend time with people who nurture you and support you to see the blessing and strengths you have in your current situation. (This is why indigenous women gathered in Red Tents and Moon Lodges at new moon. To find out more about how to reclaim this ancient tradition at New Moon see the Resources section.)

**FIRST QUARTER MOON:** We can feel adventurous, independent, social and playful. This is an ideal time to catch up with friends, go on a date, step out of your comfort zone by going somewhere new, trying something you haven't done before or taking a leap of faith on your skills and talents.

**FULL MOON:** This phase occurs two weeks after new moon and is the opposite extreme. Full moon is when we can feel manic, aggressive, impatient, scattered and impulsive. This is a danger time for those with a tendency to be over-doers or workaholics, as they tend to snap and make mistakes as the emotional intensity builds.

**HOW TO BALANCE YOUR EMOTIONS AT FULL MOON:** Try to unplug from screens one hour before bed and give yourself a settling routine such as reading or a hot bath or shower before bed. As your body temp cools you'll find it easier to relax into sleep, otherwise you will experience insomnia, especially if you're not in bed before 10pm when the lunar energy rises to a peak at midnight and doesn't wane until 2am. If you are overtired, your fuse will be shorter the following day. Avoid caffeine in the afternoon and evening. If the full moon falls on a night where you don't have to work the next day and you don't have young kids, enjoy the party time of full moon and stay up dancing, knowing you can sleep in.

**LAST QUARTER MOON:** We can feel like canceling plans and staying in as we slow down and re-group, processing the month that was. This is an ideal time to journal, plan quiet play activities with our kids, do gentle exercise, such as walks in nature and decrease the amount of external stimulus, so we have the space to hear ourselves think.

## CALL TO ACTION

To experience more emotional grace and harmony in your life, try the following...

**STEP ONE:** Look up the new and full moon dates for the year. You can Google them or get my Moon Woman phone app which has this info, along with daily advice on how to flow with the moon sign and phase each day. (see Resources.)

**STEP TWO:** Mark these two extreme moon phase days in your diary / calendar for each month so you can take into account the energies and plan accordingly. You can also buy moon diaries / calendars which indicate the lunar phases and transits.

This awareness will help you to not make demands of yourself and others when they're at their lowest ebb or most stressed, which can then result in conflict.