

The Shadow Side of the Moon How We Seek Love in Unhealthy Ways Workbook



Hidden Truths College of Metaphysics

The Shadow Side of the Moon & How We Love Unhealthily

Our moon sign dictates how we love dysfunctionally, from the moment of conception, strengthened in the womb and throughout life. The sign of our moon is a template for seeking love, home and navigating life. It is a trick! It tricks us to staying in child and honoring a dysfunctional pattern of love that keeps us repeating the same childhood patterns and never growing up. Your moon sign is determined on the day of your birth, but “story” started developing at the moment of conception and throughout pregnancy. The moon is always seeking mom. This does not mean your mother was “cold” because you have a Capricorn moon; however, she may have worked until her last day before giving birth, teaching the child the definition of love is “hard work”. This is not necessarily how you parent



your child; however, it is how you ask your child to parent you and meet your needs. Your child's moon sign will tell you how they see you. This moon is between you and your mother. Everytime you seek love, you're really just seeking your mother. This template and dysfunctional definition of love. The goddesses are virgins, because if you could, you would have stayed in the womb for an eternity. You are birthed, but constantly seek refuge in the womb. That womb, is your moon sign. Your child will seek refuge in the moon sign they have. Loyalties are many, the list I provided is not exhaustive. Squares and oppositions to the moon in the astrology chart will complicate the moon even further. Loyalties can be physical, emotion, psychological, ancestral and transgenerational. All of these are seen in the astrology chart and aspects to the moon tell the complicated story between mother, child and family history.

Which Goddess are You?

The element of our sign is ruled by one of the virgin goddesses. The virgin goddesses represent the Greek goddesses who chose to stay virginal, aka, not have children. Our moon element (earth, fire, air and water) is ruled by one of the goddesses and keeps you in child.

Earth moon signs: Taurus, Virgo, Capricorn

Fire moon signs: Aries, Leo, Sagittarius

Air moon signs: Gemini, Libra, Aquarius

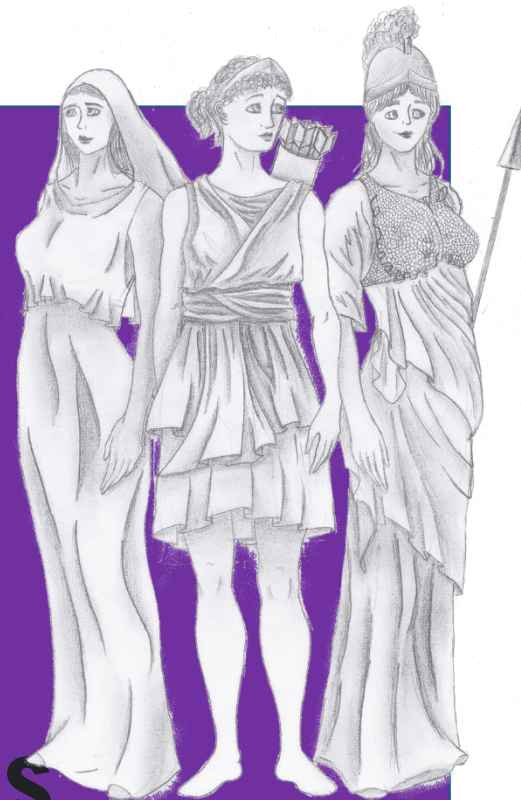
Water moon signs: Cancer, Scorpio, Pisces

Hestia: Earth Signs

Artemis: Fire Signs

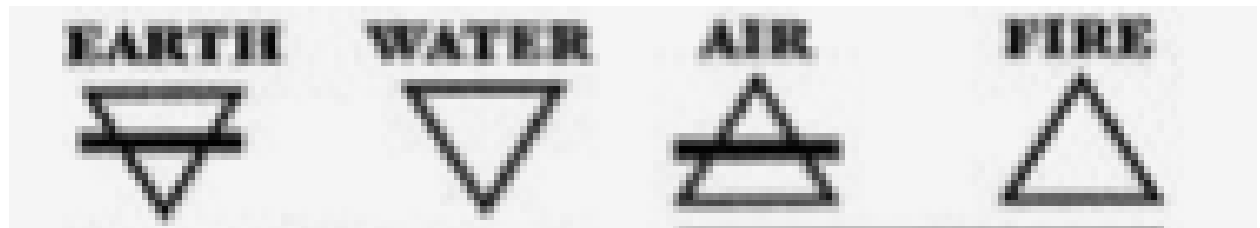
Athena: Air Signs

Hecate: Water Signs



Moon Archetype

Your moon sign has an element and an archetype. These archetypes often lead to ancestral loyalties and transgenerational trauma. When we can stop honoring these loyalties, we can own our 48 to 52, and everyone can live healthily. Circle your archetype.



Earth Signs	Scapegoats & Overprotectors
Water Signs	Rescuers & Victims
Air Signs	Empty Promises, Words, but no Action
Fire Signs	Aggressors & Perpetrators

Meaning of the Moon in your Birth Chart

Circle words that you identify with. This can help you identify how your moon pattern sabotages your life and keeps you in child.

Past	Security	Manipulation
Memory	Protection	Child
Tradition	Refuge	Attempt to get needs met at all cost
Food	Projections	Dysfunctional love
Home	Womb	Avoidant
Mom	Attachment	Needy/Clingy
Emotion	Women	Detached
Safety	Cunning	Emotionally abusive

What House is Your Moon in?

The house where you have the moon is where you change faces, are manipulative and cunning, to get your needs met. This is a main scenario where your life plays out the moon archetype and you stay in child. These are keywords, this is not an exhaustive list.

First House	Change face depending on who you're with, Your personality changes with the crowd
Second House	Make emotional financial decision
Third House	Think emotionally, not rationally
Fourth House	Stay child in your home
Fifth House	Everyone is your child. May not have children to remain a child
Sixth House	Emotional eater, Strong physical and emotional loyalties linked to food, body image and disease.
Seventh House	Keep spouse a child so you can take care of them. You can be the child among your friends.
Eight House	Hide out emotionally. Stay secretive about emotions. Sex has to be emotional attachment.
Ninth House	Guided spiritually or religiously by emotions. May choose to study a career linked to emotions or goes to University to please mom.
Tenth House	Emotional public image. Emotional in your professional. Extremely childish mother.
Eleventh House	Emotionally motivated by politics and social groups. Goals and dreams are emotionally focused.
Twelfth House	Hidden or absent mother. Dislike's emotions. Pretends she/he doesn't have emotions.

Your Dysfunctional Love Matrix

Your moon sign is the dysfunctional way you received love in the womb and how you will seek to be loved by others your whole life. This matrix is the way you view the world. This shadow love language does not go away, ever. This is a limited, low level consciousness. You actively have to choose to not go into child, and make a conscious choice to seek secure attachment, not an insecure attachment based on your moon sign. Below are key words of how each moon sign views love and the lesson each sign needs to learn.

Moon Sign	Dysfunctional Version of Love	Lesson
Aries	Constant state of tension by the partner, don't ever leave me alone, don't make me make decisions for myself	Make your own decisions
Taurus	Needs to stay in the past and attached to things. Change is death to this person. Provide food, touch, security to feel loved.	Detach. Live in an abstract world, not a concrete world of attachments.
Gemini	Needs options, needs a way out. Two lovers, two books, words are love. Thinks their feelings rather than feel the feelings.	Connect to others non-verbally. Don't need to know-it-all.

Cancer	Receives love by staying childlike, never growing up. Needs a maternal figure. Creates dependency in relationships.	Mother yourself. Don't take it personally if someone doesn't treat you like family.
Leo	Feel special, extraordinary, if they aren't seen as special, they pull away. They receive love by loads of attention. If you're not attending to them and telling them they're the greatest they feel abandoned.	You aren't the center of the Universe

Moon Sign	Dysfunctional Version of Love	Lesson
Virgo	Anything that limits them makes them feel in control. False maturity. They clean obsessively to keep order. They were the mini-adult in the home. Getting sick was the only way to be a "child" Dutiful. Receives love by maturity.	Childishness and play are acceptable. Disorder doesn't mean you're unlovable.
Libra	Needs reinforcements about their looks, image, and appearances. Honesty is complicated because I want to please you so I'm honest the way you want me to be honest so I can keep the peace. Receives love when others are pleased with them.	Speak the truth. Stop trying to please others. You're more than your appearances.
Scorpio	Life and death are always found together. Love is pain. Crisis is comfort. No clarity. Wants you to read their mind.	Set limits. Pain doesn't equal love. You can make decisions and still get love.

Sagittarius	Can't accept failures. Optimistic moon. Difficulty getting deep with themselves. Receives love by optimism, unlimited freedom and positivity.	Dive deeper. Connect to real issues for growth. Confront issues.
Capricorn	Limits self to essential needs. Loneliness. Scarcity is love. Receives love by limiting self and meeting obligations. Low emotional dependence.	Dissect emotional maturity as false and analyze the large emotional vacuum that exists.
Aquarius	Needs unpredictable interactions. Panic is love. Uncertainty is love. When she/he gets comfortable they create a situation where they need to pull away. Receives love by running away and detaching.	Stop running. Breathe through emotional reactions and remain attached.
Pisces	Mother was Universal Mother so never really had her. Merges with the other, no boundaries. Fantasy and reality are one. Codependence, addiction and no self.	Express emotions clear. Set boundaries.

What's Your Attachment Style?

Bowlby & Ainsworth discovered four attachment styles. Secure attachment, insecure-avoidant, insecure-anxious, insecure-disorganized. Secure attachment does not exist with a parent. It can only be achieved within yourself, like self-love and unconditional love you give yourself. When you show up as the adult in your life, you can create a secure attachment style with yourself and this can trickle down into relationships with lovers and children. Circle your attachment style and moon sign.



Insecure-Avoidant	Aries, Leo, Scorpio, Sagittarius
Insecure-Anxious/Ambivalent	Taurus, Cancer, Virgo, Pisces
Insecure-Disorganized	Gemini, Libra, Aquarius, Capricorn

What's Your Moon Phase?

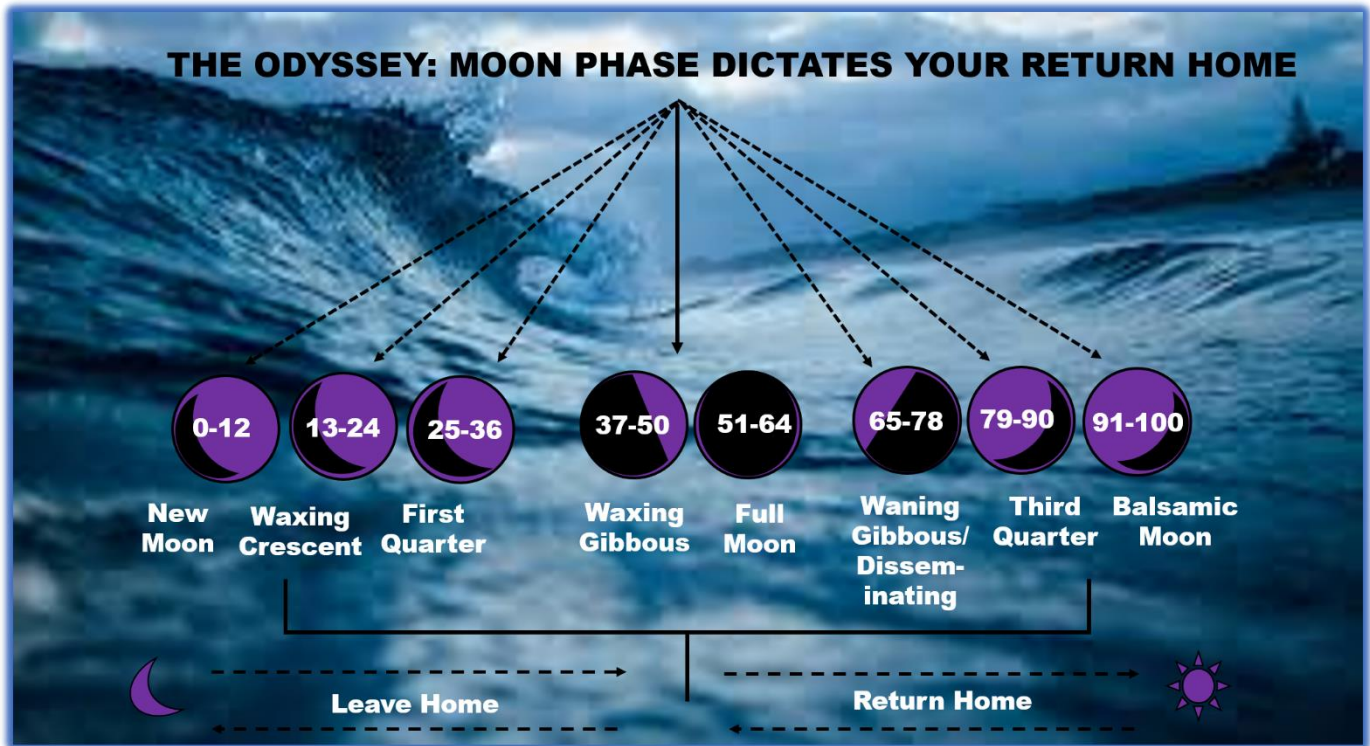
There are 8 phases of the moon each month. You were born on one of these phases. You can google your birthday and find out your moon phase. This phase will speak to which of the 8 lifetimes you're currently living, your soul's purpose in this lifetime and what lessons you come to learn. Each moon has a degree from the sun, a pagan holiday associated with it and keywords to describe the soul's "job" in this lifetime.



New Moon	0-45' New body, subjective, Find identity Winter Solstice
Waxing Crescent	45-90' Resistance, inertia Imbolc
First Quarter	90-135' Active personality Spring Equinox
Waxing Gibbous	135-180' Structure & Analysis Beltane/Mayday
Full Moon	180-135' Be open to receive Summer Solstice
Waning Gibbous/Disseminating	135-90' Humanity Lamas
Third Quarter/Waning	90-45' Reject limiting beliefs, Fall Equinox
Balsamic	45-90' Spread wisdom Samhain

What's "Your" Equanimity?

Your 48-52?



Identify a value system your parents gave you that perhaps causes trouble in your psyche. (ie, mom loves money or physical beauty is the only measure self-worth) 0 to 100 and define what the two extremes are (0 to 100) and define the midpoint (the 48 to 52) now based on your moon phase, where do you fall on that spectrum? Are you a little to the left or little to the right of the mid-point? What does this

look like for you? Pick one value system from your parents to work on. You can do several, but if you shift one, you can change your life. If you're unsure of what your value system is, ask yourself what you judge in others. Judgements are confessions and give us insight about our values. If you judge it it's in your parent's bad bucket and is a value system, you're having trouble with, but you do have a loyalty to and are living it out in the 0 to 100.

Value system from your parents	
What they taught you.	
How you lived it out is the 0 to 100. You lived either exactly like them or exactly the opposite.	
What's the midpoint of this 0 to 100? How could you live it out in the 48 to 52?	
According to your moon phase, how can you tweak this midpoint? A little to the left or right? What does this value system now look like in your life if you honor the moon phase you're born in?	

What's Your Stage of Development?

We all have a crisis during one of the developmental phases. This is given to us at the moment of conception and during pregnancy; however, we may not “live” it out until later in life. Erickson identified 8 stages of development, one to correspond with each moon phase. What story do you have around that stage in your life that corresponds to your moon phase? If you are in the balsamic phase for example, and you're only 40, write about your fears n older life or around death. Circle your phase and journal about this crisis in your life.

New Moon
Waxing Crescent
First Quarter
Waxing Gibbous
Full Moon
Disseminating
Third Quarter
Balsamic

ERICKSON'S PSYCHOSOCIAL STAGES			
<i>Stages</i>	<i>Crisis</i>	<i>Favorable Outcome</i>	<i>Unfavorable Outcome</i>
Childhood			
1st year of life	<i>Trust vs. Mistrust</i>	Faith in the environment and future events	Suspicion, fear of future events
2nd year	<i>Autonomy vs. Doubt</i>	A sense of self-control and adequacy	Feelings of shame and self-doubt
3rd through 5th years	<i>Initiative vs. Guilt</i>	Ability to be a “self-starter,” to initiate one’s own activities.	A sense of guilt and inadequacy to be on one’s own
6th year to puberty	<i>Industry vs. Inferiority</i>	Ability to learn how things work, to understand and organize.	A sense of inferiority at understanding and organizing.
Transition years			
Adolescence	<i>Identity vs. confusion</i>	Seeing oneself as a unique and integrated person.	Confusion over who and what one really is.
Adulthood			
Early adulthood	<i>Intimacy vs. isolation</i>	Ability to make commitments to others, to love.	Inability to form affectionate relationship.
Middle age	<i>Generativity vs. self-adsorption</i>	Concern for family and society in general.	Concern only for self— one’s own well-being and prosperity.
Aging years	<i>Integrity vs. despair</i>	A sense of integrity and fulfillment; willingness to face death.	Dissatisfaction with life; despair over prospect of death.

Where are you stuck?

Each of us got stuck at a stage of development. Even if we haven't reached the "age" of the stage, psychologically our inner child is stuck there. Identify your first memory around Erickson's stage, associated with your moon phase and ask yourself the question below. Try and remember the memory between 0 to 7 if you can; however, the earliest one is okay.

New Moon	When was the first memory you have around trust or mistrust of the world and people?
Crescent	What is your first memory around autonomy? When did you first experience self-doubt?
First Quarter	When did you first take initiative in childhood? What was your first experience around guilt?
Waxing Gibbous	What were you taught about hard work and industriousness? What's your first memory about working hard and perhaps receiving recognition? When were you judged for being inferior to someone else?
Full Moon	What is your first memory around your identity? Have you ever had a confusion of roles? What you were supposed to do versus what you did? How you were supposed to act versus how you did act?
Waning Gibbous/Disseminating	When was the first time you were intimate with someone (not necessarily sexual)? When is the first time you ever felt isolated?
Third Quarter Waning	Were you ever called selfish? When? What is your earliest memory? When

	was the first time you were praised for doing for another person?
Balsamic Moon	What's the earliest memory you have about having integrity? When was the first time you ever felt despair?

Inner Child Worksheet



Everyone has an inner child who stopped growing. We get stuck at a certain age between 0-7. Our inner child can stop growing because she was abused, mistreated, insulted, abandoned, dethroned by another sibling, mom got physically or mentally ill etc... One of the reasons we honor our moon sign is because we believe our inner child is getting fed this way. In a healthy, secure attachment, this would be true, but it isn't. Your inner child wants to get nourished by your moon sign, so show up in child about 20% of the time to honor your inner child; however, with everyone else, 80% of the time, show up in the opposite moon sign. Find your moon sign below, and show up like the opposite sign in your life. This will satisfy the "adult" script in your life, and reserve your child script (moon sign) for your inner child. Usually, you show up as the moon sign to everyone else in your life and you neglect, abuse, disrespect your inner child by use of the opposite sign of the moon. For example, I have a moon in cancer. I look for mom everywhere and with myself I am a mean, cold, adult. Now I show up as a Capricorn moon (adult/mature) in my external relationships and treat my inner child as the moon in cancer (nurturing, kind, compassionate and understanding). I recommend getting a picture of your young self or a doll to have a physical representative of your inner child while you do this work. I also recommend you name him/her either a nickname or a totally different name than your own to externalize the inner child. Circle your moon sign and your opposite sign.

Name of your inner child	
What happened to your inner child when they got stunted and went silent?	

Sign of the moon	Opposite Sign
Aries	Libra
Taurus	Scorpio
Gemini	Sagittarius
Cancer	Capricorn
Leo	Aquarius
Virgo	Pisces

What Planet is a Distractor?

This planet has to do with your values. It is an archetype. If you do not know astrology, it does not matter. This will be an important area in your life. This particular “siren” is a distraction from your soul’s journey. If you use the mirroring technique and use this relationship to integrate your parents you can grow from this relationship. If you keep repeating the same relationship over and over, you are working from low-level moon consciousness. If you do know astrology, find this planet on your chart, by sign and house, and find the 48 to 52 to what your parents taught you about this area of your life. Your parents gave you a value system. Somewhere in your story there is a message about the right or wrong related to your siren/planet/moon phase. This planet will keep you in judgement and in child, 0 to 100, until you find your midpoint and dethrone your parents in that area. This is an area you need to own that you are just like your parents, then find the 48 to 52 on how to balance it in your own life.



Phase	Planet	Archetype	0 to 100 How it shows up as story or judgement	“Siren” themes
New Moon	Nodes	Past and Future; Identity	Pride/Humility	Omnipotent or not important; self-worth issues; 3 rd chakra issues Digestion issues
Waxing Crescent	Moon	Mother, Child	Greed/Generosity	Swallowing people’s time and energy, allowing people to swallow your time and energy; no boundaries
First Quarter	Mercury	Teacher, Student, Lie, Cheat, Steal	Envy/Kindness	Accumulation of knowledge, books, reading, degrees, certificates to get validation of your intelligence; feeling like a fraud despite what you know; you may not walk the walk despite what you know
Waxing Gibbous	Mars	Warrior, Creator,	Wrath/Patience	Yelling, screaming,

		Ego, Will, Aggressor		anger, abuse, violence or letting people abuse or yell at you
Full Moon	Venus	Beauty, Image, Money, Public Relations	Lust/Chastity	Your looks define you, your beauty, image, social media, or you hide and don't wear make-up, don't look nice, abandon your image totally
Disseminating	Jupiter	Mentor, Traveler, Spiritual Values, Religion	Gluttony/Sobriety/Generosity	Abundance in overweight, big houses, large bank accounts, many of the same things (ie., shoes), hoarding or living scarcity, hardly living because you're frugal or everything is scarce
Third Quarter	Saturn	Limitations, Authority, Discipline, Structure	Sloth/diligence	You're a super hardworker, non-stop, no down time, probably don't charge enough for your services or

				you're lazy, maintained, don't have goals
Balsamic	Sun	Self-Worth, identity, Self- Importance	Pride/Humility	Omnipotent or not important; want to shine but don't know how, self-worth in wrong ways; stand back and show your power versus exerting power on to others

Your Soul's Return Home

You incarnate with the same people for eight lifetimes. Your moon phase determines which of the eight lifetimes you are currently living. The following planets indicate who is who in your life.



Nodes	Friends
Moon	Mother
Mercury	Neighbors, School friends, Cousins
Mars	Lovers, Brothers
Venus	Sisters, Lovers
Jupiter	Mentors
Saturn	Authority Figures
Sun	Father

What Each Phase Seeks

Each moon phase speaks to a lesson your soul seeks.

New Moon	Nodes	Direction
Waxing Crescent	Moon	Emotions, Unmet needs
First Quarter	Mercury	Rationalize, Intellectual Pursuits
Waxing Gibbous	Mars	Will & Ego
Full Moon	Venus	Beauty, Image, Love
Disseminating	Jupiter	Teacher, Spread a message
Third Quarter	Saturn	Gain Authority
Balsamic	Sun	Shine Bright

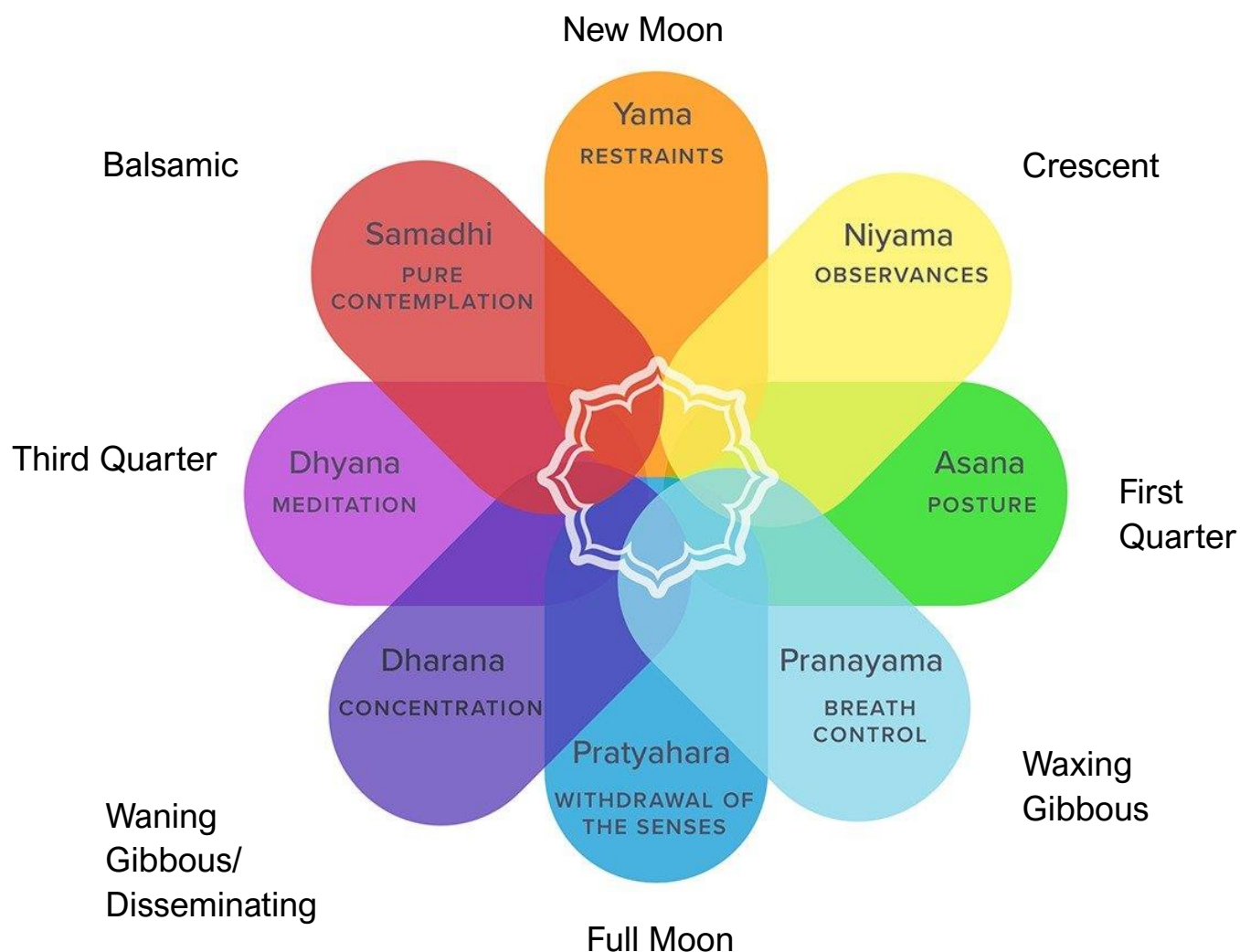
Emotional Loyalties

You will develop stagnation due to your moon sign and house and it will reflect as health issues and emotional issues called emotional loyalties.

Moon Sign	Physical Loyalties	Emotional Loyalties
Aries	Migraines, burns, surgery	Aggression, Anger, Violence
Taurus	Skin issues, thyroid, pancreas	Hoarding
Gemini	Lungs, Extremities	Anxiety
Cancer	Breast and stomach	Depression
Leo	Heart	Narcissism
Virgo	Intestines and spleen	OCD
Libra	Kidneys, Pancreas	Divorce
Scorpio	Reproductive cancers	Death of children, rape
Sagittarius	Hips, Pituitary, Sciatica, Liver	Unresolved Anger, Bitterness
Capricorn	Bones, Spinal Column, Arthritis, Osteoporosis, Knees	Melancholy, Depression
Aquarius	Nervous System, Blood, Circulatory system	Anti-social personality disorder, Panic
Pisces	Feet, Lymphatic system	Dementia, Alzheimer's, Addictions, Codependence

The Eight Limbs of Yoga

There are 8 limbs of yoga, each one linked to the moon phase at birth. Practice all 8 limbs, but know the limb that governs your moon phase. For instance, I am a first quarter and the asanas are the most important for my soul's growth. This is the physical exercise, representing the earth element and earth is what I lack in my chart and what I need most in my life. See what the limb is teaching you about your soul's progress.



Moon Creation Myth

Here are some questions to ask yourself about when you developed the “story” or myth around your moon. Be honest. This will be your 0-7 origin story or creation myth around why you think this is your version of love. It started at conception, but a story helps us externalize it and connect to it at the psyche level. If you cannot remember 0-7, ask yourself when is the earliest memory around the theme.

Aries	What’s your earliest memory about being yelled at? pressured to do something or make a decision?
Taurus	What’s your earliest memory around food, traditions, touch or attachment to your mother or someone loving you?
Gemini	What’s your earliest memory around talking, being taught something by your mother or caretaker, being the teacher’s pet at school, playing school and being the “teacher”?
Cancer	What’s your earliest memory about being mothered and “one” with your mom or caretaker? What’s your earliest memory about traditions?
Leo	What’s your earliest memory around feeling special? Feeling extraordinary?
Virgo	When was the first time you were called perfect? When was the first time you remember cleaning your room or the house or put in charge of “cleaning up” after someone?
Libra	When was the first time you lied? When was the first time you felt alone?
Scorpio	What’s your first sexual encounter memory? Who was in charge? How did you feel? What did you do? Fake an orgasm? Lie about the pleasure? Get immersed in the experience?
Sagittarius	When was the first time you felt optimistic, happy or joyful? When was the first time you took an airplane? How did it feel?

Capricorn	When was the first time you felt grown up? Lonely? Responsible and mature?
Aquarius	When was the first time you felt panic, chaos, anxious, and/or not part of a group?
Pisces	When was the first time you felt immersed with another person? Like you were living in a Hallmark movie or you were “one” with another person?

Stone Soup: Tying it All Together

Now string the keywords, themes, phrases together and link it back to your origin story (conception, pregnancy, birth, 0-7) and what you were taught. Find the midpoint between the 0 to 100 (how your parents wanted you to live it out and how you lived it out) and that 48 to 52 is your manas prakriti. The manas prakriti was your perfect state of mind at birth. Your perfect balance of the elements at birth and the “right balance” of exactly your mother and father (moon/sun journey/integration)



Stone Soup is a kid's story where everyone in the neighborhood brings one ingredient at a time, each one contributing something, and the entire town eats from the one pot of soup. When you identify your themes, values and soul's journey you can make stone soup and live out your soul's purpose. Nurturing others, as the moon wants to do, but in a healthy fashion. A great ceremony in my Witch Bitch book is Stone Soup. Write all of the themes of your story and make a “soup” with them Put them in a circle and take a picture. Identify the threads that stand out and this is your soul's purpose.

Stone Soup Ingredients (example)

Moon element keywords	Child, seeking another all the time
Moon archetype keywords	Rescuer and victim, full moon, mother, taking care of others
Moon goddess keywords	Hecate
Moon sign keywords	Cancer: Childlike, dependence, clingy, needy, lack of boundaries, won't break up in relationships even when unhealthy because looking for any type of love
Moon house keywords	8 th : Hide out, spend money on others, not honest about emotions Mother myself
Moon attachment style keywords	Insecure-anxious, clingy, needy
Moon Lesson	End relationships when they're not healthy, don't pay for affection by using money to keep someone close; set clear boundaries, ask for what I need rather than meeting their needs to try and in a roundabout way to get my needs met
Moon phase keywords	Active personality
48 to 52 keywords	25-36, a little to the left of center

Stage of development keywords Is there a story?	Initiative versus guilt, 3 to 5 years old. Threw garbage in the pool and was guilty for ruining the neighbor's pool. I was told I couldn't participate in the spiritual activities anymore so I felt guilty
Distractor keywords	Mercury, neighbors, cousins, lie, cheat, steal, accumulation of diplomas and knowledge but no real knowledge of self,
Phase keywords	Act & Build, gain light
Emotional loyalties	Breast cancer and depression

Stone Soup Ingredients

Moon element keywords	
Moon archetype keywords	
Moon goddess keywords	
Moon sign keywords	
Moon house keywords	
Moon attachment style keywords	
Moon Lesson	
Moon phase keywords	
48 to 52 keywords	
Stage of development keywords Is there a story?	
Distractor keywords	
Phase keywords	
Emotional Loyalties	

**Nourish Yourself, Mother
Yourself in a healthy way and
enjoy YOUR soup!**

