



My Favorite Workshop Exercise

*The most direct way to experience the changing qualities of **Sun and Moon** is by **observing what happens in a day**. This takes less than five minutes a day but it requires a basic understanding of sign, house and phase. Keeping these factors in mind, consider the the day's events and free associate. Start by investigating your current feeling state. Notice the quality of space around you. Look for connections between your observations and the astrological keywords. Don't overlook the obvious—that's where the Sun and Moon most often appear. Your responses don't have to be brilliant. Just sincere. Your reward will be an increase in perception—and the discovery of the great creativity of these archetypes—as they weave themselves into your days again and again.*

Begin your day of moonplay with this big question:

I wonder how I'll feel the Sun in (insert sign) today, how I'll move with the (insert Moon phase), make progress in my (insert New Moon house), and experience this (insert today's Moon sign) Moon?

Example: "I wonder how I'll feel the Sun in **Sagittarius** today, how I'll move with the **Crescent Moon**, make progress in my **Fourth House**, and how I'll experience this **Pisces Moon**?"

The psyche loves a good question. It will keep working on it after your mind moves on to other things. End your day by reflecting on what actually happened:

I felt the Sun in (sign) when _____.

"I felt the exhilaration and freedom of the Sun in **Sagittarius** when I watched two hawks wheeling across the vast December sky."

I moved with the (Moon phase) when _____.

"I moved with the **Crescent** Moon when I almost gave up while helping my son with his homework—but I didn't. I grew just a little."

I made progress in my (New Moon house) when _____.

"I made progress in my **Fourth House** by soothing my step-daughter when she lost her notebook. I rarely get to mother her, so this was a nice moment between us."

I experienced the (sign) Moon when _____.

"I saw the **Pisces** Moon when our family meeting dissolved into chaos; no one was following the rules. (Of course I missed the lunar resonance and got upset; next time I'll have more fun!)"

Practice this exercise regularly for three weeks and it will become a habit—you won't have to remind yourself. Keeping a symbolic eye and ear on the patterns in the sky will become normal—a practice become as cherished as your morning cup of tea or a loved one's nightly kiss.