

Julie's moon journal

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Step 2 of Autumn & it's down, down motion.

"I thank goddess that I teach & share the moon cycle wisdom as it keeps me centred, supporting me to let go of my false cocoon self & grow into more of true myself every year ."

The Libra moon cycle challenged me.... & even knowing all I know, I forgot over & over that Autumn is about letting go go go!!! And that I can still create when I shift my perspective from **MORE** to **LESS**. Coming then from that more relaxed place, an inner spaciousness always opens, allowing me to sense my inner guidance & to align with & birth what wants to emerge **THROUGH** me.

Over & over I **forget** this every year but thanks to the repetitive moon cycles I also **remember** over & over... that my truth is **ALL READY** inside me & that any resistance I still have to my natural self OR to the now moment is simply due to a lack of belief (**STILL!!!!**) that we're all **ABSOLUTELY** perfectly designed & beautiful just as we are!

"Breathe through the contractions!!!"

Despite those contractions ;-)) I birthed my latest **9 Month Coaching Journey** & had a huge sigh of relief at allowing that to come into the world & so, as we arrive in the **New Moon in Scorpio**, I'm clearer than ever, that **Natural Creation** can be easy if we allow it to **FLOW THROUGH** us, knowing that our Cocoon self **WAS** needed but is now ready to break down. So stay in **Letting Go Mode** butterflies & trust that as you release your **Resistant Cocoon**, transformation **IS** happening. **Let's fly!** All my love as always & forever, **Julie xxx**

The New moon in Scorpio Cycle



DEPARTING: *4th November*

BA FLIGHT: **SCORPIO**

KEY THEMES:

Letting go of
SURFACE LEVEL

SWAMP

Believing in your inner
SUPERPOWER

AFFIRMATION:

*"The dark of
Autumn is a Sacred
Womb through which
I am being re-born."*

THE SCORPIO NEW MOON CYCLE

Birthing your True Self is messy! Transformation is far from glamorous! Facing REAL change is absolutely challenging! Relax into the dark of your fears & allow Scorpio energy to rip, bite, tear & break down your untruths, your blah blahs & excuses! Scorpio, like the fierce Hindu Goddess Kali says "The old ways MUST go for the new to emerge." So be braver than you have ever been, more stubborn & disciplined than you thought possible, surrendering to the true DESTINY of your life.

The SAGITTARIUS New Moon is 4 December

BUTTERFLY AIRWAYS

CHECK IN



Autumn & Winter are Feminine Seasons; Dark. Empty Womb Spaces and the fact that FEMININITY has been dominated & abused for thousands of years means that we devalue empty space & have put our sights instead on productivity & materialism in order to feel safe, secure & seen, Of course this is a Masculine trait & therefore energetically, in our minds & bodies, we are held captive in an incessant Spring & Summer. Here then is Burnout, Anxiety, & Overwhelm....too much Solar Energy & no breaking down & cleansing, lunar energy.... which is Feminine. Our fear of letting go lies in our lack of understanding of true Feminine Energy & its power to give life to EVERYTHING; our lives, to children, businesses, lifestyles, relationships & our own wellbeing. In studying ancient Goddesses, much truth is revealed in the many faces of the Feminine & far from all nurturing, she is worshipped as Fierce, Destructive, Sexual & Blood Thirsty. All aspects lie within you & once accessed via the letting go of your overt masculine cocoon energy, will liberate you to live & to create in a more Unapologetic, Guilt Free & Sensual Way. Add to that a Natural Receptivity magnetising all that you need in order to be your true self & it becomes apparent WHY the patriarchy told us we were so wrong for so long. It's ok... relax, I see these thousands of years as a collective cocoon in which we all had to live, in order to realise what we lack when out of balance & to now slowly come out of those dark ages, back into the light.

JOURNALING PROMPTS FOR FEMININE HEALING:

- As a teenager & newly forming adult human I started to value..... & &.....
- Consequently my life started to feel.....& this made me become &&
- Over time this became my Cocoon which NOW feels..... & &
- As I sit in Scorpio's Energy & reflect on my journey, I now realise I need to..... & & & So, this month I am giving myself & creating..... & asking for.....!!!

Thank you for flying **BUTTERFLY AIRWAYS**

Every moon we take off on a new journey.
A journey into release,
a journey deeper into ourselves,
to align us with our true and natural design,
to help us live a life we truly love, with effortless ease.

You are a butterfly

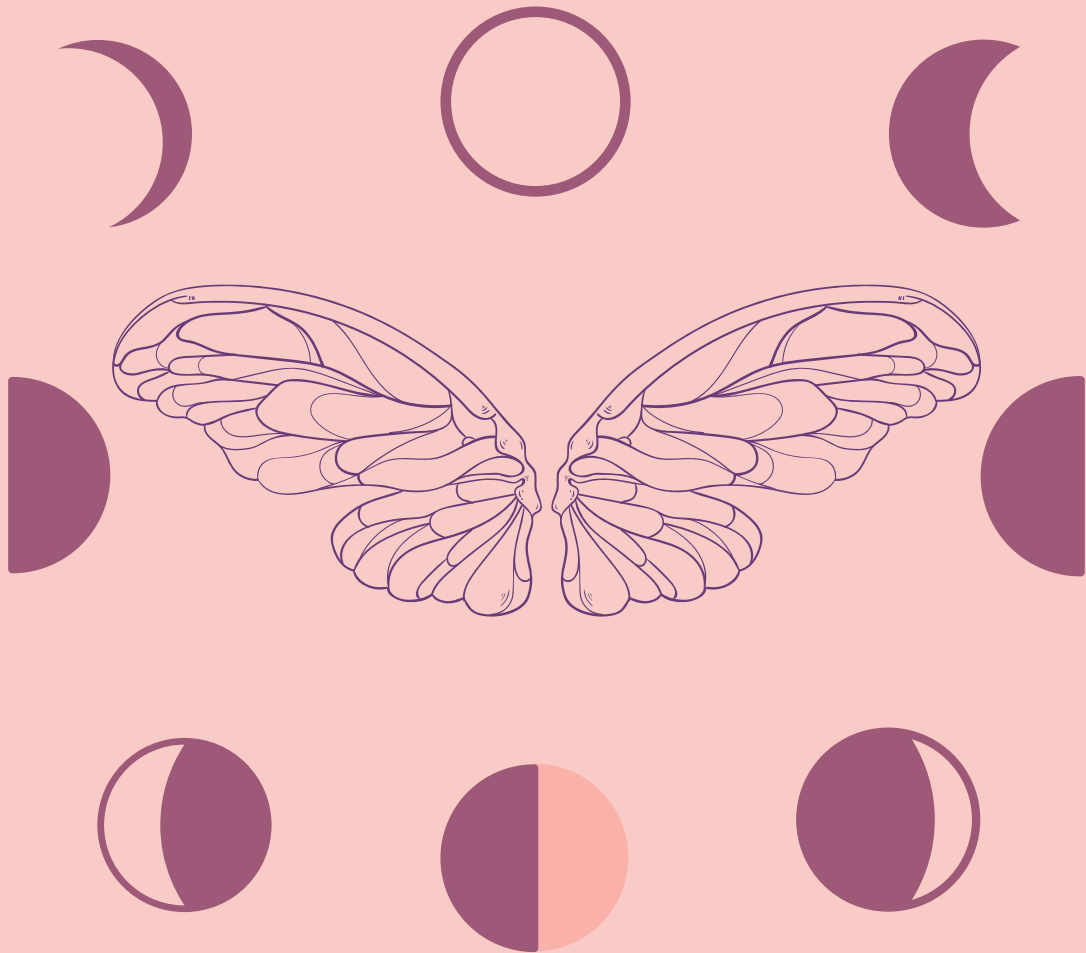
& your resistant mind is the cocoon.
Resistance is the only thing that holds your mind stuck in a cocoon.
You are so much more when you allow yourself to BE.

Each moon cycle offers you a specific energy,
through which, you can release a layer of that protective resistance
and harness positive growth into the life you truly want to live.

All we are doing here in Butterfly Airways is allowing you to replace
negative, repetitive cycles, with natural, profound & transformative
ones. Everything is here for you & your innate design is perfect.

Living a life you love, one moon at a time

WISHING YOU A BEAUTIFUL JOURNEY



BUTTERFLY AIRWAYS

A portal for your deep & unique transformation

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