

A Year of Joy Monthly Report & Manifestation Calendar

February, 2019

Love in action



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Love in Action through Acts of Compassion and Forgiveness

Hello My Beautiful Friend,

Welcome to February, the month most associated with romance, chocolate, flowers, and special valentines, and if you live in the U.S. it is also Black History Month. Oh yes, in February there is a lot to celebrate.

However, after analyzing the archetypal energies of the month, it is clear that you and I need to go beyond the surface of the Valentine Day holiday and declare this month to be the month of *Love in Action through Acts of Compassion and Forgiveness*.

It's time to step outside of petty power-struggles with yourself and others by looking at situations with the eyes of compassion and forgiveness.

Now, this does not mean that you forget your boundaries. Rather, the paradox is to practice loving, compassion, and forgiveness for others, while loving yourself enough to maintain healthy boundaries.

Boundaries are not rules. They are lines of emotional and physical integrity. They can be flexed, depending on the situation and circumstance. Strong boundaries reflect self-love, wisdom, and strong intuitive abilities. I'll talk more about this in this month's bonus video.

In any case, the energies of February are supporting you to look more deeply into how well you express your love through the embodiment of compassion and forgiveness.

For this reason, all your February ceremonies are centered around meditation, building self-compassion, and forgiveness. You will do a tea ceremony and meditation, a forgiveness/integration ceremony and meditation, a celebration ceremony and meditation, and a cleansing ceremony and meditation.

Isn't it wonderful to be alive?

All My Best,



Krista

P.S.

If you enjoy A Year of Joy membership, please tell a friend. Let's grow our joy. visit www.MyJoyCode.com

You Are the Artist in Your Own Life



The energies of the month, are asking you to look more deeply into how you express your love through the embodiment of compassion and forgiveness.

It is likely that January's Full Blood Moon stirred up emotions that you thought were long forgotten. Old demons, memories, and negative emotions that your unconscious mind and body have been holding on to, were brought up to your conscious mind for release.

All of this is happening at the perfect time because this is a Hanged Man year [see January's newsletter], which means that you will be confronted with your ego, giving you the opportunity to see things from a new perspective.

The archetype of the month that is supporting you on your journey to enlightenment and joy, is Art/Temperance (see left).

This is the month where you will be called to integrate aspects of yourself that seem to be in opposition. However, through integration you are given the opportunity to be more of who you are. Isn't that fabulous!

From a practical perspective what this means is that any emotional negativity that may have surfaced for you in January, has an opportunity to be integrated during the month of February.

As a spiritual practitioner it is likely that you always want to be in the "light" and move away from the dark shadowy aspects of yourself. But this is a world that has both yin and yang, dark and light, up and down, and sun and moon energies. We inhabit a world of paradoxes and opposites. And let's face it, we humans are complex and contradictory creatures! We are full of dark

Reflecting on January's

Blood Moon:

I myself, had an avalanche of self-doubt and guilt surface.

What surfaced for you?

If you can't think of anything specifically, it may be that a partner or loved one went *a little loco* in January and triggered some old emotions and internal conflicts.

Take a moment to reflect and write them down.

and light, paradoxes, good intentions and bad, and so on.

However, your point of power rests in knowing that you are neither the dark nor the light, but in realizing that you are the consciousness "in back of" the cacophony of opposites, you are a manifestation of the One Life that holds all opposites.

I love the way this paradox is stated in the concepts of yin and yang. Yin is the feminine principle and yang is the male principle. Nothing is all yin or all yang. Everything contains the beginning point of the other. But where does yin and yang come from? The Tao.

Chapter 42 of the Tao Te Ching

The Tao gave birth to One.
The One gave birth to Two.
The Two gave birth to Three.
The Three gave birth to all of creation.

All things carry Yin
yet embrace Yang.
They blend their life breaths
in order to produce harmony."

Translated by J H McDonald

A mature spiritual practitioner is the artist in her own life taking the contradictions and complexities, the dark and the light aspects of herself, and holds them with acceptance, humor, and compassion. She is forgiving of herself and others. She sees everything as beautiful, because it is.



This is why this month is the month of Love in Action through Acts of Compassion and Forgiveness. It's through the Hanged-Man archetype that you being to see yourself from a new perspective, and the Art/Temperance archetype gives you the means to doing so, that is, through accepting all aspects of yourself.

Oh yes, my beautiful friend, where you stand is Holy ground. Right where you are, the Universe resides, always. Focusing too much on the "good" side of your nature or the "bad" side of your nature distracts you from being in the center of your being.

The Art/Temperance archetype asks you to be compassionate with yourself as you go through the process of integration, to be creative, and to do your best to see beauty everywhere especially within yourself.

New Moon Ceremony

I love the tea ceremony. It's so simple and delicious.

This practice is in itself a meditation. So follow the directions precisely.

1. Any time after sunset make yourself a cup of your favorite herbal tea. Light a candle, become very still.
2. Hold the tea cup in both hands and feel the warmth radiating up your arms. Be mindful. Can you follow the heat?
3. Hold your face over the cup and feel the steam as it caresses your face.
4. Smell the tea. If you're still, you can taste the tea's aroma at the back of your throat. Feel how it warms the lungs.
5. Next, sip the tea slowly. Feel it as it rolls over your tongue, down the back of your throat and into your stomach.
6. Take another mindful sip. Allow the tea to bring you into a deep state of presence.
7. When you're ready, put the cup down and breathe. Say to yourself, "I am" on the in-breath, and "loved" on the out-breath. Do this mantra three times.

Notice the openness of your heart chakra.

New Moon Journal

Were you able to use the tea to calm your mind?

As you said the mantra to yourself, how did you feel? Was it easy? Were there any images that came up?

Write down any additional thoughts.



Calendar, February 2019

Mon	Tue	Wed	Th
New Moon: Tea Ceremony 4	5	6	
11	First Quarter Moon: Forgiveness Ceremony 12	13	
18	Full Moon: Celebration Ceremony 19	20	
25	Last Quarter Moon: Cleansing Ceremony 26	27	

	Fri	Sat	Sun
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28			

First Quarter Moon Ceremony

After sunset on the night of the first quarter moon or any evening before the full moon, find a quiet space for meditation and reflection.

You will need a small mirror for this ceremony.

The moon is waxing which means you are calling your good to you. So take some time and reflect on the archetypal energy of the month. This is the month of integration, harmony, beauty, and balance.

Ask yourself, where do you feel disharmony in your life. Is it in the area of work, relationships, health, family, or other?

This is important, do you have any negative feelings towards yourself regarding this situation or are you angry/hurt/resentful etc... towards another person or the situation itself, as in an unexpected illness?

Notice where the dagger of recrimination is pointed toward you or away from you.

Breathe. Do your best to feel the disharmony in your body.

Next, pick up the mirror and looking into your own beautiful eyes, say, "I forgive you. I love you. I honor you." Say whatever needs to be said. Say the things you most want to hear. Manifest your love, live in compassion.

Waxing Moon Journal

This exercise can be challenging when you feel justified in being upset with yourself or with another. However, if you want to release the burden of recrimination, then this exercise will help. Keep it up. Life loves you.

Write down your thoughts.

Full Moon Ceremony

Whew! The last two ceremonies may have been wonderfully intense, so this full moon is one of celebration. It's likely, you are reaping the rewards of opening yourself to more love, compassion, and forgiveness. It's likely too that you're feeling a deep alchemy happening in your soul, so it's time to celebrate sister!

This month's full moon is in Virgo and it's full of energy! So if you have the guts, go outside stand with arms spread wide above your head and imagine the energy of the moon streaming into you. This is called, "pulling down the moon."

Your neighbors may think you're nuts, but who cares. Do it anyway (your backyard is fine).

Fill yourself with the courage of Mother Moon. The courage to love and be compassionate and forgiving to everyone, even those who don't "deserve" it. Everyone is holy, just not everyone is awake to it. If you want peace in your life, then it's time to think from spiritual self and NOT your egoic self.



Full Moon Journal

Write down three insights you gained from this exercise.

Last Quarter Moon Ceremony

The moon is waning and it's time now for you seal all that you've done with a water, cleansing ceremony.

For this ceremony you will need sea salt.

Thinking back to the first quarter moon exercise where you mediated on an area of disharmony in your life, either take the page of your thoughts about that situation or write it down anew on a piece of paper. It's likely that the situation/disharmony has resolved itself, however it's important that you energetically complete what you've started.

For example, "I was very angry with myself because...." or " I was very angry with my children because...."

If the situation hasn't resolved itself, this ceremony works just as well.

Looking at the paper, and with the intention to release yourself fully, tear it up into small pieces. Then flush it down the toilet.

Next, wash your hands gently and thoroughly with salt and soapy water, while intending, "I wash my hands of this situation. I am cleansed. I am free!"

Wanning Moon Journal

Write down any thoughts and feelings about the ceremony.

My Guilty Pleasures

I have two guilty pleasures. One is pasta with anchovies. I know, not for everyone, but when you melt anchovies in butter they add a salty depth to your pasta sauce that is not fishy, but delightful.

My other guilty pleasure is chocolate, of course!

My two recipes for you are my simple, anchovy pasta with lots of cheese and Katherine Hepburn's Chocolate Brownies.

Pasta with Anchovy and Tomato

1/2 lb of dried spaghetti

1 can anchovies in oil

1 tbsp. unsalted butter

1 tbsp. olive oil

15 oz. can of good whole tomatoes, like San Marzano

2 cloves chopped garlic

1 tsp. dried oregano

crushed red pepper flakes to taste

1/2 cup dry white wine.

Boil the pasta per package directions.

While the pasta is boiling, grab a sauce pan and melt the butter and the olive

oil over medium heat. When melted, add the anchovies. They will splatter so beware.

Stir until the anchovies has disintegrated in the butter and oil.

Next, add the garlic and stir until fragrant.

Then add the oregano, crushed red pepper flakes, and wine. Let simmer for about 3-5 minutes. Then add the tomatoes, simmer for another 5-10 minutes. Salt and pepper to taste.

Drain the pasta and toss with anchovy sauce. Top with more crushed red peppers and lots of Parmesan cheese.

Yay!

Katherine Hepburn's Brownies

I found this recipe in one of my favorite all time books, "Home Cooking" by Laurie Colwin. I hate baking but this recipe is easy and super delicious. You can thank me later.

Ingredients

½ cup cocoa or 2 squares (2 oz.) unsweetened baker's chocolate

1 stick (1/2 cup) unsalted butter

1 cup sugar

2 eggs

1/4 cup flour

1 teaspoon vanilla

Pinch of salt

1 cup roughly chopped walnuts or pecans

Directions

Melt butter with the cocoa or chocolate together in a heavy saucepan over medium low, whisking constantly till blended. Remove from heat and stir in the sugar. Whisk in the eggs and vanilla. Stir in flour, salt and walnuts. Mix well. Pour into a well buttered 8-inch square baking pan. Bake at 325 degrees for about 40 minutes till a toothpick inserted in the center comes out clean. Cool completely and cut into squares. These brownies are very fudgy and may be somewhat difficult to slice cleanly; use a sharp knife and a spatula to help them loosen from the baking dish.

Find it online at: <http://www.pbs.org/food/the-history-kitchen/katharine-hepburn-brownie-recipe/>

About JoyCode

JoyCode is a spiritual community for women and their families who want to experience more peace, balance, personal freedom, power, joy, love, and prosperity in their lives.

We offer online courses as well as live in-person events, workshops, and retreats supporting the development of your relationship with your Source through intuitive practices, meditation, and mindful engagement in your community.

What We Believe

We believe and teach that anyone can have a direct experience of the Divine. That each person is the spiritual director of her/his own life.

We believe that Spirit wants us to have an intimate relationship with It, and that all healing, life, light, prosperity, and joy come through knowing our Source and knowing ourselves as Source energy.

We believe too that this Source is manifest in and through all things, including people, but that not everyone is aware of this indwelling, all loving Presence and so cause suffering for themselves and others.

We believe that it is through knowing ourselves as this Spirit, that we add to the healing of our family, community, and world.

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