

A Year of Joy Monthly Report & Manifesting Calendar

January, 2019

THE YEAR OF THE WOMAN



Copyright ©2019 by Krista Arthur
JoyCode™
MyJoyCode.com
Info@MyJoyCode.com
2390 Crenshaw Blvd., #412
Torrance, CA 90501

All rights reserved.



The information in this booklet is for entertainment purposes only. It is not to replace medical care or advice from a licensed physician or mental health professional. While I have a lot of experience helping people to find their joy, I am not a licensed therapist, and my services are not for people who want to replace their therapy or medical care with my programs or classes. I encourage anyone who is already seeing a therapist or medical professional to continue to do so while working with me. Use your common sense and have fun!

Table of Contents

The Year of the Woman.....	4
Working Our Mother Issues: A Global Perspective.....	6
The Year of New Perspectives.....	9
January, Death, and Rebirth.....	11
Calendar, January 2019.....	13
New Moon Ceremony.....	14
New Moon Journal.....	15
First Quarter Moon Ceremony.....	16
Waxing Moon Journal.....	17
Full Moon Ceremony.....	18
Full Moon Journal.....	19
Last Quarter Moon Ceremony.....	20
Wanning Moon Journal.....	21
Bone Broth Cleanse.....	22
Leek Soup Cleanse (Vegan).....	23

The Year of the Woman

Hello My Beautiful Friend,

Wow, it's 2019 and there's so much good stuff happening energetically, that I can't type fast enough to share it all with you!

First, I'm going to share with you the fascinating energy cycle we've been in, how it's shaped recent world events, what it means for you personally, and why 2019 is the year of the woman.

Next, I'll outline the energy archetype for the year and the energy archetype for the month.

Finally, we'll move through our sacred ceremonies for conscious co-creation. I guarantee you will love, love, love each one.

I've created a special bonus video for you regarding setting clear and decisive intentions. Even if you're a pro at setting New Year's goals and resolutions, I guarantee that what I'm sharing will take your manifesting to a new level. So please login to your account portal online, click "memberships" and watch it there.

In addition to posting your monthly report, calendar, and journal in your membership portal, I will also be mailing a hard copy version to you. The reason is that it's important to spend time off-line doing your inner work. There are studies that show retention increases when you read hardcopy versus reading online. Additionally, there's something simply joyful about handwriting in your journal. It connects body, mind, and intention in a powerful way.

Over and over again my guides tell me that if there's something I want or need, that I should "write it down." Writing things down in a journal is a stress-relieving activity and it is fantastic for setting the Wheel of Creation in motion.

Anyway, here's to the beginning of your best year yet!
Cheers,



Krista

P.S.

I've added a recipe section to our monthly report. I mean seriously, you can't be happy if your tummy is cranky. Good food, good company, and lots of love and laughter are the keys to joy.

P.P.S.

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

Working Our Mother Issues: A Global Perspective



Energetically, 2019 is the close of a 10-year Venus cycle which started in 2010 with the Empress Archetype (Remember, we work specifically with archetypal energies, numerology, and moon phases, not astrology.) This cycle specifically deals with issues of the divine feminine as it relates to our issues with our mother, motherhood, and/or women who are mother figures in our lives.

What's fascinating, is if you look closely over the past decade you will see an awakening to the inequalities suffered by women and girls along with a sincere desire for positive change. It's not that we haven't been aware of the horrors that women and girls face, it's the inner realization that we, individually and collectively, will no longer be complacent or complicit in our own degradation.

I think writer and film critic Manohla Dargis said it best in a recent article she wrote for the New York Times "...accepting--or acquiescing to--a degree of subjugation is instrumental to how sexism [and inequality] works; it depends on women getting along, and going along, with their own oppression." (What It's Like to Be a Female Movie Critic in the #MeToo Era, New York Times). Energetically, you can see that this "acquiescing to" is the greatest inner shift that women are having which will set about the greatest

change in the long term. But this phenomena isn't just happening in the United States. In New Delhi, two women entered into a Hindu Shrine that has barred women of child-bearing age for centuries. Wow! China has the most female, self-made billionaires in the world. In Poland, women left their jobs and took the streets when the conservative government threatened to ban most forms of abortion. The point is that women on a larger scale are awakening to their divine right to equality. I believe that 2019 has the energy to continue to move us collectively forward in a positive way.

Why is this important for you? Because being a woman, you are in a unique position to capitalize on this energy. You have chosen this lifetime to harness this energy, to bring it forward, and anchor it here for the benefit of the next generations.

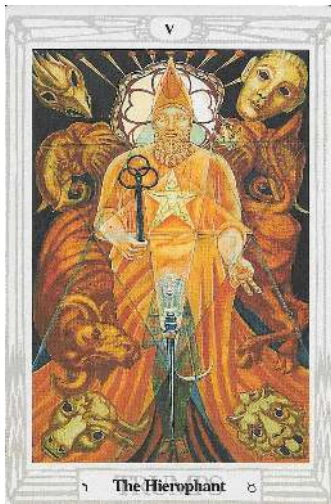
However, let's not fool ourselves into thinking that perfect equality is just around the corner, it isn't. The work we need to do comes in 2020 when we enter into a new energy archetype called The Emperor, which will also last for 10 years. What this means is that issues of leadership and healing our relationship with our father or father figures in our lives will take precedent.



Intuitively, I feel that we'll see three important trends:

1., We'll continue to have "push-back" from the patriarchal structure that supports our world economy in the form of authoritarianism and other forms of the "power-grab," i.e., taking resources, countries threatening the independence of smaller nations, a continuing attempt to limit women's rights, etc... But take heart, this is all part of the plan.

2. Energetically, we are positioned for a more women entering into leadership roles in all spheres, including a woman American President in 2020. This leadership also extends to women taking the lead regarding issues of motherhood and parenting.



3. We'll see men grapple with the differences between masculinity and patriarchy. That is, masculine energy isn't inherently patriarchal, and as more men come to know that for themselves we'll see more balance coming onto the planet.

This potential shift is perfect timing, because in the next 10-year cycle, we move into the energy archetype of the Hierophant, turning the global focus towards family, spirituality, and community.

This is all potential. The energies are in our favor, and while there will be challenges, it will be interesting to see what path the collective human family chooses.

This is why my friend, **it's so important that you do your part by living your best life.** Your joy and bravery will spill out into your home, community, and world. You are the one the world's been waiting for.

In the coming months, I'll do more analysis to see if and when there was a similar energy pattern. For now we haven't seen a pattern like this in the past two hundred years.

The Year of New Perspectives



2019 is the year of the Hanged Man Archetype. What this means is that there is an overarching need to let go of the ego.

Ego is a condition of separation from the Self, that is, the Bigger Part of You. Imagine that the Self is whole, perfect, and complete. **When your consciousness rests in the Self there is very little fear and worry.** When your consciousness is divided from the Self then it is in a state of fear. The

further away a person is from the security, love, and friendship of the Self the more ego he or she has. The more ego one has, the more likely he or she is going to cause harm to him or herself and others. For example, just simply think of all the ways in which individuals inflict pain upon one another, how collectively we inflict pain on the earth, and animal kingdoms. All of that harm is done because we are ignorant of the Self.

Because we are in a Hanged Man year, we will have some opportunities to confront our fears.

Let's make this practical

If you've set your intention for the year, then you will have opportunities to face your fears regarding your intentions. This is a wonderful thing! The energy of the Hanged Man also supports you moving through these challenges by asking you to look at things from a new perspective. Isn't that wonderful?

Your suggested mantra for the year, is "How can I see this situation in a positive light? How can I reframe this situation so it supports me?" Ask and ye shall receive.

Let me be very clear, if you resist the energy current of the Hanged Man and refuse to release and let go that which does not serve you, you will have a difficult and challenging year.

Make this your year of "Yes!" and all will be well.

January, Death and Rebirth



Stay calm and carry on. The Death Archetype is the perfect energy for the month of January. He symbolizes mirth and new beginnings.

“...it is during this [month] that you can experience the death of an old identity, the ending of certain types of relationships, the closure of certain creative projects or types of work, and simultaneously the desire to initiate and start new relationships, projects, careers, and expression of new parts of oneself,”
(The Tarot Handbook, by Angeles Arrien)

Read between the lines, now is the time to reinvent yourself. Yes you can be, do, and have whatever your heart's desire, my beautiful friend. The price you must give to the Grim Reaper is to release that which no longer serves you. Let go, the energies are with you.

Calendar, January 2019

Mon	Tue	Wed	Th
		1	2
	7	8	9
First Quarter, Waxing Moon --Creative Giving Ceremony			
14	15	16	
Full Moon (Blood Moon/ Lunar Eclipse) Celebration & Reflection			
21	22	23	
28	29	30	

	Fri	Sat	Sun
3	4	New Moon--Candle Ceremony	5 6
10	11	Wisdom Circle, 9 AM to 12:30 PM	12 13
17	18	19	20
24	25	26	Last Quarter, Waning Moon --Flower Ceremony 27
31			

New Moon Ceremony

This is one of my favorite ceremonies that I adapted from a book called, *The Source* by Ursula James. This is especially powerful if you have loved ones who have made their transition. I promise, this ceremony is transformative.

For this ceremony, you'll need a white candle and pictures of people that love you.

On the night of the new moon, light the candle and walk over to the pictures of your friends and family. If you don't have pictures then just use your powerful imagination and picture them in your mind.

Imagine all their love pouring into the candle. Now walk around your home with the candle and imagine the light and their love filling every room, every corner of the room. If you're not shy, then walk the perimeter of your home as well.

When you're done, go back to the pictures thank them and blow out the candle.

Enjoy!



New Moon Journal

Write down your impressions, feelings, and thoughts about this ceremony.

First Quarter Moon Ceremony

Remembering that we are in the energy Archetype of Death and letting go, it's time to give something away that is symbolic of what you want to manifest for the year and/or month thereby creating room for what's new.

In other words, it's time for creative giving.

For example, if you want to lose weight, then clean your cupboards and donate food and/or old clothing (i.e., your fat pants. We all have a pair) to a local shelter.

If you want to manifest more money, you need to donate money (even if it's just a few dollars) to a cause that is special to you.

If you want to have more time for yourself, then donate an hour or 30-minutes of your time to a charity, or to help a friend or neighbor with a project. This may sound counter-intuitive but to get what you want it's important that you give in kind, knowing that what you give returns to you three-fold.

Spirit says that this is very important to Law of Abundance working in your favor. You must imagine that you are giving from your wholeness. So in the case of donating your time, you imagine that you do have the time to help someone out. You'll be amazed how space begins to open up for you.

You have until the full moon on January 21st to complete this ceremony. It's very important that you follow through.

Waxing Moon Journal

What did you give and what was the result?

Choose 3 things that you received in return. Be creative.

Full Moon Ceremony

This ceremony will help you to reflect on your relationship to your ego and to practice self-forgiveness. I recommend that you do this ceremony as often as you need.

You will need a white candle.

Light the candle and reflect on the past year or week. Let someone with whom you've had negative and judgmental thoughts about come into your mind's eye. It could be anyone, it could be Kanye West, the President, your husband, or sister. Whomever your mind chooses is the right person!

Recall this person in your mind and say to yourself, "Please forgive me" three times.

The first time is for the person, the second time is for the Universe to clear any lingering karma, and the third time is for your beautiful self.

Sit in the light of the full moon and allow its illumination to quietly heal and create room in your compassionate heart. When you're ready, blow out the candle.

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 to enjoy the space you've cleared for yourself.

Love is the most powerful energy throughout the Universe. For this ceremony you will need your favorite flowers, a card, and a pen.

It's lovely to buy flowers for yourself. Place them on a table and while looking at them, write a very short love note to the Self on the card. Nothing elaborate. It could be a favorite line from a poem like, "Out beyond ideas of right doing and wrong doing, there is a field. I'll meet you there," (Rumi).

When you're done place the note underneath the vase. Whenever you look at the flowers, gently recall the Self that dwells within you. Discard the flowers before the new moon.

Wanning Moon Journal

How does it feel to write a love note to the Self?

Bone Broth Cleanse

We drink bone broth for the collagen and because it improves digestion. It's also perfect after a weekend of over-indulging.

Because I don't believe in punishing your body, the "cleanse" is a mini fast that anyone can do. Simply have a cup of broth for breakfast, one at snack time, and a cup at lunch time. Later have a light meal of grilled meat, veggies, and half a baked potato (no bacon bits) and you'll be feeling grand the day following.

2 lbs bones. I like beef soup bones and chickens feet. You can also use a pigs foot, but I'm not a fan.

1/4 cup apple cider vinegar

2 stalks celery, roughly chopped

1 carrot, roughly chopped

1 large onion, roughly chopped

2 garlic cloves, smashed

1 bay leaf

handful of parsley

a few sprigs of thyme

a few peppercorns

Salt to taste

This easy, but it takes some planning.

Place bones in a Crockpot with vinegar and cover with water. Let sit for 45 minutes. The vinegar helps to break down the cartilage in the bones.

Then add all the other ingredients and leave in the cooker on low for 14 hours, and up to 72 hours. Strain broth, adjust seasonings, and yummilicious!

Leek Soup Cleanse (Vegan)

Leeks have anti-inflammatory properties and are high in fiber, which can also aid in digestion. I've adapted this recipe from Mireille Guiliano. She recommends using this as a fast for two days, but I've never been able to do a fast for more than a day. It's not a lack of will-power, I just don't have an interest in starving myself, but I do like recalibrating my digestion.

Again, eat this soup for breakfast, snack, and lunch then finish with a light meal of veggies and grilled tofu with tamari or liquid amino's. Yum!

2 lbs leeks, scrubbed.

1 clove garlic smashed

a handful of chopped parsley

salt and pepper to taste

1-2 Tbsp of olive oil

Water to cover.

In a stock pot, heat up your olive oil and sauté the leeks and garlic until soft. Do not brown. Then add the parsley and stir (I add fresh parley in the beginning. A trick I learned from an old Italian cookbook). Then cover with cold water and simmer for about 20 minutes.

Season with salt and pepper.

Viola!