

A YEAR OF JOY

MARCH 2019

Awakening Sensuality



THE MANIFEST YOUR DESTINY MONTHLY JOURNAL

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Awakening Sensuality

...or re-awakening sensuality, depending on your point of view.

Hello My Beautiful Friend,

I am thrilled about this month's energy cycle, as it centers around sensuality, pleasure, play, and having a great sense of humor.

Energetically, sensuality is a feminine quality, although both men and women can and should embody it. Exploring and expressing your sensual nature is a prerequisite for being a fully alive and vibrant human being.

However, because it is a "feminine" quality, sensuality like so many aspects of the feminine, has been repressed, misunderstood, distorted, and even vilified in our largely patriarchal culture, to the detriment of both men and women.

Take the cover of this month's report. I found this image on Unsplash.com where I searched the term *sensuality*. What came up were images of women in provocative and sexually suggestive postures. These photos were mostly taken by men, and express a man's idea of sensuality. Not necessarily a bad thing, it's just that these images depict a narrow point of view.

This cover photo, however, for the March edition of "A Year of Joy," was taken by a woman and presents another aspect of sensuality. Looking at it, can you imagine taking a warm scented bath with herbs, oils, and fresh rose petals?

Sensuality isn't just about sex and expressions of sexiness. Rather, it includes exploration and creativity, opening up to Life through the six senses, i.e., taste, touch, smell, sight, hearing, and imagining (the sixth sense).

Sensuality and the Spiritual Path

I believe that the reason we have depression, suicide, drug abuse, anorexia, obesity, and so on is because we humans are soul-hungry. We crave, want, and need something that cannot be filled by these things alone, and yet, sensual pleasure, when balanced, can lead to deeper communion with the Divine.

Consider the poetry of the great mystics, including John of the Cross who wrote this poem:

*Where have you hidden away?
you left me weeping for you, my Love.
Wounding me, you then vanished
like a stag; I ran to find you,
calling after you--but you were gone...*

*Reveal your presence to me
and kill me by your gaze and beauty.
See how my suffering for your love
is only cured when you--
or your face--comes near me.*

This poem is an expression of a soul's yearning for communion with the Divine. And it is utterly sensual. The lover, waiting for the touch of the Beloved.

But the Divine is not hidden. She is the caress of the sun on your face and shoulders and the light in your friend's eyes when they greet you, "Hello." She is the taste of melted butter on fresh baked bread, and so much more.

The key to a divine experience through the senses is to be totally immersed and present to the pleasure you are taking. No quick selfies to come between you and the moment.

This month we explore sensuality and Divine union through the archetype of Pan. Playful and sensual. I've created some fun ceremonies to help you awaken to your sensuality. I've also created a bonus video with a guided meditation and visualization to open up your spiritual center (chakra) for creativity and sensuality. You'll want to watch/listen again and again.

Remember too, that we are in the year of the Hanged Man archetype which is encouraging us to confront our egos by looking at situations from a different point of view (see January's newsletter). The energies of March are inviting you to nurture your beautiful sensual nature through the exploration of new tastes, textures, and experiences.



Enjoy!
Krista Arthur

P.S.

If you are feeling vulnerable or closed in this area due to past abuse, I invite you to be gentle with yourself. Your inner light body knows the way to joy. Trust it. Trust you.

P.P.S

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

Live, Laugh, Love



The energy archetype for this month is the Devil/Pan. There are a lot of negative and dangerous misconceptions about this archetype, which I hope to clear up here. This archetype can be healing and fun.

My first spiritual teacher was a Christian mystic, named Lynda, and she's the one who introduced me to the *Thoth Tarot* deck (the deck I use for this publication), and a companion book, *The Tarot Handbook* by Angeles Arrien. Ms. Arrien, who is now deceased, was a cultural anthropologist, therapist, and educator. Her depth of knowledge and scholarship regarding the history and meaning of the symbols of the deck, and

how they can be applied for self-awareness and healing are invaluable. Which is why this handbook has been and continues to be in my arsenal of healing wisdom.

Regarding the Devil/Pan archetype, Ms. Arrien writes:

During Greek mythology, this symbol was Pan, half-man and half-goat, the God of Merriment and Sensuality. In Egyptian mythology, this symbol was Ra, the Sun Deity, a symbol of life force and energy. During the Middle Ages, there was a backlash to the panistic cults and the archetype of the devil was created....During the Middle Ages the panistic activities of people "living-it-up" were considered hedonistic; therefore, in order to quell those activities they had to be rendered "evil" or made wrong in order to make way for new belief systems that were happening at the time. (pg.78)

Moving on, let's consider the energy of this mis-understood but important archetype by taking a look at the image.

You'll see that this is a phallic symbol, with the orbs and staff at the bottom of the card representative of testicles and phallus. In the left sphere you'll see women erotically dancing and in the right sphere, men doing the same. Behind the goat

**Mercury goes
retrograde
March 5th-28th**

Mercury goes
retrograde in Pisces
this month.

My astrologer friends
are saying that because
Pisces is a water sign,
be prepared for some
emotional upheavals
and miscommunication
with loved ones.

So be sure to work with
this month's archetype
and keep your wits and
sense of humor about
you.

image, you'll see the tree of life, indicating that sex is creative and life affirming. In the introduction I wrote that sensuality is a feminine quality, what this card represents is sensuality expressed. To penetrate life, be creative, joyful, adventurous, and to have fun.

The goat in the center of the card, reminds us to be firm, grounded, and surefooted. We don't want to be carried away by our pleasures, lest we fall into addiction. The third eye in the center of the goats head reminds us to look within for balance. And it's smile is another reminder to have fun.

If you're feeling blocked in this area, this image is a good one to ponder and visualize. You may even want to keep an affirmation handy that simply says, "I enjoy my sense and sensuality."

New Moon Ceremony

I love the tea ceremony so much that we're going to do it again this month. Only I'd like you buy some rose, orange, or ginger tea. And you'll do it on the morning of the new moon.

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

1. On the morning of the new moon, make yourself a cup of herbal tea, and sit with it in a quiet space where you won't be disturbed.
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 down into your belly button, into your womb, your breasts, and sexual organs. Allow the breath to caress you and awaken your creative energy.

Notice the openness of your second constellation/chakra

New Moon Journal

This ceremony is to help you awaken your senses and connect you deep into the body. Write down any thoughts or feelings associated with taking this inner journey. For example, was it comfortable or uncomfortable? What sensations arose? Did you have any images or flashes of insight emerge?

Calendar March, 2019

Sunday	Monday	Tuesday	Wednesday
3	4	5	New Moon Tea Ceremony 6
10	11	12	13
17	18	19	Full Moon Gift Giving Ceremony 20
24	25	26	Last Quarter Moon: Luxuriat Ceremony 27
31			

Monday	Thursday	Friday	Saturday
		1	2
Full Moon: Waxing Gibbous	7	8	9
	First Quarter Moon: Cleaning Ceremony	15	16
Waxing Gibbous	21	22	23
Waxing Gibbous	28	29	30

First Quarter Moon Ceremony

During the waxing moon, you'll be thinking about awakening your sensuality and/or bringing it into balance. Sensuality is about engaging all of your senses, taste, touch, smell, sound, sight, and imagination (your sixth sense). So during the waxing moon, you will need to make room for more sensual pleasure by **getting rid of something that makes you feel bad, drab, and sad before the full moon.**

Old underwear, an ill-fitting dress, a bed spread that you hate, that rug that you inherited from your least favorite aunt, old outdated spices or canned goods. Remove from your home at least one item that makes you feel "blah."

Typically, we'd do clearing during the waning moon, but you'll be doing this while looking to engage in new opportunities, like new restaurants or foods to try, taking a walk and stopping to smell your neighbors roses, or sitting outside and gazing at the night sky.

Waxing Moon Journal

What did you remove, why, and how do you feel now?

What new thing or adventure will you try this month?

Can you commit to doing one new sense oriented thing a day?

Full Moon Ceremony

The full moon will be at 99% full on the 20th and 21st of March, so you have a little extra time for this ceremony.

Now that you've eliminated at least one item that made you feel bad, sad, and drab, it is time to replace it.

Gift yourself a new pleasure. A beautiful scarf, a new spice to try, an essential oil. Or if there's nothing you want for yourself, **give a gift or card to someone for the pure pleasure of doing so.** A random gift of kindness. Spread your joy. This will light up all your spiritual centers (chakras).

Full Moon Journal

Write down one insight you gained from this exercise.

Last Quarter Moon Ceremony

And finally, your last quarter moon ceremony is to take a luxuriating bath or go somewhere and have a soak if you don't have a bath. If you can't do either of those tasks, then give yourself a foot soak.

This ceremony is the celebrate your inner Venus and pamper yourself.

For your at home bath or foot bath, add one or two drops of rose oil and Epsom salts or sea salts to your bath.

The intention of this ceremony is to complete the awakening of the sensual self.

It's important that during your bath, you take the time to massage your face, your fingers, and toes. Really caress the various parts of your body, explore and appreciate yourself.

You are made in the image and likeness of the Divine Herself!
So act like it sister.

Wanning Moon Journal

Write down any thoughts and feelings about the ceremony.

Sangria

This recipe I adapted from an old "Betty Crocker Cookbook."
It's strong so be mindful and share with a few friends.

1 bottle of inexpensive Merlot or Spanish red wine. Don't spend more than \$5.

1/4 cup of whiskey or brandy

1 lemon

1 orange

1 cup strawberries

1 apple

1/4 cup of sugar

1/4 cup of water

Cut the ends off of the orange and lemon, and put into a pot with the sugar and water. Cook on medium heat until the sugar has dissolved. Set aside to cool.

Next, pour the wine and whiskey in a large pitcher. Cut up the fruit and add.

Once the sugar syrup is cool, squeeze the juice from the ends of the lemon and orange into the syrup and discard. Add the syrup to the wine mixture. Stir.

Serve over ice. Add a splash of sparkling water.

Enjoy!

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.

Contact us for more information

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