



Here are some key patterns that block our growth. You may experience the energy or see it in other people at home or at work. If recognize a pattern in another, then they say that pattern is also operating within you- it is a sacred mirror for your shadow. Each new moon is an opportunity to explore your shadow self. If something tweaks you, I suggest working with that energy for 29 days. Journal about it, create a SoulCollage® card that expresses its energy. Observe and give witness to the feelings so the energy transforms; remember if a pattern is operating within us, it will come up until it is healed.

### ***Key patterns that block our dreams...***

<b>Symptom</b>	<b>May manifest as:</b>	<b>Re-membered Self:</b>
<p>When we repress our essential pain it may appear as:</p> <p>Repressed Anger 3rd Chakra</p>	<p>Indicates soul loss-</p> <ul style="list-style-type: none"> <li>▪ Resentment</li> <li>▪ Self Pity</li> <li>▪ Stress, pressure</li> <li>▪ Anxiety</li> <li>▪ Depression</li> <li>▪ Sadness</li> <li>▪ Tired</li> <li>▪ Lack of Concentration</li> <li>▪ Physical discomfort</li> </ul>	<p>You have retrieve the lost essence and as integration happens you begin to:</p> <ul style="list-style-type: none"> <li>▪ Express anger appropriately</li> <li>▪ Grow your ability to identify hurt feelings underlying the anger/pain.</li> <li>▪ Set appropriate limits for yourself.</li> <li>▪ Reduce stress and pressure.</li> </ul>
<p>Approval Seeking 3rd Chakra</p>	<ul style="list-style-type: none"> <li>▪ People pleasing</li> <li>▪ Fear criticism</li> <li>▪ Fear failure</li> <li>▪ Feel unworthy</li> <li>▪ Ignore our own needs</li> <li>▪ Lack self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognize and honor boundaries of self and other</li> <li>▪ Tell the truth about your feelings without blame or judgment</li> <li>▪ Become loyal to self</li> <li>▪ Seek to build trust in self and other</li> </ul>
<p>Caretaking 4th Chakra</p>	<ul style="list-style-type: none"> <li>▪ Make yourself indispensable to another</li> <li>▪ Rescues and advises in relationships</li> <li>▪ Ignores your own needs</li> <li>▪ Loses your identity</li> <li>▪ Feels guilty and inadequate</li> <li>▪ Becomes co-dependant</li> </ul>	<ul style="list-style-type: none"> <li>▪ Embraces nurturance for self</li> <li>▪ Recognize dependant relationships</li> <li>▪ Develops own identity</li> <li>▪ Able to set limits for helping</li> </ul>



Controlling 3rd Chakra	<ul style="list-style-type: none"> <li>▪ Overreact to change</li> <li>▪ Lacks faith and trust in self and others</li> <li>▪ Fears failure</li> <li>▪ Suffers from rigid thinking</li> <li>▪ Becomes judgmental</li> <li>▪ Intolerant</li> <li>▪ Manipulates others</li> <li>▪ Needs to Micro-manage</li> </ul>	<ul style="list-style-type: none"> <li>▪ Accepts change</li> <li>▪ Able to trust self and others</li> <li>▪ Empowers others</li> <li>▪ Ability to delegate</li> <li>▪ Find ways to have fun</li> <li>▪ Accepts others and situations as they are.</li> <li>▪ Understands difference between being controlling (other) versus being in control (self)</li> </ul>
Fear of Abandonment 1st Chakra	<ul style="list-style-type: none"> <li>▪ Feels insecure</li> <li>▪ Avoids being alone</li> <li>▪ Becomes co-dependent</li> <li>▪ Isolates</li> <li>▪ Worries excessively</li> <li>▪ Feels guilty standing up for self.</li> <li>▪ No voice.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Becomes honest in her feelings</li> <li>▪ Feels comfortable with being alone</li> <li>▪ Express confidence</li> <li>▪ Able to consider own needs in a relationship</li> <li>▪ Talks about relationship problems with out blame or guilt.</li> <li>▪ Speaks up</li> </ul>
Fear of Authority 1st Chakra 5th Chakra	<ul style="list-style-type: none"> <li>▪ Fears rejection and criticism</li> <li>▪ Take things personally</li> <li>▪ Becomes arrogant to cover up incompetence</li> <li>▪ Compares self to others</li> <li>▪ Insists on being right</li> <li>▪ Feels inadequate or incomplete</li> </ul>	<ul style="list-style-type: none"> <li>▪ Acts with increased self esteem</li> <li>▪ Stands up for self</li> <li>▪ Accepts constructive criticism</li> <li>▪ Interacts easily with people in authority</li> </ul>
Frozen Feelings 1-4th Chakra	<ul style="list-style-type: none"> <li>▪ Feeling a Void –the person is often unaware of feelings- can't feel.</li> <li>▪ Feelings are distorted</li> <li>▪ Represses feelings</li> <li>▪ Experiences depression</li> <li>▪ Develops physical symptoms as the body's way of getting attention</li> <li>▪ Has shallow superficial relationships</li> <li>▪ Lacks empathy</li> </ul>	<ul style="list-style-type: none"> <li>▪ able to tell how I feel-the whole range of emotions-the good, the bad, the ugly</li> <li>▪ Openly expresses, has a voice</li> <li>▪ Increases our level for intimacy in relationships</li> <li>▪ Becomes more vibrant and loving</li> <li>▪ Experiences the true self</li> <li>▪ Express appropriate needs to others.</li> </ul>



<p>Isolation 1-4th Chakra</p>	<ul style="list-style-type: none"> <li>▪ Experiences loneliness</li> <li>▪ Judges self and others</li> <li>▪ Fears rejection</li> <li>▪ Feels defeated</li> <li>▪ Self pity</li> <li>▪ Isolates from others</li> <li>▪ Sees self as different from others</li> </ul>	<ul style="list-style-type: none"> <li>▪ Accepts self and others warts and all</li> <li>▪ Expresses true feelings</li> <li>▪ Cultivates supportive relationships</li> <li>▪ Less self-centered</li> <li>▪ Actively participates and engages in relationships</li> </ul>
<p>Low Self-Esteem 3rd Chakra</p>	<ul style="list-style-type: none"> <li>▪ Non-assertive</li> <li>▪ Fears failure and/or success</li> <li>▪ Appears incompetent</li> <li>▪ Fears rejection</li> <li>▪ Has a negative self image</li> <li>▪ Needs to be perfect</li> </ul>	<ul style="list-style-type: none"> <li>▪ Embodies confidence</li> <li>▪ Acts assertively</li> <li>▪ Interacts easily with others</li> <li>▪ Loves and cares for self</li> <li>▪ Able to nurture</li> <li>▪ Openly expresses feelings</li> <li>▪ Takes risks</li> </ul>
<p>Overdeveloped sense of responsibility 5th Chakra</p>	<ul style="list-style-type: none"> <li>▪ Takes life too seriously</li> <li>▪ Lacks ability to play or have fun</li> <li>▪ Inflexible</li> <li>▪ Assumes responsibility for others</li> <li>▪ Is a high achiever</li> <li>▪ Has false pride</li> <li>▪ Manipulates situations and others</li> </ul>	<ul style="list-style-type: none"> <li>▪ Takes care of self</li> <li>▪ Enjoys time for leisure and work</li> <li>▪ Strives to live a balanced life</li> <li>▪ Accepts her limitations</li> <li>▪ Delegates responsibilities</li> <li>▪ Has an innate sense of trust and faith</li> </ul>
<p>Repressed Sexuality 2nd Chakra</p>	<ul style="list-style-type: none"> <li>▪ Expressions brings feelings of guilt or shame</li> <li>▪ Uses sex as a tool to feel good about self at the expense of another</li> <li>▪ Lost sense of morality</li> <li>▪ Confused about sexual identity</li> <li>▪ Experiences frigidity or impotence</li> </ul>	<ul style="list-style-type: none"> <li>▪ Communicates appropriately your sexual needs.</li> <li>▪ Accepts the sexual self</li> <li>▪ Considers sexual and emotional needs of self and partner</li> <li>▪ Builds intimacy through dialog by sharing intimate feelings.</li> </ul>

In your energy body are you in contraction, expansion or stasis? Sometimes the key is to do the opposite. To actively engage a contracting energy give it an outward creative expression- put some great music on and stomp around...paint it, collage it. Call up a friend. If the energy is intense call your coach, therapist or shamanic practitioner. ***Taurus is about I have, I value. I value myself to become real warts and all.***



To explore the collage process I suggest reading Seena Frosts book [SoulCollage®](#). I teach [teleclasses](#) on working with this process as well. To be notified of upcoming classes please subscribe to the New Moon Journal. I thank you for your support!!

**PERMISSION TO REPRINT:** You may reprint items from "The New Moon Journal" in your print or electronic newsletter, but please include the following paragraph in its entirety:

"This article is reprinted from The New Moon Journal, an online e-zine featuring astrological coaching tips, tricks and techniques for using the sky energies for personal empowerment written by Michele Bailey-Lessirard. The New Moon Journal © 2007. All rights reserved. Author retains all copyright privileges. This journal is published monthly at <http://www.newmoonjournal.com>. Please subscribe through Feedblitz <http://www.feedblitz.com/f/f.fbz?ListHTML=40628>."

---

**Rev. Michele Lessirard, C.Ht.** is a wayshower and a transformer. . . .a shamanic practitioner and artist. Through journey work and creative play she guides her clients in recognizing, developing and expanding their own intuitive gifts so they can act (sometimes magically) in transforming their body, mind and spirit. She uses a heart-centered process that includes shamanic counseling, soul retrieval, integrative breath and energy work through a process she calls "Soul Path Clearing."

Michele studied breathwork, the Mystery Traditions ~ the Sacred Arts of Tarot, Astrology and Symbology through Eupsychia Institute. She practices core shamanism - soul retrieval, shamanic counseling and divination as taught through the Foundation for Shamanic Studies. Michele is a graduate of the 3 year Advance Training in Shamanism-a program taught by Sandra Ingerman offered through the Foundation. She holds degrees in transpersonal psychology and interior design; is a Florida licensed interior designer (fl id4753) and certified residential contractor. Michele is recognized as a well trained shamanic teacher listed online at Shamanic Teachers at <http://www.shamanicteachers.com> and Medicine for the Earth Teacher at <http://www.medicinefortheearth.com>

Or visit Michele's websites at:

- Shared Journeys <http://www.sharedjourneys.org>
- Marketing for Healers at <http://www.marketingforhealers.com>
- New Moon Journal at <http://www.newmoonjournal.blogs.com>