



# Imperfectly Spiritual

## A BUNDLE OF LOVE You

### December Get - Togethers

Thursday 14th December 6.30pm - 8pm Online Get-Together

Thursday 14th December 1pm - 2.30pm In person

Get - Togethers will be held the 2nd week of each month and provided in person and online.

The dates for the Get Togethers are shown in the members area. Please book your place as the numbers are limited for the in person events to 15 people per session. The online event link is available once booked. Please do not worry I will be making additional sessions available as numbers increase.

Of course the Get Togethers are optional and if you choose not to attend you will still receive all the content and benefit in positive ways.

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- Guided Meditation - Release Judgement



# The NEW MOON in Scorpio

Monday  
November 13th

## NEW MOON - TIME TO SET YOUR INTENTIONS, GOALS, DESIRES - TIME TO DREAM BIG

The New Moon presents you with a time to really focus on your goals, your desires and dreams. The beautiful and powerful New Moon energy is a time to set your intentions.

Think about what you would like, you may have a clear idea and can either set the final desired outcome as your intention. Or you may have smaller steps you wish to take towards this. For example:

Goal to move House but you need more money to do this.

**Intention 1** - for financial abundance, more available money. So possibly a pay rise, new job, win some money or be gifted some. Make the request for this money to become available to you in the best way. **Inspired action** look for new job, ask for pay rise/promotion, enter competitions.

**Intention 2** - details of what you desire from your new home. How does it look, what features does it have, whereabouts is it. **Inspired Action** Really build the picture, you can either write these or create a vision board with lots of pictures.

**Intention 3** - see your offer being accepted and the sale progressing smoothly. Set the intention for the move to occur and happiness to be yours in your new home. **Inspired Action**



## GRATITUDE

Remember to add your gratitudes and affirmations.

By Debi Dawson





# The NEW MOON in Scorpio

Monday  
13th November

Water Sign - October 23rd - November 21st - Ruling Planet Pluto/Mars

Scorpio is a water sign and all about deep feelings, your emotional connection to others but more importantly yourself. Scorpio will lead towards relationships with deep connections, whether established or new. You may find you desire deeper emotional connections and exchanges and move away from anything shallower, due to the lower energies associated.

This New Moon can be a great time to explore those feelings and thoughts that support you and also those that act as barriers to you moving forward.

It presents the opportunity for you to grow, you may find yourself wanting to explore your creative side, opening up to new ideas and perspectives.

It is time to put the yearly moon planner to good use, as we begin to explore and understand what this Moon cycle means for you. By bringing your focus to your personal chart you can enhance the power of the moon at a deeper level.

What house does this New Moon in Scorpio fall in for you? Check your Houses in Your Chart download to see what area of your life this moon will be influencing. Are there areas connected to this that you wish to set intentions around or show gratitude for?



**WHAT THE  
NEW MOON  
MEANS FOR  
YOU?**

# CRYSTAL SPOTLIGHT

By Debi Dawsom

## ROSE QUARTZ

➤➤➤ BIRTH STONE - JANUARY



Rose quartz is a beautiful pink-colored crystal known for its various healing and spiritual benefits. While these effects are often considered holistic or alternative, many people find value in the use of rose quartz for a variety of purposes:

### Healing Benefits

- Emotional Healing - Rose quartz is often referred to as the "stone of love." It is believed to have a gentle and soothing energy that helps with emotional healing, particularly in matters of love, self-love, and self-acceptance. It can assist in healing emotional wounds and traumas.
- Stress Reduction - Rose quartz is thought to reduce stress and anxiety, promoting a sense of calm and inner peace. It can help balance emotions and ease tension.
- Heart Health - Some people use rose quartz to promote heart health, both physically and emotionally. It is believed to improve circulation and support cardiovascular well-being.
- Sleep Improvement - Placing a rose quartz crystal under your pillow is believed to enhance the quality of your sleep and reduce nightmares. It fosters a sense of security and tranquility.

# CRYSTAL SPOTLIGHT

By Debi Dawsom

## ROSE QUARTZ

➤➤➤ BIRTH STONE - JANUARY



### Spiritual Benefits

- Love and Compassion - Rose quartz is associated with the promotion of love, not only romantic but also self-love and compassion for others. It is believed to open the heart chakra, allowing for a deeper connection to love and empathy.
- Relationship Enhancement - Many people use rose quartz to improve relationships, whether they are seeking new love, mending broken bonds, or enhancing existing connections. It can help foster harmony and communication.
- Meditation and Inner Peace - Rose quartz is a popular choice for meditation, as it is thought to support inner peace, harmony, and self-awareness. It can help balance and open the heart chakra for a deeper spiritual connection.
- Self-Care and Self-Healing - Rose quartz encourages self-care practices, helping individuals prioritise their emotional and spiritual well-being. It can be used in rituals for self-healing and personal growth.

It's important to remember that the effectiveness of rose quartz and other healing crystals is a matter of personal belief and can vary from person to person. While some individuals experience positive effects, others may not notice any significant change. If you decide to use rose quartz or any other crystal for healing or spiritual purposes, it's essential to approach it with an open mind and consider it as a complementary practice rather than a substitute for medical or psychological treatment when necessary.

# Essential Oils

## Spotlight on Peppermint



Peppermint essential oil offers a wide range of benefits. Its invigorating scent can increase alertness and concentration, making it a natural pick-me-up. The oil is well-known for its potential to alleviate headaches and migraines when applied topically due to its cooling and vasoconstrictive properties.

Peppermint oil may aid in digestive health by reducing indigestion, bloating, and gas. It can also help soothe muscle soreness and aches when applied to the skin. The oil's antimicrobial properties make it a candidate for fighting infections, while its calming aroma can reduce stress and anxiety.

Inhalation of peppermint oil can improve respiratory health by opening airways, making it beneficial for congestion and cold symptoms. Its oral application can promote oral hygiene and freshen breath, though it should be used with caution in this manner.

Additionally, peppermint oil has uses in skincare for its cooling effect and can provide relief from itching and irritation. As a natural insect repellent, its scent deters pests.

However, it's crucial to use peppermint oil with care, as it is highly concentrated. Dilution with a carrier oil is typically necessary for topical applications, and individuals with sensitivities or allergies should exercise caution. Consulting a healthcare professional before use, especially during pregnancy or while nursing, is advisable.

# JUDGEMENT

## OF SELF AND OTHERS

By Debi Dawsom



It is all too easy to fall into the mindset of judgement, judging yourself and others actions. However, when you explore the broader picture of life and the belief that we are all here to learn and evolve on our individual journey, you can adopt an alternative and healthier perspective.

Of course others may not behave in a way that you are in agreement with, just as you may have made mistakes or errors of judgement yourself. The result of these events evoke emotions as your personal rules are challenged, such as, Anger, Frustration, Guilt, Shame, Regret, Disappointment, Remorse, Sadness etc.

Each emotion is a response to your personal rules being challenged. Of course everyone has their own set of rules and their own journey in this life. Their journey may include behaviours that are not agreeable to you and even though some may not align with yours it is important that you can stand back and respond in love.

Now I am not saying you should throw your arms around someone who has behaved in a way you do not agree with but I am suggesting you pause and recognise what you are really feeling and why. Also, that they are on their own personal journey and even though it may not align with yours, it is valid to them. They may have lessons to learn which will help them to grow. It is important to have your personal boundaries in place to keep you safe, so at times this may mean walking away, but releasing any negative feelings and replacing with love for yourself and sending love to the situation.

Additionally, when judging yourself, it is important to act in kindness and self compassion, noting what you have learnt from an experience and acknowledging that we all as humans have our imperfections and that is really ok.

# NON JUDGEMENTMENTAL

## OF SELF AND OTHERS

By Debi Dawsom



• Being non-judgmental means observing your thoughts, feelings, and experiences without attaching a positive or negative value to them. It involves letting go of your automatic judgments, biases, and preconceptions and accepting things as they are in the present moment, without trying to change them.

• For example, if you notice yourself having negative thoughts about yourself or others, you can practice being non-judgmental by simply observing these thoughts without getting caught up in them. You can acknowledge them for what they are, and let them go, rather than engaging with them or trying to change them. This can help you reduce your tendency to get caught up in negative thought patterns and increase your capacity for acceptance, compassion, and understanding.

• When you practice non-judgmental awareness, you can learn to see things from other people's perspectives without imposing your own judgments or biases onto them. This can contribute to some of these benefits:

- Reduces stress and anxiety
- Enhances self-acceptance and compassion
- Improves relationships with others
- Promotes mindfulness and present-moment awareness
- Cultivates empathy and connection with others
- Challenges harmful stereotypes and biases
- Promotes social justice and equality
- Encourages personal growth and development
- Reduces conflict and misunderstanding in relationships
- Enhances emotional intelligence and communication skills



# OVERCOMING JUDGEMENT



Mindfulness can be a powerful tool to help overcome judgmental thoughts and behaviors. Here are some tips:

1. Notice the judgment: The first step in overcoming judgment is to become aware of when you are being judgmental. Start paying attention to your thoughts and notice when you are judging yourself or others.
2. Practice self-compassion: When you notice yourself being judgmental, try to respond with self-compassion instead of criticism. Remind yourself that everyone makes mistakes and that it is okay to be imperfect.
3. Use mindfulness techniques: Mindfulness can help you become more present in the moment and less reactive to your thoughts and feelings. Practice mindful breathing or meditation to help you stay focused and centered.
4. Reframe negative thoughts: When you catch yourself being judgmental, try to reframe the negative thought into a more positive one. For example, instead of thinking, "I'm so stupid for making that mistake," try saying, "It's okay to make mistakes, I can learn from this experience."
5. Practice gratitude: Gratitude can help shift your focus from negative thoughts to positive ones. Try to make a habit of finding something to be grateful for each day, no matter how small.

Remember, overcoming judgmental thoughts and behaviors takes time and practice. Be patient with yourself and keep working on developing a more mindful and compassionate mindset.

## CHANGING YOUR MIND



Practising Journaling supports Emotional Regulation and Processing.

### JOURNAL PROMPT

➤➤➤ DO THIS AT THE END OF EVERYDAY

1. Today I am grateful for these 3.....  
(things, people, events)

### SELF REFLECTION FOR SELF CARE

Reflect on a time you judged someone else or yourself and identify the underlying feelings?

### AFFIRMATION

➤➤➤ REPEAT DAILY AT LEAST ONCE OR  
COPY THE IMAGE TO YOUR PHONE



"I am strong &  
resilient"



I look forward to seeing you at one of our Get Togethers and hope you enjoyed your Bundle of Love and found lots of interest to you and to support you on your own imperfectly perfect journey of discovery. I am always here to help, so please do share any questions you may have to:

[debidawson@changingstatus.co.uk](mailto:debidawson@changingstatus.co.uk)

With Love  
Debi xx

