

The Moon in Gemini

The sign that your Moon occupies shows the language you speak to meet your subjective safety needs and operate your Emotional Guidance System. The element of the sign is the dominant language and gives specific guidance about how and why you express your Moon. The sign itself is a dialect of that language and provides additional information, specifically about your subjective safety needs.

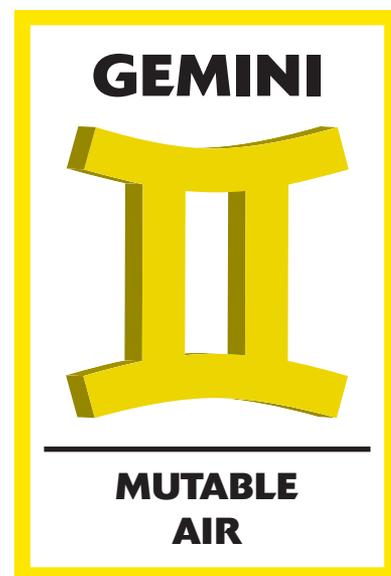
JOURNAL QUESTIONS & INSTRUCTIONS

Read the descriptions below, and then go back and revisit each of the earlier journal questions. Review your answers, and then expand on them, incorporating the new information about the language you speak. Focus on how and why you express the Moon.

Moon in Air Signs

With the Moon in an Air sign, you have an Air Safety Checklist. You need to have an abstract, objective, intellectual understanding of the situation to feel safe. Words are exceptionally important to you because you are primarily concerned with the impersonal, external appearance of reality. If you can describe and define a situation (or at least how it appears), you can believe that you understand it, and once you understand it, it's no longer subjectively threatening. Effectively you can feel safe by *telling* yourself that you are safe. Of course, this works both ways: if you tell yourself you are not safe, that will also become your reality.

Because you rely so heavily on objective, external, abstract appearances, emotions will be especially challenging for you. Emotions and feelings operate beneath the surface, and often defy clear, logical categorization or definitions. They are irrational, personal, and unconscious, and therefore subjectively unsafe for you. The deeper and more sustained the emotion, the greater the level of discomfort, and the more it will drain your Safety Need Account.



The Moon in Gemini

The Moon in Gemini feels safe when she is able to move freely, exploring and understanding every facet of your “little r” reality. She has an insatiable curiosity and is eager to sample the widest possible range of experiences. It’s essential that the Moon in Gemini be able to explore both sides of every issue. The idea that she must make a single choice, excluding all other options is threatening to the Moon in Gemini. When threatened, the Moon in Gemini will retreat to the mental and intellectual realm, avoiding obstacles, and adapting whenever possible. The Moon in Gemini experiences the full range of feelings and emotions, but she feels unsafe if she has to slow down and focus on a single experience for any length of time. The biggest challenge for the Moon in Gemini is not to confuse innocence with ignorance. With ignorance comes shame, and to avoid the pain of this level of consciousness, you may step into “God’s Business,” and question why things happen. This leads you to the pride of *knowing about* things. pride, however, keeps you from actually *knowing* things, which requires that you experience them, undefended, in the Present Moment.

When you are in Right Relationship with the Moon in Gemini, you are free to investigate the infinite realm of human experiences. You delight in exploring the full spectrum of thoughts and feelings, and you approach each experience with innocence and a beginner’s mind. Because you stay centered in the Present Moment, you are free from expectations and story. You are unconcerned with what you think the experience should be, and this allows you to discover what it truly is. Each new experience adds a point of data and expands your context. As you explore your “little r” reality from vastly different points of view, you create a holographic understanding of it. You do this without ever leaving the confines of “My Business.” You remain calm in the center as your “little r” reality unfolds around you. While the individual experiences make up what is *real*, the space between them contains what is *true*. Your ability to shift the context of your “little r” reality allows you to support others when they are caught up in their own stories, and help them to transform their emotional experiences.

When you are out of alignment with the Moon in Gemini, you are in constant motion, jumping from one thought to the next. Because you are not anchored in the Present Moment, you live through your “little s” self, rather than your “Big S” Self. Your “little s” self is overwhelmed at the infinite complexity of your “little r” reality. You believe that the only way to feel safe is to understand everything, and you experience shame that you are so ignorant. It never occurs to you that it is not your business to know why things happen in your “little r” reality. You strive to learn things, and take tremendous pride in what you think you know. Pride, however, prevents you from experiencing the essential truth of anything; instead of *knowing*, you *know about* things. Because your context is limited and flawed, you don’t form insightful connections, you jump to conclusions. You are convinced you are right, because the “little r” reality you experience is completely real. Unfortunately, it’s not true, and no matter how much information you accumulate, you never feel safe. The less safe you feel, the more you retreat to the abstract and distance yourself from your Emotional Guidance System and the Present Moment.