

## Time Is Relative – Using the Lunar Phases

by Leslie vanWinkle

### Reflectors Operate On A Different Sense Of Time Than Most People.

- In addition to needing 28 days to make important decisions, they can require long transitions between tasks.
- They often run chronically late.
- They often wait for deadlines to loom before starting things; they need the outside pressure to force them to focus on what needs to be done.
- They can easily lose track of time in projects – complicating things, changing directions, rethinking approaches, or just stretching their imaginations until the deadline comes and goes.

### Reflectors are Lunar Creatures and Respond to the Lunar Cycle

In a world where most people operate according to a clock, the Reflector's fluid sense of time can be troublesome. Using the four Lunar Phases as a soft structure can help Reflectors move forward with a time structure that feels more natural to them.

I have found it helpful to coordinate certain kinds of activities with the different moon phases and let my lunar nature help me maintain my momentum.

- NEW MOON = New Ideas, new starts, conceptualizing, planning first small steps
- FIRST QUARTER = crisis in action, push through obstacles, get those first steps done.
- FULL MOON = fruition of ideas, important decisions, issues come to light, benchmarks
- FOURTH QUARTER = Wrap up, assess for improvement, withdraw and bask in completion.

This Moon Phase Work Flow system helps them move through the process of conception and planning, initial steps with a clear benchmark, and a sense of completion and order.

### Reflectors Benefit From Consist Structures, Routines and Rituals

Reflectors are easily impacted and distracted by what is going on around them.

- The open Head and Ajna put urgency and pressure on the Reflector to figure things out – start to finish - before they even get started. Some people call that procrastination, but the Reflector enjoys the mental puzzle-solving. Then, when it's all figured out and complete in their mind, they might just lose interest in doing it at all! After all, figuring it out was the fun part; why go through all the effort to actually do it?
- The open Root puts urgency and pressure on Reflectors to get it all done - now! Reflectors have lists. They have lists of their lists. They have lists left over from years past. They have lists that other people made and that they somehow feel pressured to complete for them. Egad! The open Root puts pressure on Reflectors to get it all done. News Alert! You will never get it all done. Pick and choose what is important ONLY TO YOU – and let everything else dissolve. If it is meant to be done by you, it will show up again. Meanwhile, cut your daily to-do list in half and

at least feel satisfaction at getting three things done each day, not three dozen! Its just pressure. It does not mean you have to do it all!

This Head and Root pressure can feel like a vice and can completely overwhelm the Reflector and keep them endlessly figuring out how to do things in dozens of different ways and feeling overwhelmed by the fact that it isn't getting done at all – and having to add the five new versions to their TO DO LIST so they can figure those out.

Enough already. It's just pressure. It is probably not a life-or-death matter. You don't have to do any of it really – all you really have to do is **Breathe**.

### **Time is Relative**

I hope these ideas give you a fresh perspective on the Reflector's relationship with time. Perspective is everything. This wonky sense of time can make every day an adventure for the Reflector.

The thing is, Reflectors sort of walk in their own time continuum where star light is old and everything else is relative. Yet at the same time, they feel pressure to figure everything out and get it all done now, now, now! And then they are supposed to wait, wait, wait. Crazy. Disconcerting for sure.

Using the Moon phases can keep them anchored in the passage of time, and their own purpose and energy flow. It can keep them on track for what kind of tasks to do that week, which can be a major help.

### **Structure is Whatever You Decide It Is**

Adding specific time-related rituals for transitions through the day can provide structure and help anchor Reflectors in the here-and-now. Rituals can help them shift gears between activities or physical states.

For instance, a morning ritual to break their fast and set their intention and focus for the day can help them stay on track while also getting them into those first steps.

Transition rituals around mealtimes, work times, and social times can also help provide structure and a degree of predictability that is comforting to the Reflector, and also to the people around them.

To you Reflectors, use the four lunar phases as a way to manage your activity flow for a few months and see if it doesn't makes it easier to get through projects with less stress and a whole lot more fun. You know you will do the right things at the right time, because the moon will tell you what kind of tasks to do! It's like having a Cosmic Boss.

So tonight, go outside, check out the Moon and say, "Hi Boss."

May the force be with you.

Leslie

<https://www.dropbox.com/s/eag1rkrhdy02tmd/Time%20is%20Relative%20-%20Using%20the%20Lunar%20Phases.docx?dl=0>