



# COSMIC DESIGN



FALL 2025

## **MODULE 2 Module 2 Reflection Worksheet**

### **Part 1 — Generate Your Chart.**

Refer back to last week's worksheet and familiarize yourself with your placements.

### **Part 2 — The Midheaven (The Destination)**

#### **Core Concept:**

The Midheaven represents the point of highest visibility and the energetic culmination of your purpose in this lifetime. It is the destination of your soul's map — the peak of expression and contribution.

#### **Reflection Questions:**

1. When do you feel most aligned with your higher calling or public expression?
2. What qualities naturally emerge when you are in your fullest state of purpose?
3. How do you define “success” through the lens of the soul rather than the ego?
4. What would it feel like to live from your Midheaven daily?

## Part 3 — The North Node (The Compass)

### Core Concept:

The North Node reveals the evolutionary direction of the soul — the compass that points toward growth, expansion, and destiny. It shows what you are learning to embody.

### Reflection Questions:

1. What life themes continually invite you to stretch beyond comfort?
2. In what ways do you resist or avoid your North Node lessons?
3. How can you practice surrender and curiosity in the direction your soul is leading?
4. What does “true north” feel like in your body?

## Part 4 — The Rising Sign (The Map)

### Core Concept:

The Rising Sign is the energy you carry into the world — the way your soul enters this incarnation. It colors your perception and the lens through which others experience you.

### Reflection Questions:

1. How do you naturally introduce yourself or your energy to the world?
2. What do others often reflect back to you about your presence?
3. How does your Rising Sign energy shape your approach to change, healing, and growth?
4. How can you consciously honor the archetype of your Rising Sign in your daily rhythm?

## Part 5 — The Sun (The Stargate)

### Core Concept:

The Sun represents vitality, purpose, and consciousness — the radiant force that fuels your life path. It is the pulse of your creative essence.

### Reflection Questions:

1. What lights you up and makes you feel most alive?
2. How do you currently express your creative power?
3. What happens when you dim your light or suppress your truth?
4. What practices help your inner Sun burn bright and steady?

## Part 6 — The Quadrants (The Soul's Journey)

### Core Concept:

The quadrants of the birth chart reveal the soul's journey through experience — from the personal to the collective, from inner work to outer expression.

### Reflection Questions:

1. Which quadrant feels most activated in your current life chapter?
2. Where do you feel you are being asked to grow — inward or outward, self or other?
3. How does understanding the quadrants reframe your perspective of purpose?
4. What does the phrase “the arc of the soul” evoke in you?

## Part 7 — Intuition (The Inner Navigation System)

### Core Concept:

Intuition is the bridge between the seen and unseen realms. It allows access to higher forms of knowing that transcend the five senses.

### Reflection Questions:

1. When do you most trust your intuition — and when do you doubt it?
2. How does intuitive information arrive for you (images, sounds, sensations, words, knowing)?
3. What environments help your intuition feel clear and safe to speak?
4. How can you begin to rely on intuition as a co-navigator in your Cosmic Design practice?

## Part 7 — Intuitive Writing Practice

### Core Concept:

Intuitive writing opens a dialogue with the soul. It is a space where higher guidance flows through language, beyond logic.

### Reflection Prompts:

1. Begin with this sentence: *“If my soul could speak to me right now, it would say...”*
2. Ask your higher self: *“What am I ready to see or remember?”*
3. Write a letter from your future self, guiding you toward your highest timeline.
4. Close your writing by completing this phrase: *“My design is...”*

### Integration Practice

At the end of Module 2, take time to sit beneath the sky and observe one visible constellation. Speak aloud a statement of remembrance such as:

*“I am aligned with the design of my soul and the intelligence of the cosmos.”*

Write a final journal entry titled **“My Current Map of Becoming”** and describe how your understanding of self, purpose, and intuition has evolved through this module.



# How to Conduct an Intuitive Writing Session

## Overview

Intuitive writing is a practice of attunement. It opens the bridge between your conscious mind and your higher intelligence—whether you name that the soul, the Oversoul, the field, or divine consciousness.

Rather than trying to think of what to write, you allow the words to *arrive*. It is writing as listening, rather than writing as constructing.

## 1. Prepare the Space

**Purpose:** Create a coherent energetic environment so your nervous system and intuition can communicate freely.

**Steps:**

- **Choose your time intentionally.** Early morning or late evening—times when the veil is thinner—often work best.
- **Find a quiet space.** Dim the lights, silence your phone, and if possible, face a window or the sky.
- **Set up a small altar or anchor.** A candle, a crystal, a cup of tea, or a symbol of your soul lineage (something that helps you remember you are in ceremony).
- **Ground the body.** Place your feet on the floor, inhale deeply, and exhale through the mouth until the energy settles into stillness.

## 2. Establish the Intention

**Purpose:** Invite alignment between your human self and higher self.

**Steps:**

- Speak or write your intention clearly. Examples:
  - “I open to receive clear guidance from my soul.”
  - “I am ready to understand the next step on my path.”

- “I write in devotion to truth, light, and remembrance.”
- You may call upon your guides, councils, ancestors, or simply the intelligence of the cosmos.
- Visualize light flowing from your crown down into your heart, then through your hands onto the page.

### 3. Open the Channel

**Purpose:** Move from mental thinking to intuitive receptivity.

**Techniques:**

- **Breath method:** Inhale through the nose for four counts, hold for four, exhale through the mouth for six. Repeat several rounds.
- **Body awareness:** Notice sensations—tingling, warmth, spaciousness.
- **Heart coherence:** Bring to mind a memory of love or gratitude until you feel warmth in your chest.
- **Ask a question aloud** before beginning, such as:
  - “What does my soul want me to know today?”
  - “Where am I being guided to focus my energy?”

### 4. Begin Writing

**Purpose:** Allow words to flow directly from the intuitive field.

**Guidelines:**

- **Write by hand** if possible—this creates a direct energetic circuit between the body and the field.
- **Do not censor or edit.** Keep your pen moving; let the words pour out, even if they seem random or unrelated.
- **Use stream-of-consciousness flow.** You can begin with “I am hearing...” or “I am feeling...” or “The message is...”

- **Notice subtle shifts.** At first, the writing may sound like your own thoughts, but then the rhythm changes, the tone softens, and you may sense you are being written *through*.

## 5. Stay in the Flow

**Purpose:** Remain attuned as information deepens.

**Tips:**

- If your mind interrupts with doubt, write the doubt itself: “My mind wants to control this.”
- If nothing comes, draw slow spirals or write a mantra like “I am open.” The energy will begin to move again.
- Write until you feel a natural completion—often marked by a deep breath, tears, or a sense of closure.

## 6. Close the Channel

**Purpose:** Seal the session with gratitude and grounding.

**Steps:**

- Reread your writing gently; highlight or underline phrases that feel luminous or emotionally charged.
- Speak gratitude for the guidance received.
- Ground your energy by placing a hand over your heart and one on your belly, breathing slowly until you feel fully present.
- Close with a statement such as:  
“I close this writing session in love, clarity, and alignment with my highest expression.”

## 7. Integration

**Purpose:** Bring the received wisdom into embodied reality.

**After the session:**

- Reflect on what themes or patterns emerge.
- Translate any guidance into one small, grounded action.
- Consider titling each session with a phrase from the writing—your own living archive of transmissions.
- If emotions surface later in the day, honor them as part of the integration.

## Optional Enhancements

- **Music:** Play subtle instrumental or frequency-based sound (e.g., 528 Hz, whale songs, or ambient tones).
- **Timing:** 11 minutes, 22 minutes, or 44 minutes—choose a number that feels aligned.
- **Elemental anchoring:** Light a candle (fire), hold a stone (earth), sip water (water), and breathe deeply (air) before beginning.

## Affirmation to Begin

“Through this writing, I become the bridge. I feel, I receive, I remember.”