

# COSMIC DESIGN

MODULE 3 WINTER/SPRING 2025  
WORKSHEET

# **Navigating Your Soul's Evolution –**

## **Attuning to your True North and following the call of your Midheaven**

### **Introduction**

Your soul's journey is a continuous evolution toward illumination and alignment with your highest purpose.

In Cosmic Design, the **North Node** represents your **True North (alignment, attainment, orientation)**, your compass guiding you toward growth, while the **Midheaven (MC)** reflects your **soul's overarching contract and mission (purpose)** in this incarnation.

True comprehension these placements can help you attune to your divine purpose and navigate your life's path with clarity and intention.

# **Section 1: The Path of Evolution & Illumination**

**Reflect on the following questions to explore how your soul is evolving:**

## **1. Growth & Expansion:**

- Where in your life are you being called to step outside your comfort zone?
- What fears or resistances arise when you consider stepping into this growth?

## **2. Illumination & Awareness:**

- What recurring lessons or patterns keep showing up in your life?
- How do these experiences serve as signposts guiding you toward deeper self-awareness?

## **3. Attunement to Higher Consciousness:**

- When do you feel most connected to your soul's wisdom?
- What practices or environments help you cultivate this attunement?

## **Section 2: The North Node – Your Compass Toward Alignment**

Your **North Node** represents the energy you are meant to embrace and embody in this lifetime.

### **1. Reflecting on Your North Node:**

- What qualities does your North Node sign and house placement encourage you to develop?
- How do these qualities contrast with your South Node (past-life tendencies)?
- What small steps can you take to align with this evolutionary direction?
- Reflect on the areas of life where you feel a deep longing to grow but also face challenges.
- Consider what situations push you out of old patterns and into a new way of being.

### **3. True North Affirmation:**

- Write a personal affirmation that reinforces your commitment to embracing your True North.
- Example: *“I trust the unfolding of my soul’s journey and embrace the lessons leading me toward my highest growth.”*

## **Section 3: The Midheaven – Your Soul’s Contract & Purpose**

Your **Midheaven (MC)** represents your highest calling, the energetic imprint of your **life’s mission** and how your soul seeks to express itself in the world.

### **1. Reflecting on Your Midheaven:**

- What themes, skills, or archetypes are associated with your Midheaven sign?
- How does this reflect the deeper mission of your soul’s journey?
- In what ways are you currently embodying this mission, and where is there room for expansion?
- What activities make you feel most purposeful and in alignment with your soul?
- What legacy or impact do you wish to leave behind?
- How do others describe the way you inspire or lead?

### **3. Your Soul’s Declaration:**

- Write a personal statement summarizing your soul’s mission in this lifetime.
- Example: *“I am here to illuminate, guide, and create a reality that aligns with divine truth.”*

## Section 4: Integration & Next Steps

### 1. Attuning to Alignment:

- What actions or mindset shifts will help you move toward greater alignment with your North Node and Midheaven?
- How can you create daily reminders to stay on this path?

### 2. Embodiment Practices:

- Meditate on your North Node and Midheaven energies, visualizing yourself fully aligned with your soul's mission.
- Journal regularly on how you are embodying your evolutionary path.
- Develop a symbolic **“True North” practice**, such as checking in with your inner compass before making decisions.
- Develop a symbolic **“Mission Codes” practice**, such as checking in with your soul knowing before making decisions.

## **Final Reflection**

Complete this sentence:

**“I trust that my soul is evolving toward its highest expression and illumination. By aligning with my North Node and following the call of my Midheaven, I am stepping into the fullness of my purpose.”**

### **Closing Thought:**

Your journey is one of continual alignment and attunement. Trust that the more you walk toward your True North, the more the cosmos conspire to guide you home.