

## 2023 Year Program Schedule

**Creating the routine of FUTURE, you. Quantum jumping like you've never seen. Full Moons/Eclipse & Retrogrades Zooms and HOW to Track OUR personalizes cycles. How do they fit together?**

*All course material is trademarked. Sharing and copying is prohibited. You are automatically included in all of my private moon ceremonies. Not photographed or filmed. Sacred.*

Monthly zoom dates included. Monthly Email will have zoom links and other Mexico community updates. This program give you access.

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# Order Your Energy

*21 Day Challenge and 1-on-1 session*

*“To believe that you need what you don’t already have is the definition of insanity.” Wayne Dyer*

*“You were born wealthy & abundant of powerful energy; when focused can call in MAGIC.” -Kelly Maresha*

After 21 days of your schedule implementation, you can schedule your 1-on-1 session that is included with purchase. Expires 60 days from purchase. [Book Session Here](#)

Side Note: I will not confirm your session without your full 21-day completion. Not perfection but B- success. This is a quintessential element to the success of this perspective.

Build your profile on [www.KellyMaresha.com](http://www.KellyMaresha.com)- Use the Group Forum, Live chat or post a status.

WATCH FIRST: <https://youtu.be/xwEMjtq20k4>

## **PART I**

The FEELING of healing is the beautiful feminine energy. But in this challenge you have taken on, you are going to order your healing, your energy, your focus. Transitioning through to the next step of self-mastery is challenging. Most likely we have become accustomed and enjoy the lackadaisical days of nothing but dancing, meditation and feelings. Days of making crafts, dreaming, reading about spirit and just feeling FREE.

If you are here, you have figured out by now that you feel all over the place, your thoughts race and are unorganized, you’ve secluded yourself from society and the

back account isn't accounting the way you would like. There is a next step, connection and implementation of masculine energy that is ready to incorporate and organized.

6 Statements that I NEED you to absorb to give more support to this challenge. Write them on sticky notes. You can also write them down on strips of paper, placing them in your favorite books, your car, refrigerator etc...

1. Healing is as short or as long as I make it. Let go of the old program, replace it with a new program, Hold the new program even when you see the "undesired." You no longer respond to programs that you say you are done with.
2. The lesson is ALWAYS about me. For me to learn and address a cycle. Not about what anyone did. Its about my agreement of it.
3. Feminine energy feels nurturing and creative. It's fun, it's freeing and it's fun to express.
4. Masculine energy feels safe. It provides structure, process, and order. It is the container. The parameters.
5. I AM GOD and I can redefine anything I chose to make me FEEL the way I want. You create the narrative that helps you to make sense of life.
6. The womiverse is inside of me. I do not ask anything outside of me. The power to do it ALL is within me.

## **PART II**

### **Feminine energy resists container until it is conditioned to feel its safety.**

Container is designed to give you a secure feeling, like a hug. Not a forceful, do what I say without questioning me. Unfortunately, the latter is all we've known. Authority that historically has abused it's power, said, "do what I say blindly", has disrespected individuality or has flat-out abandoned us. THIS is how we view order. And these experiences make us feel powerless, so we resist all things associated with rules/order.

Heal this association. You can add this beautiful healing opportunity into your schedule. In your daily meditation or study/free time. Find space to navigate and redefine this. You CANNOT produce a manifestation baby without your own masculine energy. You must order your chaos.

Order your creativity. Order your ENERGY. Where is your energy currently going? Right now its probably “all over the place.” This challenge is step 1 of learning how to harness and channel your magic. Your life’s ritual is getting ready to blow your own mind. You have NO CLUE how powerful you are without masculine discipline. YOU THINK YOU KNOW! Prepare to be mind blown by your damn self! You are going to learn how to push and channel it into a single goal.

This assignment is reconditioning YOU to be your own container and masculine order. It wasn’t taught to us. It was FORCED. But we can’t totally reject it forever if economic growth, mental stability and generational planning in your goal. And most likely, if you are here reading this, your spirit has already been leading you in this direction.

### **PART III**

Additionally for the next 21 days you will PLAN/ Structure your waking hours. CREATE a schedule.

WHY:

Ordering your day, orders your energy. What you DO while awake matters. How, the order and why you do it matters as well. It’s a lot of thought up front, but once it’s a habit its ritual.

A schedule shows you where your energy/time is going.

WHAT you do with your energy within your time space is what you produce. It is what you are currently experiencing.

Brings your energy back to yourself.

**Example:** Someone calls you to ask you to drive them somewhere. YOU DO NOT ANSWER YOUR PHONE DURING YOUR SCHEDULE unless it is a planned call.

Mom: “Can you drive me to the store real quick?” You look at your schedule.

Your TEXT answer is: “I can drive you on my off day Saturday. Today my schedule/energy is already established and accounted for.” Expect them to be upset.

Or simply stop answering and conditioning people to believe that you are a possible solution to THEIR ever having problems. Find another well. {MY ENERGY is for me. Because when the rent is due and the cell bill is due, you can NEVER be a possible solution for me.}

A “DISORDER” CAN be reconditioned to be “ORDERED” Conditioning takes time and consistency. More so through your discipline and your WILL. Use that strong will that got you in trouble as a child right HERE!

REMINDER: If you have a diagnosis, **comply with your therapist and** add this in.

## **SAMPLE: Start with THIS and tailor it.**

- Wake up time (Suggested 7am/ 8 hours sleep)
- MAKE UP YOUR BED- not negotiable.
- Meditation time (First 15 mins to an hour are FOR YOU FIRST!)
- House Things (Kids/ Breakfast) time frame
- Exercise time frame
- Work- time frame- Lunch
- RELAX- decompress
- Dinner
- Self-study/Inner Work/ Breathing
- Television show
- Snack
- Bathing-Meditation

- Wind down- electronics off. (Suggested 10pm)
- Bed (Suggested 11pm) 8-10 hours of sleep nightly (Google: Circadian Rhythm)

TIP: Set alarms for each task!

Create your own schedule. Tailor it to fit and FEEL right to you. Do it daily for the next 21 days. Monday – Friday may look alike and Saturday and Sunday may look another way (off days). Don't over think it. The point is to order, structure, trust and consistency. You need off days and down time. Schedule them and do each "time block focus" around the same time daily. **CONDITIONING**. Get up the same time. Free time, Office hours, lunch all around the **SAME** time on your schedule days.

Depression: Make a list of 10 things that you have learned to do to redirect your thoughts. To get you up and back moving. Example: walk, grounding, cold shower, your person, masturbate etc... **THIS LIST IS VITAL**. Don't get caught without it. When you're in crisis, you won't think as clear. **THIS** is a masculine preparation move.

**JOURNAL DAILY**: So you can go back and show yourself your success. When you feel like you aren't doing enough, go right to your journal and talk to your little self. Like a child. Be tender. "Look sweetie! Look what you did Monday, Tuesday, Wednesday, See! You **DID** do a lot. You did more than enough. And I am **PROUD** of you!" **THE JOURNAL** gives something you can **SEE**, tangibly, that confirms and dispels that depression **LIE!**

Anxiety: **WRITE** your schedule out and **JOURNAL**. Write your processes out: Step one, two, three. This is what makes women "TRIP" in relationships. You don't feel safe. When the feminine energy doesn't trust or feel safe in the masculine, there **WILL BE ANXIETY**. You don't trust the masculine energy is prepared enough for what's going to happen. Fear of the future. So we learn how to build & condition

our own internal masculine. One we can trust to always show up and to be prepared.

Not trusting your own masculine is this exact same thing. You may have lost trust because of past unfavorable decisions or trauma with masculine energy. BUT when that anxiety hits, GO TO YOUR JOURNAL and show yourself your steps, all the preparation and studying you have done, the organization that you are setting up. SHOW yourself, "I am preparing for us. I am asking the detailed questions. We have mentorship. We are prepared for whatever happens. We have tools and we are not alone."

### **PAY CLOSE ATTENTION HERE:**

**SELF STUDY-THIS IS THE ONLY TIME DURING YOUR SCHEDULE THAT YOU SIT IN THE "Undesirable" if you need to.** WE STILL NEED TO FEEL. Good or Bad. The good is easy. This section is about when you still have something heavy you need to navigate. Remember this rule of thumb. Create space to FEEL. But when that space/time is over, unless you have a SOLUTION, you focus BACK in your schedule 100%. Your FOCUS is on a solution or nothing! No mental spirals. Mental DISCIPLINE for a mind that's use to racing and being unbridled. YOU are now setting container for feeling. Create space in your schedule to feel and condition those feelings to be free only during that time allotted for it.

Mind Bend: You are creating a container to freely detach, feel and grieve. It's your free SAFE space that you have set aside to grieve, be sad/deal with a matter of the heart. I mean open your heart up and pour it out. HEALING and purging is necessary. You will no longer say, "I don't have time for this". You say, "I'll give you your time, hold on, I got you. I'll let you release safely within this space."

See you in 21 days. I am so proud of you!

Feel free to write a review on FB and Tag me: **Kelly Maresha** and/or **Kelly M. Henson as KMH Brand Co.**

## THOU SHALL

Believe the energy you see. Don't create a narrative or excuse for what you see. *No empathy for serious moves for yourself.* Move on LOGIC. See it. And accept what they present and what the person shows you. Even if you love them. After you SEE something move in the way that best suits you ONLY.

Focus. A scattered thought/energy day may not be considered a true workday. Scrambling and treading water doesn't make forward moves. It makes you stay in one place. Scattered days are like treading water. You stay afloat but progressed no where significant.

Determine when I need a day off vs the days I need to muscle up my discipline and redirect my energy back into a single focus. There is a difference. When you've had a proud number of consecutive days of focus and you wake up feeling a break; take that.

Set Alarms on my phone to remind me of my tasks and to help remind me to stay focused.

Always come back to my schedule. I acknowledge that I drift unknowingly because it's what I am use to. I acknowledge a learning curve. This is not my strong suit, and I will not always get it right for myself but I WILL immediately come back to order once I am aware.

# 12 Month Schedule

## FULL MOON/ RETRGRADES/NEW MOON/ECPLIPS/ZOOM DATES

### January 6

Wolf Moon in Cancer  
Covering from predators

1/8 ZOOM Class

1/21 New Moon- Snow Moon

### February 5

Snow Moon in Leo  
Support/ Help/ Tools/ Plan

2/5 ZOOM Class

2/20 New Moon – Worm Moon

### March 7

Worm Moon in Virgo  
New life coming/ Love

3/5 ZOOM Class

3/21 New Moon – Pink Moon

### April 6

Pink Moon in Libra  
New life coming/ Clearing/ Covering for the upcoming

Mercury Retrograde

4/2 ZOOM Class

\*Solar eclipse on April 20  
4/20 New Moon Flower Moon

### May 5

\*Eclipse - Flower Moon in Scorpio  
Abundance/ Covering

Mercury Retrograde  
Pluto Retrograde

5/7 ZOOM Class

5/19 New Moon – Strawberry Moon

### June 3

Strawberry Moon in ZOOM Sagittarius  
Gathering/ Resources/ Money

Pluto Retrograde  
Neptune Retrograde  
Saturn Retrograde

6/4 ZOOM Class

6/18 New Moon- Buck Moon

### July 3

Buck Moon in Capricorn  
Growth/ Maturity/ Pause on spending & more thinking (planning) about moves.

Venus Retrograde  
Pluto Retrograde  
Neptune Retrograde  
Saturn Retrograde

7/2 ZOOM Class

7/17 New Moon – Sturgeon Moon

## **August 1**

Sturgeon Moon in Aquarius  
Resources/ Big catch/ Do not jump/stay calm

Venus Retrograde  
Mercury Retrograde  
Pluto Retrograde  
Neptune Retrograde  
Saturn Retrograde  
Uranus Retrograde

8/6 ZOOM Class

8/16 New Moon – Blue Moon

**(2) August 30**  
Blue Moon  
(Second full moon of the month)

## **September 29**

Harvest/ Corn Moon in Aries  
Harvest/ Focus/ No impulse

Venus Retrograde  
Mercury Retrograde  
Jupiter Retrograde

Pluto Retrograde  
Neptune Retrograde  
Saturn Retrograde  
Uranus Retrograde

9/10 ZOOM Class

9/14 New Moon 0 Harvest Moon

## **October 28**

\*Eclipse - Hunters Moon in Taurus.  
Go get it/ Hunt/ Perspective for issues.

\*Solar eclipse on October 14

Jupiter Retrograde  
Pluto Retrograde  
Neptune Retrograde  
Saturn Retrograde  
Uranus Retrograde

10/8 ZOOM Class

10/14 New Moon – Hunter's Moon

## **November 27**

Beaver Moon in Gemini  
Big Win/Preparing for.../Slow on doing.  
Receiving

Jupiter Retrograde  
Neptune Retrograde  
Uranus Retrograde

11/12 ZOOM Class

11/13 New Moon- Beaver Moon

**December 26**

Cold moon and Cancer  
Rest/More wins coming in

Uranus Retrograde  
Jupiter Retrograde  
Neptune Retrograde  
Mercury Retrograde

12/10 ZOOM Class

12/12 New Moon Cold Moon

## **TRACKING your FLOW**

Start from the beginning of your menstrual cycle\*\*\* or the 1<sup>st</sup> day of the month.

This takes 28-31 days to complete.

Take a daily survey of your energy and document these 3 things daily:

1. Select ONE number 1-10 gaging your energy level and ability to focus.
  - 1= Don't want to do anything, 10= FULL of energy/Lots done
2. ONE or TWO words for the day. Sum it up.
  - Frustrating, Happy, Blah, Angry, Confused, Spacy, Scattered, Focused
3. Write a few notes about the day that you want to remember- Especially BIG wins or Big Frustrations.

After your FULL month of documentation, separate them into 4 or 5 weeks.  
Depending on the months calendar.

You can repeat the exercise for comparison- RECOMMENDED. You will start to see some similarities; some overlapping. You will begin to see that you have an energetic FLOW and you flow in that natural flow similarly every month. You NEED to know this when creating a schedule. On the days that you typically have less energy, don't you beat yourself up. You KNEW. Adjust your schedule ahead of time. This exercise shifts the awareness back to yourself and not on everyone or ANYONE else. Good to know for mothers. Plan REGULAR family time accordingly. Family time is good sometimes when you are feeling blah. They can redirect your focus outward to the FRUIT of what you've accomplished. Beautiful smiling happy faces that LOVE you and DEPEND on you feeling YOUR best. YOU are the BEST and DO the BEST when you FEEL the BEST

You also flow similarly YEARLY. We are going to USE social media to help us on this one. Log on to face book periodically and look at you MEMORIES. Many of you will see CYCLES that you engage in yearly. Same energy; just switching out people. All this matters. Few things sneak up on you when you are AWARE.