



Surrender School presents:

“Eating in the Light of the Moon”

Reading Room
Zoom ID 852-9962-5735

Mondays, starting January 6, 2025
9:15-10:15am PST

We will NOT be meeting on these holidays:

Jan 20 (MLK, Jr)

Feb 17 (Presidents Day)

May 26 (Memorial Day)

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Preface and Chapter 1: Woman Spirit The Root of the Hunger

Does seeking external perfection somehow disconnect me from inner wisdom? My feelings?

At one time, women were revered for being soft, nurturing, intuitive, and life-giving. That which was round or curved was considered beautiful: the shape of the earth, an egg, the naturally rounded, curved shape of a woman's body. What if I gave myself permission to embody that, instead of measuring myself against modern standards?

Chapter 2: The Buried Moon: Rediscovering the Feminine

How are the feminine/masculine energies within me?

Toxic? Healthy?

Chapter 3 The Beginning: *Revisiting the Struggle*

My disordered eating served a purpose. What boundaries have been hard for me?

Chapter 4 The Red Herring: *Food is Not the Issue*

What has my disordered eating distracted me from? Are there issues I might not want to deal with yet? Just knowing that is a good start.

Chapter 5 *Addiction: Spiritual and Emotional Hunger*

What am I really hungry for? What kind of nurturing? To be seen and known as the real me. Do I feel it anywhere in my life? Are there certain people around whom I feel real?

Chapter 6 *Symbolism: Hunger as a Metaphor*

Write about my inner hunger. Write on what haunts me, and wants my attention.

Chapter 7 *Feelings: Gifts from the Heart*

What feelings in particular are hard for me to acknowledge, or sit with? How was I silenced as a young girl? How can I help her allow them more?

Chapter 8 *Relationships: Singing the Truth*

Can I listen to others, without losing my own voice? Are there people I can share my inner universe with? Do I have those safe relationships?

Chapter 9 *Power: Dominion v. Domination*

Do I have fear of my feelings? (Especially anger); Fear of my perceptions? (Seeing differently than others); Fear of intelligence/talents? (Arousing jealousy); Fear of sexuality? (Advances from others); Can I cultivate having dominion over these? (“Power-from-within”). Wearing that invisible crown.

Chapter 10 *Nurturance: Mother as an Archetype*

What about this idea of developing a brand new “inner mother”—one who is strong, protective, nurturing and wise?

Chapter 11 Intuition: *The Inner Seeing, Hearing, Knowing*

Recovery from disordered eating involves recalling your intuition, that inner authority that provides knowledge and guidance. Have I listened to that in my life?

Chapter 12 Dreamtime: *The Journey Within*

I will pay attention to my dreams this week. Or what moves me through artwork, poems, films, stories. These are connections to my inner life.

Chapter 13 *Moontime: Reclaiming the Body's Wisdom*

What was my experience with my first menses? How different might it have been, to have experienced the ideas in this chapter?

Chapter 14 *Sexuality: Embracing the Feminine*

How did others respond to my budding sexuality? Especially my mother or father. (Objectified? Threatened? Shamed?) Can I now regard my body as a wonderful temple, capable of pleasure? Sacred power? Vitality?

Chapter 15 *The Descent: Meeting the Shadow*

Journal about my deepest secrets. The shadow. Can I see myself not as a victim, but survivor?
Retrieving my disowned, hidden parts can mean revival.

Chapter 16 *Assertiveness: Speaking the Truth*

Journal about my boundaries. Can I use my voice to care for myself?

Chapter 17 Nourishment: *Physical vs. Emotional*

What am I really hungry for in my life? Is it something Relational? Creative? An unfulfilled dream? What are some small steps I can take to get that need met?

Chapter 18 The Journal: *Recording the Truth*

What about keeping a journal as a means of staying curious? Open to my inner life? No judgments, only observations?

Chapter 19 Recovery: *Out of the Labyrinth*

Can I be patient with this process? Knowing that authentic growth is never rushed?
How am I different that even just months ago?

Chapter 20. Storytime: *The Tales of Three Women*

Free form. Write about what you relate to in this chapter.

