



Tina M. Games

Journaling by the Moonlight

Unearthing Your Creative Calling in Midlife



Tina M. Games, “The Moonlight Muse” – is a certified creativity coach and journal writing facilitator, as well as a wisdom guide for creative changemakers who yearn to express themselves through artistic and literary endeavors that impact social change. With her expert ability to hold a safe and sacred space, Tina empowers her clients to activate their authentic voice and discover their unique mark in the world while bringing their creative expressions to life. Through her signature coaching programs, based on the phases of the moon, Tina gently guides creative souls from the darkness of uncertainty into the light of possibility as they explore long-held creative dreams, embarking on an inner and outer journey that honors their life story and the gifts they are here to share. For more information, visit: JournalingByTheMoonlight.com

Signature Talk

Using the phases of the moon, journal your way to rediscovering yourself in midlife and finally pursue the creative dream you have always been yearning for, the one that’s never really left you.



Suggested Interview Questions

- ☾ What are the biggest reasons why women hold back from pursuing their creative dreams until later in life?
- ☾ What signs and synchronicities indicate that our deeply rooted dreams have never left us?
- ☾ How does divine timing work in the dream manifestation process?
- ☾ In what ways can one shift from the darkness of uncertainty into the light of possibility?
- ☾ How does the moon serve as a metaphor for excavating and realizing long-held creative dreams?



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What Inspired This Journey?

The moon has brought great comfort to me in my life, particularly during times when I've felt a loss of personal identity. This occurred shortly after the birth of my first child, a period of anxiety, depression, and confusion. I was a mother, but who was I really? I took many walks during that first year as a mom, gazing at the moon and trying to make sense of who I was and what purpose my life served.

This same feeling returned as I edged closer to my late fifties, feeling bored with where my life was at that time, wondering if there was any magic still left within me, enough to cobble together a dream or two. And that was when it hit me. What were my dreams?

I found it difficult to conceive any images in my mind or to feel a pull in any particular direction. I seemed, once again, to be in a state of wondering, questioning, yearning for something I couldn't quite put my finger on. I knew there had to be clarity somewhere beyond the fog I found myself immersed in—and I was eager to discover it.



About The Book

Have you approached the midlife mark with a creative dream unrealized? Are you trying to find your unique voice and learn how to express it? Do you want to connect the dots between your passions, your natural gifts, and a larger creative calling? If you're moving into your second or third act of life and you've been struggling to define and express your creative voice, you have arrived at the right place!

The wisdom of the moon has influenced creative seekers for centuries, inspiring thousands of beautiful stories, songs, dances, paintings, and poems. Through its many phases, it has served as a muse in a variety of ways. Using the moon as a metaphor, *Journaling by the Moonlight: Unearthing Your Creative Calling in Midlife* takes creative seekers on a mystical journey through the art of journal writing, moving from darkness into light, exploring the depth and possibility that wants to emerge on one's unique life purpose path.

If you are yearning to feel more fully alive—personally, professionally, and creatively—it is time to illuminate a creative calling that has only revealed itself in fragments and is ready to see the light of day. Discover a better understanding of your own life story and how it can inspire your creative work, all with the help of the moon. What's still pulling on your creative soul? It's never too late to be what you might have been!

