

New Moon Ritual

A NEW MOON RITUAL TO SET YOUR INTENTIONS AND ATTRACT WHAT YOU WANT

The New Moon is a potent time for looking inwards and dreaming; to set intentions and manifest. A lunar cycle starts with a new moon, then the moon waxes (grows) until it is full, and wanes (shrinks) until it is new again. The new moon is a time of rebirth and renewal, and it holds a powerful energy of transformation. Because the new moon brings the energy of planning and planting new seeds, it's important to get in touch with our intuition and reflect on where we are, what we are letting go of, and what we want to call in.

YOU WILL NEED: A chalice or cup of water, your journal, paper and pen, a candle, dried herb bundle such as cedar, thyme, rosemary, or sage.

CRYSTALS FOR THE NEW MOON:

Moonstone: stone of new beginnings ~ amplifies power of intentions ~ strengthens intuition

Labradorite: stone of destiny ~ connects to higher self ~ supports transformation and change

Smoky Quartz: grounding stone ~ helps neutralize and protect against negative energy

NEW MOON RITUAL:

Prepare a quiet, sacred place. A nice way to bring in grounding energy is by having all four of nature's elements present in your space. (Crystal for Earth, incense for Air, candle for Fire, a bowl of water with salt for Water). Light the candle and incense. Close your eyes and take several deep breaths as you ground and center, become fully present, and let all the stress of your day go. You could visualize a warm, white light around yourself and your space.

A beautiful way to cleanse and create a fresh slate for setting intentions is to first journal about all the desires in your heart. Release what you're ready to let go of, clearing your heart and mind. Write what you wish to create for yourself, the desires and visions you are ready to invite in.

Then, write down your intentions. Be very specific, and as you write, take note of how you want to *feel*. The easier you can conjure up how you want to feel, the better you'll be able to energetically align with your intentions.

Light your dried herbs and move the smoke around your body and around your supplies for the ritual. As you do, speak out loud about what you are releasing. Crack open a door or window to allow the smoke and negative energy to leave. Place your hand on your heart, take a deep breath, and feel gratitude for the energy that has just been released.

With your paper and pen, write down your specific intentions. Be sure not to include any negative words. (For example, instead of "I will not be so hard on myself," write "I choose to think positive thoughts about myself") This will create a clear, positive intention.

Hold your chalice or cup of water up to your lips and speak your intentions out loud into the water. As you do this, feel your intentions come to life in your body. Feel the intentions as though they have already manifested, visualize them coming true. Let your imagination go and feel into the life you are creating as if it already exists.

Drink the water from your cup. Imagine each cell in your body absorbing the intentions and aligning you with the vibration you need to be in to fully receive them. Be open to your desires being fulfilled by the universe in unexpected ways. Know that your intentions have been heard, and the universe is busy transforming them into reality.

Close your eyes and take several deep breaths as you feel gratitude deep in your heart. When you are ready, open your eyes, and the ritual is complete.

Play one of your favorite songs as you clean up after the ritual, dancing and finding movement to help integrate the ritual. Fold the paper with your intentions and keep it in a safe place, reading it and visualizing nightly, until the time of the Full Moon.