



Step 2: Meditate

Sit comfortably and close your eyes. Allow your mind to be calm. After a few minutes open your eyes.

Step 3: Time to Write

Using the pen and paper make a list of intentions. This should be all those things in your life you wish to make happen with this moon cycle. It could be getting that new job, finding your twin flame, committing to a spiritual journey or even changing your home. For example:

- ◇ *I am ready to ...*
- ◇ *I will ...*
- ◇ *I ready to meet my new love*
- ◇ *I will say "no" to things I do not want to do*

— MY INTENTIONS —

- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇

What is a New Moon Ritual?

A New Moon Ritual is a deep soul searching ceremony which you can perform during a New Moon. As the Moon opens its lunar cycle you can set intentions for the month and tap into the lunar energy of a New Moon to add power to your manifesting of those intentions. It is a ceremony of purpose, where you commit to yourself what you really want and ask the universe to help you achieve it.

Checklist

- ◇ A Crystal (Labradorite, Moonstone, Selenite or Clear Quartz)
- ◇ Patchouli Incense
- ◇ Heatproof dish
- ◇ Matches or other fire-making device
- ◇ Pen
- ◇ Paper
- ◇ Oracle Cards (optional)
- ◇ Candle (optional)
- ◇ Hot cup of steaming tea (optional but kind of nice)

Step-by-Step Guide

Step 1: Create Your Sacred Space

Find a spot where you can sit peacefully. Organise your ritual tools in front of you. Light your Patchouli Incense and bless the space with its smoke then brew yourself a hot cup of tea (fresh mint works well).

Step 4: Speak to the Universe

When you are ready, place your chosen crystal into the palm of your left hand to connect it to your heart. Read aloud to the New Moon your list of intentions, the things you wish to manifest - make your request to the universe, ask for its help. Feel renewed energy.



- Pause and see the challenges ahead, make those connections in your mind as to how you can manifest your new goals. Make a promise to put your needs first.

Step 5: Reflect

Allow the energy you have created to surround you. Sip on your hot tea, hold your crystal, draw an Oracle card for extra direction or insight on how to keep your positive energy flowing. Keep your crystal with you as much as possible during this whole month. Let its New Moon energy keep you focused and committed to manifesting your intentions. Use it in meditations to recommit to your goals.



Step 2: Meditate

Sit comfortably and close your eyes. Allow your mind to be calm. After a few minutes open your eyes.

Step 3: Time to Write

Using the pen and paper make a list of affirmations. This should be all those things in your life you wish to release with this moon cycle. It could be negative thoughts or behaviour patterns, addictions, situations, people, bad energy or anything you wish to let go of. For example:

- ◇ *I release myself from*
- ◇ *I cleanse myself of*
- ◇ *I free myself of*
- ◇ *I forgive myself for*

— MY AFFIRMATIONS —

◇

◇

◇

◇

◇

◇

◇

◇

What is a Full Moon Ritual?

A Full Moon Ritual is a simple ceremony undertaken during a full moon when you tap into lunar powers to help you let go of negativity and problems, and recharge your spiritual and emotional batteries. It is a very healing ritual that helps to bring soothing, refreshing and purposeful energy into your life. In this easy guide we will take you through the steps of performing a Full Moon Ritual, starting with the things you will need.

Checklist

- ◇ A Crystal (Labradorite, Moonstone, Selenite or Clear Quartz)
- ◇ Palo Santo
- ◇ Heatproof dish
- ◇ Matches or other fire-making device
- ◇ Pen
- ◇ Paper
- ◇ Oracle Cards (optional)
- ◇ Candle (optional)
- ◇ Hot cup of steaming tea (optional but kind of nice)

Step-by-Step Guide

Step 1: Create Your Sacred Space

Find a spot where you can sit peacefully. Organise your ritual tools in front of you. Light your Palo Santo and bless the space with its smoke then brew yourself a hot cup of tea.

Step 4: Speak to the Universe

When you are ready, place your chosen crystal into the palm of your left hand to connect it to your heart. Read aloud to the full moon your list of affirmations, the things you wish to let go of - cast them out into the universe, set them free. Feel the refreshment that this brings.



Take a moment to feel those negative emotions slip away. Feel refreshed by the void they leave that you can fill with fresh energy and positivity. Make a promise to take care of yourself.

Step 5: Reflect

Allow the energy you have created to surround you. Sip on your hot tea, hold your crystal, draw an Oracle card for extra direction or insight on how to keep your positive energy flowing. Keep your crystal with you that evening, then the next morning pop it near a window so that it can recharge and remind you that you have already let go of those negative things should they pop back into your mind.