

New Moon

Date: _____

Moon is in: _____

Uses:

Set goals & intentions ~ Planting seeds for future harvest ~ New beginnings & growth

Energy for the New Moon

Cards Pulled

(from video or personal deck)

New Moon	GROWTH <i>What is next for you?</i>	
Affirmation:		
Waxing Crescent	Mental Manifestation <i>Assess situation as if your intentions have been realized</i>	
Affirmation:		
First Quarter	Embody it / Action <i>Be proactive & physically create your intentions in the real world</i>	
Affirmation:		
Waxing Gibbous	Practices Openness <i>Be open to the possibilities & divine intervention</i> <i>Do a self care ritual</i>	
Affirmation:		

Simple New Moon Ritual

(or you can create your own)

- Cleanse your space
- Light a candle
- Ground yourself using deep breathing
- Meditate on your intentions
- Notate your intentions on an altar or vision board
- Place hands over it & charge it with your positive energy
- Blow out the candle & sit (meditate or journal)

Wisdom / Knowledge Gained

What Needs More Attention

Self-Care Ritual Ideas

(Including question to the left)

- Dress up for no reason*
- Take a walk*
- Redo your vision board*
- Cleanse and/or reorganize altar*
- Burn some Palo Santo*
- Connect with your soul tribe*
- A spiritual bath*
- organize & cleanse your living space*