

NEW MOON INTENTIONS

I GIVE GRATITUDE TO THE UNIVERSE FOR PROVIDING EVERYTHING I NEED.
I TRUST THAT SPIRIT IS ALWAYS TAKING CARE OF ME.

HOW TO START:

Set aside 15-30 minutes to do the practice itself.
Supply suggestions:
If possible, create yourself a sacred space where you can carry out the ceremony with the new moon.

notebook
candle & matches
smudge stick

pen and coloured markers
incense
a meditation

YOUR WISHES AND DESIRES

Begin by setting aside a few minutes each month during the new moon phase to focus on your wishes. This will help give you clarity of mind and fill your heart with promise. When it comes to setting goals or planning ahead for your future there is no better time to get started than during the new moon. Any intentions stated or written down also carries **magic**, so please take care in considering those things that you truly want.

The saying **"Be careful what you ask for, you just might get it."** is fair warning whenever setting your new moon intentions into motion. But, no worries. The moon has its phases and so do our individual wants and needs. This is why it is a good practice to re-dedicate your list of intentions each month when another new moon cycle returns for a visit.

WRITING INTENTIONS

Open your notebook, and date the first page. Write down these words:

"I accept these things into my life now or something better for my highest good and for the highest good of all concerned." or something similar.

Below your affirmation statement, begin writing down your desires. Your list may consist of a single item or you may have several pages listing multiple items. Try not to limit yourself. If having many things in your life helps to fulfill you then don't deny yourself wanting these things. It is helpful to salt and pepper your manifest list with smaller items that will manifest quickly, such as tickets to the play, lunch with a friend, or a day at the spa. You may think that smaller things are too trivial to put on your intention list... Wrong! Things that tend to manifest with less effort still deserve to be written down.

Write down **everything that you desire**, no matter how little or simple. If it is something that makes you happy, write it down. Manifesting smaller items on our lists actually creates a steady flow of chi giving your list a boost. These smaller manifestations create movement, allowing an ebb and flow of the tides. We are dealing here with the moon cycles after all. Besides, sometimes we forget to appreciate the smaller pleasures in our lives while we are waiting for the BIG stuff to come in. If you only write statements like, "I want to win the lottery" in your notebook then you are limiting yourself by not allowing abundance to flow to you from a multitude of avenues.

REVISING YOUR NEW MOON INTENTIONS

During the month when an item on your new moon list comes to you do not merely cross it off of your list. Take the time to rewrite the list in its entirety eliminating the manifested item from the listing. Revising your master list in this way is highly recommended. At the same time you may add whatever else that you have decided you would like. Feel free to reword any of the original phrases to better suit your life now. It is natural that your desires will change as time advances.

Cleanse your sacred area with an opening prayer, a sage smudging, and/or by burning some incense.

Take some deep cleansing breaths, slip in a meditation to listen to, and/or leisurely sip on a cup of relaxing herbal tea.

A key to writing your intentions is to make them within the first 24 hours after the New Moon.