



NEW MOON RITUAL - or for any new beginnings

Using “new” energies to amplify the mojo on bringing in your desires.

1. Find a sacred spot outside. Sunrise provides a sense of the new and is a beautiful window of time for this. If that doesn't work for you, any time is a good time.

2. Ground + Give Gratitude: Take a moment to give love and blessings to the Moon and Mother Earth for the support both above and beneath you. Breathe in deeply and as you release, imagine love flowing up to the moon and down to the earth! One more breath, coming back to center, as if a gossamer thread were connecting the three of you.

3. Fire + Smoke: Make an offering of fire with a candle + smoke with some incense, a smudge stick or a piece of palo santo. This cleanses the space, purifies you, and is very healing for the land. Let the smoke carry your love to the cosmos.

4. Tune in. Deeper. Deeper still. Take some breaths in through the nose and out through the nose – regulating your breath, coming into a natural rhythm. Close your eyes and begin to tune in...deep in...like, all the way down to your Sensual, Sacred, Second Chakra. Your seat of power. Where all our dreams + soulful visions sprout forth.

5. Listen. Be still. Be silent. The voice can be barely perceptible at first. See what's here. What is the spark of creative force that is wanting to burst forth into the light, from YOUR light and soul. You might have had an idea or dream you want to create or a new job, new business, new guy.... In this place you can hear/sense/know the true whisperings of your Soul. Get clear here...and then when you are clear... ask the moon to collaborate with you in bringing these visions and dreams to fruition.

6. Write it down. Write a bit about what you “heard”, what you sensed, here in your sacred center. And when it feels really clear write a statement...of intention. Or a word of being. Or a goal you want to manifest, to awaken in your life. And as always...we write these things. *As. If. They. Have. Happened.*

7. Find some seeds. Any seeds will do, you might gather something off a piece of grass, dandelion, a flower, a pack of sunflower seeds, something you are overwintering.

8. Dig a hole or use a planter. Roll up your paper. Stick it in the ground/the dirt. Sprinkle seeds on top, cover it up and use your powerful healing hands and place them on the earth/the dirt. See your intention, dream vision, goal as if it has happened. Send all that good juju into the earth. Give another nod of love. Let the earth have it. Nourish it. And let the sun's rays shine on it and bring it forth. Let the growing and glowing moon watch over it every night.

Soul Care Tip. Keep it to yourself, the earth and the moon!

Keep it secret. Keep it safe.... Like Gandalf recommended to Frodo with that magic ring of power. Walk through your life feeling, acting and behaving as if this has come to pass, giving a nightly wink or a nod to the moon, knowing she's got your back!