



## NEW MOON CEREMONY

### PREPARATORY WORK: WHAT I WANT

Before beginning this work, take a few minutes to align with your highest self. Imagine being your highest vibrational self, in perfect alignment with all you desire. Spend at least 1 minute in that feeling space before beginning this work.

1. Make a list of every aspect of what you want surrounding one topic. (Home, Career, Romance, Finance, Self Esteem, etc.) Phrase everything in terms of feelings or essences. When the feeling isn't clear, use this formula.

*Formula:* Thing I want → Why I want it → Essence or Feeling I'm after

*Example:* Higher income → It will make everything feel easier → Freedom, Ease

2. Write this list out exactly how you want it. Let yourself get on a roll and enjoy getting in the flow of creating. For your final list, make one without cross-outs and corrections - - unless they feel sacred to you. Embellish it if you like, write it on special paper if you like. Let it be sacred and true and whole. Give it a title that feels juicy and exciting. Like "My Ultimate Dream Home" or "My Sacred, Sexy Life Partner"



## NEW MOON RITUAL

Take a look at the prayers/invocations in step 3. If you want to reword them for yourself, feel free, but do it before you begin the ritual.

1. Decide where you will do the ritual and clear any clutter, remove dust, clean the space so that it is clear for you. Light palo santo or sage or spray a clearing mist in the space. Place crystals and candles where it feels appropriate to you – maybe in corners or doorways or surrounding your space, maybe in a circle around you.
2. Light the candles to open your sacred space. See the space change / open with the new light you have brought.
3. The Ritual:

Take several deep breaths, visualizing your guides and angels surrounding you now. Repeat at least 3x:

**“I now align myself with my highest vibrational angels and guides and my highest self to declare my desires with this new moon.”**

Repeat at least 3x: **“Please support me in aligning myself with these desires so that I may live my highest, fullest, most aligned life in joy, prosperity, ease, grace, and service.”**

Read Your List *out loud* taking a breath between each line, or allowing yourself to fully *feel* each essence you name.

Repeat at least 3x: **“I accept your gifts with the utmost gratitude and joy. Thank you for your support, your love, your protection, and your blessings. I love you!”**

**“If there are any messages you would like to give me at this time, I open myself to receive them now!”**

Take as much time as you like for meditation, receiving, journaling, etc.

**“Thank you for being with me for this ceremony. Together we have marked the beginning of a new cycle, and together we journey on. Thank you, thank you, thank you! I now close this sacred space.”**

Blow out the candles and clean up your space. Take note of anything that felt important to remember or take forward with you.