

new moon ritual for beginners

1. Set up your sacred space using these items: Pen and paper, sage or incense, candles, crystals, music. Create a small altar if possible using items that resonate with you and include something representing the element of the zodiac sign that the moon is in.
2. Clear your mind. Say a simple prayer asking that your heart is open to receive as you prepare to set your intentions. Invite your angels, guides, ancestors.
3. Smudge. Use sage or palo santo, ring a bell, chimes or use a crystal bowl to clear the energy in and around your sacred space and yourself. Light a candle or incense. Say out loud: *"I welcome the new energies this lunar cycle brings. I welcome the energies that are aligned with only my highest good. It is time to begin again, and release the old of the past. As I cleanse my body from top to toe, I feel myself glow. All that is heavy falls away, and I am left grounded in harmony, balance, and peace. Thank you. Thank you. Thank you."*
4. Raise your vibration. Get up, move around or dance to release any old, stagnant energy that is stuck. Next, do some deep breathing. Try some chanting such as the Chakra Clearing Chant. Hari Om, Nam Lam, Mam Vam, Sim Ram, Vam Yum, Yum Hum, Shiva Om, Swáhá (3X) and "Om Namo Narayani" (3X).
5. Practice Gratitude. Think about and write down 5-10 things that you are grateful for since the last New Moon. Meditate over the question of what it is your life is lacking. Take 10 minutes to really reflect on this question. Let your heart decide - not your mind - what you wish to invite into your life.
6. Define your top 5-10 wishes. On a piece of paper or in a dedicated notebook, write down, doodle or sketch your wishes. Be as specific as you can and put the date on the page.
7. Engage all your senses and imagine how you will feel when your wishes come true. Visualize already having achieved your goal.
8. Create "I AM" affirmations that back up your wishes and write them down. Say your affirmations out loud with passion for at least 68 seconds.
9. Set your intentions. Write down an action plan for each intention and think about specific inspired actions you will take over the next month.
10. Give thanks to the Universe and the Goddess (or your chosen dedication) for hearing your truth. Release attachment to your wishes by saying: For the good of all, or not at all." "This or something better now manifests for me under grace in perfect ways." "Om Namo Narayani"
11. Set up a New Moon crystal grid and place your Wish List under the grid.
12. Do a New Moon oracle card reading.