

How to have  
*New and Full Moon Rituals*

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## New Moons...

Are about planting seeds and new beginnings.

*They're a great time to:*

- ☾ Start a new habit like journaling, meditating or practicing yoga. Do a personal challenge like 28 days of gratitude or no complaining. 28 days can change your life!
- ☾ Review in your journal about how the last 28 days went for you. What were the themes and lessons?
- ☾ New moons are passive. Like the dark night in the sky, it's a quiet time to go inward, to make plans for future actions.

## Full Moons...

Are about manifesting, realizing, shedding and letting go.

*They're a great time to:*

- ☾ Set the intention to release a habit that no longer serves you, an identity, relationship, mindset or anything else holding you back.
- ☾ Full moons are about taking action. They hold a lot of energy, just like the bright moon now illuminated in the sky.

## Keys to successful full and new moon rituals...

- ☾ Focus! Pick just one thing to begin or release!
- ☾ Write your intention down. This activates your subconscious.
- ☾ Imagine the benefits you'll receive from setting the intention. Envision those benefits every time you want to abandon yourself and quit!

# Ideas for successful new and full moon ceremonies...

- ☾ Find a sacred space. This could be a small corner in your house or outside underneath the moon.
- ☾ Surround yourself with any sacred items you have like crystals or candles.
- ☾ Invoke any angels, spirits or higher powers to guide you through the ceremony. Ask that they surround you with positive energy and give you the tools you need to evolve and live the life you desire.
- ☾ Sit for a few moments in meditation or stillness, opening up to receive any wisdom or just centering yourself into the power of the present moment.
- ☾ Enjoy light movement or yoga, moving and breathing as your body feels called. Get out of the mind and into the heart space. Feel free to play any relaxing music that you enjoy.
- ☾ Journal your intention, describing why you want to create the habit/release the mindset or life pattern and making a sacred vow to show up for yourself over the next 30 days. Feel free to switch back and forth between journaling and movement as you feel called.
- ☾ Finish by thanking the universe for this special time along with any spirits or energies that assisted you. Conclude with a few more moments of silence before ceremoniously blowing out any candles you have lit.



- ☾ On the full moon, burn the paper if you desire. Be careful not to burn your house down!*
- ☾ Use your intuition and have fun! Make it your own!*

## Ideas for habits to create...

- ☾ Gratitude
- ☾ Daily exercise (yoga or walking or running or whatever brings you joy)
  - ☾ Earlier sleep time
- ☾ Self-love practice (could range from self-massage to nightly baths to a nightly cup of tea)
  - ☾ Learn how to receive
- ☾ Eat healthy, whole foods 80% of the time

## Ideas for things to release... (There's always something!)

- ☾ Ideas of who you think you are
- ☾ Any limiting belief keeping you small
  - ☾ Fear of failure
  - ☾ Fear of what other people think
  - ☾ Comparison
- ☾ Ideas of what your life should be like
- ☾ The habit of striving too hard or forcing