

# New Moon Ritual

The New Moon offers us a new beginning.

A time to thank the Universe and to ask for all the things that matter to us, in our heart and soul. Big or small, physical, emotional or spiritual.

Creating this mindful practice is a healing, supportive and loving way to release and renew energy.

The power behind mindful and intentional writing cannot be denied.

As with any practice, the power is in the intention. In the joy. In the emotions. Be creative and authentic.

Rituals ground us and help provide us with support on our journey.

They are very powerful.

Listen to what moves you. These suggestions are a starting point. This is your journey and your ritual.

Revel in your power to create, revise and enjoy it and then watch as the Universe responds.

## 1. Set your Intention

Begin by setting your Intention, mentally or verbally. Meditate or sit quietly. Give yourself a few moments before you begin this beautiful process to set the tone. You can also burn sage to clear the space before you begin. Again – this is YOUR practice and you can create whatever environment you desire.

## 2. Set a time and place

Choose a time and place if possible, where you can feel free and untethered from all the demands in your daily life.

It can be anytime in the week leading up to the New Moon. It's your ritual, make it your own. Do whatever feels good and don't judge. The important part of this process are your emotions and feelings. If creating the space and setting aside the time can only be writing on the back of a receipt in the car before or after you grocery shop or perhaps in a room with essential oils, candles and beautiful music, create what is perfect for you.

What is most important is your emotion around this time and space.

### 3. Write

With an open and loving heart , allow the words and feelings to flow as they are offered to the Universe. This is a special time for you to connect with your Highest Self and the Universe. If you feel judgement know that this is part of your experience and you can take a moment to notice the thoughts and then reframe them.

You are right where you need to be.

You are enough.

Always Choose Love.

Your letter can include thanks for all your blessings and also a place to describe and ask for all your deepest desires. Physical, emotional and spiritual. Be very specific in all your words. Feel the feelings associated with your writing. The Universe does not respond to writing and words, it responds to the emotions and feelings in those words.

Take your time.

Your energy and intention carry the power into the words you write.

### 4. Offering

Place your letter in a special place until the Full Moon. It can be a place that carries great significance for you. Near the photo of a loved one that has passed. In a Memory or Manifestation Box. A place where you will see it daily or hidden in a drawer where you may not see it again until the Full Moon. This is your choice do exactly what resonates with you .

You can change your ritual each month or keep it exactly the same.

Make it as creative or as simple as you need it to be.

But give yourself the gift of this time and make it a ritual that supports you.

Heal Through Love Life Coaching

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