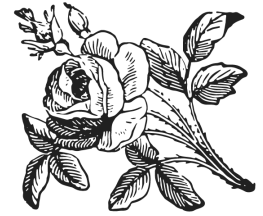


New Moon Intention Setting Guide



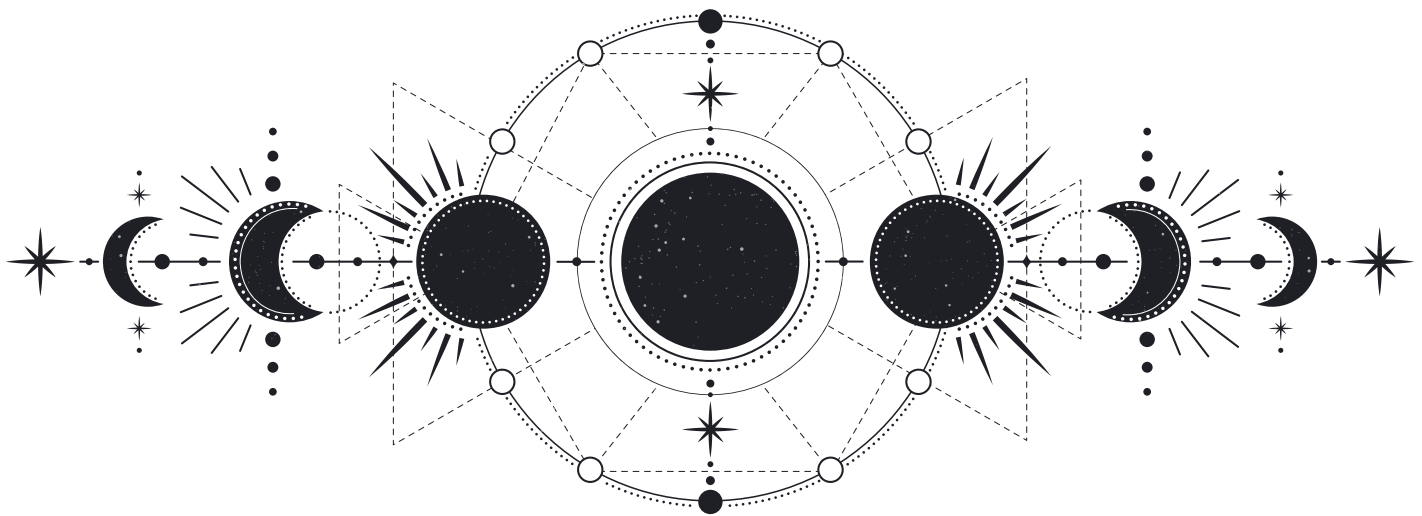
The Botanical Apothecary

Working with the moon can be a very powerful thing. When we start to notice the flow and ebb of life and what influences us, we can adapt and change for the better. New Moon is a time for intention setting, making new plans, new focuses and goals.

What do we want and how can we achieve it?

Over the years I have been working with the moon, feeling the pull of new beginnings during the New Moon is still as magical today as it was the first time it was shown to me by a very good friend. The power of the New Moon lasts for 3 days after the actual day of the New Moon so don't worry if you have plans or work, there is always time to do your Moon work.

New moon is a really lovely time to devote some time to yourself. Create your own ritual, your own intentions and focus with my worksheet.



We actually complete this activity during my Full and New Moon Reiki groups, (times and dates are on my social media), but maybe you'd like to create your own ritual at home, or you don't live in the area. You are only a few steps away from creating your very own New Moon Intention setting ritual.

I always feel super excited during the New Moon. Spend some time the day before thinking about what you want. What you want to achieve. Where do you want to go. Maybe its a course you've always wanted to do, a job you have wanted to try, a sport or hobby, a new house, car... whatever it is, spend some time thinking and getting really clear about what it is you want.

During the New Moon choose an area to sit, light a candle or some incense, maybe play some calming music and make yourself something lovely to sip.

Gratitude

We are nothing in this life without gratitude. When we become aware of all we have to be thankful for in our lives we become happier humans, we actual find more to be thankful for and we raise our vibration.

If we are always saying to ourselves why don't we have that car, or why am I always so unlucky, bad things always happen to me, you are pushing out into the world the things 'you don't want'.

Gratitude is an incredible way to push out into the world positive happy thoughts, feeling grateful and at peace is the perfect way to start every day.

Simply noting down 3 things you feel grateful for every morning then allow those feelings of love and gratitude soak into every cell in your body is not only exceptionally good for you, its raising those vibrations and pushing out into our world who you are and what you want.

So that's where we are going to start.

List 3 things you are graceful for. List who and what they are. Under each thing write:

"I am so thankful to have _____ in my life, I send love to them now and every day."

New Moon Intentions

Next we are going to detail what we want to harness under the power of this incredible New Moon. Be as specific as possible.

Once you have completed that, take 5 mins to sit comfortably and imagine you already have these things. How does it feel?

Joy, pride, happiness? Let that feeling wash over you, again and again.

Think about that image in your head, think about the colours you can see, turn up the brightness, make it so vivid and colourful that it becomes etched into your brain.

It would be lush if that's all we needed to do but we need to go more in-depth. In harnessing the moons power we need to really dig deep and take hold of that power of new beginnings.

Next I'd like you to take a moment and think about anyone or anything that can bring you closer to your goals. Is there someone you can call and chat to? Do you need to get in front of someone or can someone help in some way?

List them down, along with a time and date you can get in contact with them. What might happen next once you've spoken to them. Get it written down, the detail is where the magic happens.

Once you are happy you have completed your intentions and your new moon action plan fold your intentions up and seal in an envelope. This envelope needs to sit on the window cill under the power of the new moon for the night, after which pop it away in a bedside cabinet or somewhere close to your head when you sleep.

You are now going to commit to spending 5 mins each day allowing those gorgeous feelings of having the things you desire to truly wash over you. From now your mind set is you HAVE those things, you OWN those things, when you are ready the universe will drop them into your lap. Until that happens you can bask in the knowing that they are yours while every day thinking of new ways to help you bring you closer to your dreams and goals.

Maybe things haven't gone the way you wanted and feel like its pushing you away from your goal. Listen carefully, what can you learn from the experience, what is it trying to teach you. There will always be a lesson on the things that don't go right. Find it, learn it, move on.

Full Moon Release

Full Moon is a time of letting go of all that doesn't serve us, it's a time of tie cutting and putting down the things that have simply become too heavy to hold any more. In person this session is very powerful, whereas my New Moon sessions are full of excitement and new beginnings Full moon is about letting go. Scream it, shout it, HOWL IT OUT.

The person you are now is not the person you were yesterday. We are ever changing ever evolving beings. Behaviours that might have kept us safe during times of trauma and stress become chains to hold us down when we move away and past those traumas. Our beloved brain just wants to keep us safe and in doing so would much prefer us to repeat old patterns rather than risk something new. Sometimes doing something new is the way to break the change.

The day before Full Moon spend some time thinking about all the things you want to let go of. A person or place, a situation or an experience, unkind words and actions.

You may find you sleep more poorly at Full Moon, I struggle and very rarely get more than a few hours when she is at her most full. I don't toss and turn any more, I know the reason why. I feel the pull of the moon's energy and there isn't anything that is going to get me back to sleep. I'll draw a bath and swirl salts and herbs under the running water and climb in. Thinking about everything that I'm going to let go of, everything that no longer serves me. Ready for me to document.

So you've taken some to think about release, now is the time to commit them to paper, one last time.

In as much details as you can detail what you want to go! When you have finished folded up the paper and add to an envelope. During my in person session we usually seal these with a wax stamp while visualising enclosing and sealing away these things detailed on the paper, so feel free to seal the envelopes anyway you like.

Next settle yourself and take some deep breaths. spend 5 minutes getting a clear picture of yourself and this envelope. You free, light and unburdened while the envelope sits away from you, filled with those things we need to remove. Notice the feelings of freeness, the lightness in your heart and chest and feel centred and calm that you and it are now two very separate things.

The envelope will need to sit under the Full Moon for 24 hours after which you can set fire to it and allow it to burn to ash. If you are at home please do be very careful and if you'd rather not use fire then ripping into tiny pieces is just as effective as is returning the paper back to the earth and digging it into a hole in your garden. It is done it is gone. You have removed whatever you needed. Rest and look forward.

Full Moon is also a really good time to check how all the plans you made at New Moon are coming along, we would never start a new project at Full Moon but reflection and adaptation is definitely a Full Moon activity so don't forget to spend some time reviewing your New Moon intentions too.

