



New Moon Guide for Wishes & Intentions



WildMoonSacredCycles

The New Moon has officially arrived when you see the slightest sliver of silver peeking through. If possible, watch for the sliver, and then do your New Moon Ceremony, and make your New Moon wishes.



Grab your Moon Book - a journal for keeping track of your New & Full Moon thoughts, intentions, & releases

1. Write in your wishes & intentions for the New Moon and for the Cycle. Spend time on each, getting as clear & specific as you can.

... include as many wishes & intentions as feels right for you.

2. Read them over, and then rewrite them into short, precise statements.

... making any last minute revisions before you make your declaration.

3. Read them aloud to the Universe, making a Declaration.

This can be during your New Moon Ceremony, or get outside & declare them directly to the Moon & Universe.

Some folks choose to burn their New Moon Wishes & Intentions, which feels more powerful for you?

4. Sit & Meditate, on each individual wish & intention. Visualize what it would look like, feel what it would feel like, to have this wish/intention come true.

5. Throughout the coming Cycle, review your New Moon wishes & intentions, AND for an even bigger kick, meditate on them once per week over the 4 weeks of the Moons' Cycle.



Staying in touch with your wishes & intentions is crucial. When you keep 'what you want to see in your life' on the forefront of your mind, you will then 'act accordingly' to inviting them into your life.

If you don't have a Moon Journal, consider using the worksheet below.

My Wishes & Intentions

New Moon in _____ Date: _____

What is most important to me right now, and in this coming month?

What do I want to accomplish in this coming cycle?

What are my New Moon wishes? Big & Small. Short & Long-Term?

What are my Intentions for this cycle? How do I intend to move toward these wishes?
