

New Moon Rituals

Effects of New Moon

A New Moon is where the Sun and the Moon are in alignment. The Sun is shining on the Moon, the part we cannot see. Hence why the sky is darker at a New Moon Stage. A New Moon is a great time to start new projects, set our desires on a path to achieving them. With the Sun and Moon in alignment things run more smoothly and tasks get completed. It is said the New moon sends out negative ions that make us feel better and more willing to be proactive. So this is a great time for contemplation on what we truly desire and where we want to focus our energy this month. Use this time to propel your intentions forward.

New Moon Intention Setting Ritual

- Set your intentions.
 - Write a list of your dreams and desires.
 - Write it in the present tense as if you are it now.
- Create a sacred space indoors, an altar, or find somewhere outdoors for a few moments of meditation.
 - Light candles, incense and place any images or photos that will enhance this sacred space.
 - To clear a space – use Sage Smudge stick or incense (oil diffuser). Or a drum or chimes to reboot the energy frequency.
- Layout your crystals with your intentions in mind. Make a grid in front of you or a circle around you. If you don't have crystals use stones, flowers, or petals or any items from nature that you find on the ground.
- Spend at minimum 10 mins focusing on your breath and your intentions.
 - Breathe in and believe your intentions
 - Breathe out and let go of how it comes to you – but it does come 😊
 - Or do a guided meditation. Listen to some relaxing music.
- When complete, offer thanks. Gratitude is key. Then let it all go. Leave the path by which these intentions come to be created, no control, just a knowing and a belief that your intentions will be manifested.

Other Tips for Moon Rituals

- [Yin Yoga](#)
- Bath Time – candles and essential oils
- Moon Gazing (Full Moon)
- Time in Nature (walks by the sea or water or up in the woods amongst the trees.

Or check out these posts on my blog:

<http://yogaenergy.ie/full-moon-rituals/>

<http://yogaenergy.ie/trataka-candle-gazing/>

<http://yogaenergy.ie/6-ways-to-clear-your-energy/>

<http://yogaenergy.ie/meditation-tip/>

<http://yogaenergy.ie/full-moon-practice/>

<http://yogaenergy.ie/cycles-of-the-moon/>

<http://yogaenergy.ie/hip-openers-yin-yoga-sequence/>