



Setting New Moon Intentions

1. Find a quiet place to sit. Gift yourself 1 or 2 minutes of complete presence.

2. Take a deep breathe and let everything go for a few seconds, put your hand over your heart

3. Expand your vibration and create an energetic container for activating your new seeds of intention.

Visualize all of the things you are grateful for, all the things that are going well in your life. Visualize the audience you are here to serve, step into that brave and courageous self inside of you that has something to offer the world.

Feel it! Close your eyes and feel a sense of well being for all of the gifts, skills and talents you are blessed with in your life.

Optional: Use an essential oil that calls you to enhance your senses.

4. Ask yourself these questions:

"What is my deepest desire?"

"What would I like to manifest or experience in my life in the next 29 days"

"What part of my life will make me the happiest to dedicate my time and energy to?"

Remain still. Don't expect anything to happen at that moment, if it does great! The purpose of doing this is to practice Sacred Listening. This helps you connect to your body, mind & soul, so that you tap into the right energy to manifest the experience that will serve your higher purpose.

5. The answers to these questions are your New Moon Intentions. Write them down and keep them near your altar.