



# New Moon Rituals

The moon phases have long been followed by humanity. We've used it for harvesting purposes, to define date and time, and to predict the climate. The Sun may set the pace, but we've always instinctually been attracted to and in awe of the Mother Moon.

As our consciousness expands, we understand there is much more to the moon than weather and time.



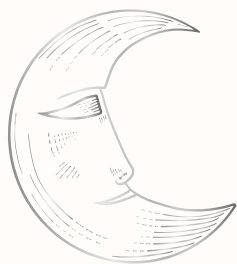


## Prepare your heart, open your mind, and tune into your spirit energy.



Prime your space for these sacred rituals with any of our premium smudge kits.

- A few deep breaths will help clear your mind and body to prepare yourself as a peaceful vessel before cleansing yourself and your environment.
- Open windows or crack the door to allow the wind to carry out the Sage and Palo Santo smoke with the negative energy in tow.
- Hold your crystals while focusing on the intention of your smudging ceremony. Place your crystals in plain sight.
- You're now ready to renew and reset the energy within your spirit and surroundings!



## New Moon Meanings

Plant seeds of manifestation

Let go of what no longer works

Revise plans and welcome change

Spiritual reset

A time of surrender and trust



## Items Needed For Rituals

Truthfully, you need nothing more than a heart ready to receive, your mind focused on the present moment, and a body free from stress in order to embody the energy of a New Moon ritual. However, there are pretty spectacular tools that will help you draw upon this divine life source.

Each ritual will include other ceremonial tools, but here are the basics.

- ☐ Crystals [Harnessing Earth Energy]
- ☐ Sage, Palo Santo, or Incense [Harnessing Wind Energy]
- ☐ Candle or Bonfire [Harnessing Fire Energy]
- ☐ Bath, shower, or natural body of water [Harnessing Water Energy]
- ☐ Paper, journal, pen





# EARTH

## Grounding & Cleansing Crystal New Moon Ritual



A TREE MUST MAINTAIN ROOTS TO GROW.

### Objective

- Give your energy a point of steadiness, and find clarity, balance, and focus
- Use to diminish fear and anxiety
- Improve mindfulness and being present
- Extinguish worries and insecurities
- Make space for manifesting and shift from a state of surviving to thriving

### Tools

- Obsidian, Hematite, and Tourmaline
- To be outside or barefoot inside
- Hand drum or drum music

### Instructions

Point your crystals south with your bare feet planted firmly on the earth or the floor. Begin to feel the corners of your feet, from the tips of your toes to the outer ring of your heel, and press heavier and heavier into the earth.

To the beat of the drum, start to gently bounce your knees as if you're trying to push your body into the ground. Visualize your feet growing roots deep into the Earth and unwanted energy escaping through your crown. Continue for 5-15 minutes without lifting your feet. You may sing, hum, or recite your affirmations at this time.

Wherever you go and whatever you're going through, know that you are energetically connected to the Earth and as it continues to ground you long after this ritual.

### Affirmations

I am safe in my body

I am supported by the Earth

All excess energy and anxiety are transmuted  
to bury my roots deeper

I am secure and protected

I absorb grounded, Earth energy





# WIND

## Release and Surrender New Moon Ritual

I FLOW FREELY. I HOLD ONTO NOTHING, AND NOTHING HOLDS ONTO ME.

### Objective

- Let go of negative thought patterns
- Break bad habits
- Release toxic relationships
- Remember who you can become
- Forgive, move on, start over
- Trust in the direction of your life



### Instructions

Place your crystals toward the West, Sage your body and space, light incense, and begin to bring forth the energy you'd like to let go of. These could be specific fears, anxiety, grief, guilt, and pain. While sitting with the discomfort, start to thank these unpleasant emotions for all they've taught you about life, about yourself, and for allowing you to strengthen your emotional resilience.

Now begin to let them go. Through movement, dancing, yoga flow, or simply shaking your hands— feel the energetic release and visualize these unwanted experiences leaving your body.

You may feel tears well up, let those go too. The New Moon is all about deep cleanse and release. When you are ready, recite your affirmations, then rest.

### Tools

- Amethyst, Rose Quartz, and Selenite
- Sage, Palo Santo, or Incense
- Music (soft and meditative or techno house, whatever you feel drawn to)
- Comfy close and space (the key is not feeling constrained)

### Affirmations

I deserve to live without the pain and emotional burden

I do this for me and my happiness

If I am strong enough to hold onto it, I'm strong enough to let it go





# FIRE

## Burn Barriers & Awaken Inspiration New Moon Ritual

I BURN AWAY BARRIERS SO THAT I MAY BUILD UP NEW WAYS OF BEING

### Objective

- Ditch limiting beliefs
- Challenge the impossible
- Access your potential
- Invite miracles and growth
- Soothe the discomfort of change and transformation

### Tools

- Malachite, Moonstone, and Carnelian
- Candles
- Bucket or bowl of water
- Pen and paper



### Instructions

Place your crystals facing north. You will be writing two notes for this ritual. The first is an apology letter to your past self. Here you will identify how you allowed thoughts, feelings, doubts, insecurities, other people's opinions, and circumstances to hold you back from your potential. Get as specific as you can in identifying the inner dialogue that says, "you aren't good enough, smart enough, pretty enough, experienced enough, strong enough", etc.



The second letter will be to your present and future self. This is where you will plant the seeds of what you wish to manifest in an exercise called scripting. Here you will write a journal entry as if a bunch of wonderful things that you wish to attract has already occurred: "Wow, I finally landed my dream job as a \_\_\_\_\_", "My book deal was approved!" "My time in Italy has been magical!" "I found the love of my life!"

Celebrate and sink into the feelings of joy that these moments will bring. This is how you attract all that you desire.

Now, burn the first letter, safely toss it in the water, and discard it. Allow those old beliefs to perish permanently. Fold, and plant the second letter beneath your crystals. Close your ritual by meditating on this letter and reciting the following affirmations.



### Affirmations

Everything I seek is seeking me

I am surrounded by resources, nothing is  
out of reach

The Universe is abundant, and I am a  
reflection of the Universe





# WATER

## Sacred Bath New Moon Ritual

I SOAK IN THE BEAUTY AND BLESSINGS OF MY LIFE



### Objective

- Absorb the renewing energy of a New Moon
- Self-love and adoration
- A celebration of all you've done this month
- A simple moment in time to be still, be grateful, and enjoy inner peace

### Instructions

This sacred bath is all about rest, healing, and soaking in the magic of the New Moon. Like a beautiful recipe, add each ingredient one by one. While doing so, pour your intentions into the water.

Say, think, and feel how this bath will enrich your spirit, soothe your soul, and comfort your body.

Create intentions of your own or follow along with the affirmations below.

Line your tub with candles and crystals, fill the water with your favorite goodies, and use this time to shower yourself with love.

### Tools

- Fresh Water Pearls, Citrine, and Turquoise
- Honey or Agave
- Epsom Salt
- Candles
- Dried flowers and herbs
- Essential oils
- Oatmilk

### Affirmations

I deserve to live without the pain and emotional burdens

I do this for me and my happiness

If I am strong enough to hold onto it, I'm strong enough to let it go

This is a safe space for me to celebrate everything about myself





## BONUS!

# New Moon Rituals

(that require only intention!)



So maybe you can't pull out all the stops to create a ceremonial ritual for the New Moon – no worries! We still want you to make the most of this special lunar cycle with these easy and accessible practices.



**All you need to do is pair your intention with an activity.**

I take this long walk beneath the New Moon with the intention of letting go of the past and manifesting a better tomorrow!

Take a long walk beneath the New Moon

Write in a manifestation journal

Bake your favorite sweet

Take slow sips of hot tea or coffee

Meditate for at least 10 minutes

Dance to your favorite songs

Charge crystals beneath the New Moon

Clean and organize your space

Write emotional purge letters

Express yourself through art—painting, drawing, singing

