

# New Moon: Setting Intentions)

Why we use the New Moon to set intentions:

We know the moon has a physical affect on water throughout it's cycle.

Since human bodies are mostly water, it would make sense we are also affected.

When the moon is in the dark/new phase we are not being pulled as much.

Also, symbolically, when the Moon is completely dark in the sky and there is no light to shine on your surroundings, it is the ultimate time to look inside yourself – into your inner light – for answers.

Create space and settle in, get committed from the start. If you can't find time to set your intentions, will you find time to manifest them? Find a place to sit that is relatively quiet and calming. Light a candle, start a diffuser, smell flowers, find a Tibetan singing bowl or other mindful meditative YouTube video... Set the mood.

When you're ready, take a long, deep inhale through your nose and exhale out of your mouth. Place one hand on your belly and one on your heart.

Breathe in again through your nose and out through your mouth.

Make your inhales and exhales long and smooth.

Breathe in this fashion for a few minutes, until you become very clear & grounded.

Finish by placing both hands on your heart and sending gratitude to your body.

I like to say a little prayer, out loud, to let the Source/Universe/God know I'm committed to working in co-creation towards my highest dreams, aspirations and self. Your prayer can be this, "Dear Universe, I am here to connect with spirit, truth, and love. Please help me see clearly in all aspects and help me tune into the greatest good and what is in my heart."

By taking the time to focus on finding the answers to these deeper internal questions, you're able to plant a seed of what you would like to manifest into your life on a more soulful level. This seed will continue to grow as you bring more and more focus to the reality you intend to create as the moon grows into fullness once again.

What do you want to call in this month? What are 1-5 intentions you wish to focus on for this lunar cycle? The fewer you have, the more focus and attention you can give to each one.

This is the perfect time to dream BIG and get really clear about how things would look and feel in an ideal world (how would you feel, how would you act, what would you be wearing, who would you be hanging out with...) The most important part of an intention setting ritual is being clear on what your intentions are. Don't stop visualizing the possibilities until you find one that makes you feel really happy.

Part of this practice is to feel as if you already have what you want, this is basic Law of Attraction, if you can feel it with your entire body it will be more likely to come into reality.

Go through each intention, one at a time, and focus on how it feels in your body and how it will feel once you have manifested it. Once you have gone through your list, let go of the attachment to your intentions, and settle into the curiosity of how the universe is conspiring to make your dreams come true. It's wonderful practice at the end to say to the universe that you are freeing yourself from clinging to your wishes and that you are grateful and excited for what is to come.