

NEW MOON RITUAL

1. Use the water element and your sense of sound. Take a bath or shower, sit by a stream or other body of water. You're enlisting your sense of sound because right now it's important to intently tune into your intuition. So listen to the sound of water, a beautiful song, or play a singing bowl.
2. Choose an intention that you want to focus on in the current moon cycle.
3. Visualize your intention as if it has come to pass.
4. Write down an action step you will commit to in the next two weeks. We don't think about our dreams and then sit idly by.
5. Offer gratitude. Abundance is essential for creation.

