

WAXING MOON RITUAL

1. Use the wood element and your sense of sight. You can sit surrounded by trees, plants, bamboo. Remember that wood gives nature structure but does not let anything hold it back as it drives forward. You're honoring that drive right now. To heighten your sense of sight you can spend time staring at a flame or a beautiful image or carefully look at the details in a leaf. Engage your sense of sight as a reminder that you are intently focused on your goals right now.
2. Review the intentions and action steps you wrote down in New Moon. This will encourage you to refocus.
3. Create purposeful thoughts about your intentions. What do you want to believe about your goals? What thoughts will serve you best as you work towards them? In this phase you already have a strong belief in the positive, so choosing deliberate, powerful thoughts will be easier right now.
4. Offer gratitude. Abundance is essential for creation.

