



YOUR 'HOW TO' GUIDE TO

New Moon Magic

Remember that the New Moon is the time to make your New Moon Wishes and Intentions Lists. This exercise ideally takes place just (JUST!) after the New Moon.

1. If you have a Goal or Intention List from last month, read it over, to see which came true – then thank the Universe. If it's clear one or two goals are no closer to coming true, consider revising them. What are you making progress on even if you've not reached your end goal yet? Bear in mind bigger wishes may take until the Full Moon in the same sign about 6 months later to really show progress. Keep going!
2. Decide on your goals or intentions for the coming four weeks. Be as specific as you can and always create a goal that gives back. Focus on up to five goals, any more and you may feel too overwhelmed!
3. Write your goals and intentions down – either on a sheet of paper with a pen, or with coloured pens, pencils and so on. The more energy you invest, the better your results are likely to be. Consider a Moon Manifesting journal.
4. Read them out to the Universe. Speaking them out loud is a wonderful way of expressing the energy of your desires! You can burn your list or set it aside so you can check it this time next month, to see how your wishes worked out.
THIS IS THE QUANTUM LEAP BIT: Really, really FEEL how you would/will feel if and when the wishes come true. Hold those feelings.
5. NOW FOR THE MAGIC. Connect to the 'spirit' of each goal. Invite it into your presence. Give your goal excited attention and visualise your desired outcome. Thank the spirit for its presence and support.



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6. Get on with your week, safe in the knowledge that you've expressed your wishes to the Universe. Take aligned action, and look for signs, and synchronicity. Take every opportunity the Universe presents to you. Do all you can to make them come true. The spirit of your goal holds the energy blueprint for the perfect unfolding of your dreams.

7. If your wish is bringing up fear and anxiety, for example, by NOT manifesting, pay attention to those feelings and ask to be guided to what needs within you are not being met for those feelings to surface.

8. Important: If you wish and wish and wish and your wish doesn't come true and you don't actually even seem to be edging in the right direction, then it's time to contemplate if it's the right thing for you.

What goals did you set this month? Write them out below.

What fears or anxieties surfaced for you? What needs do you feel are not being met for those to arise?