



Debra Gillespie

Esoteric Hypnotist | Soul Healing | Spiritual Alchemist

New Moon Suggested Ceremony Notes

The new moon can be worked with for new beginnings - perfect after all that releasing from the Dark of the Moon phase prior.

To work with the new moon you could:

- Make a list of that which you desire to bring into being. This could be a new habit, a project, a new way of being or an experience.
- Ask spirit (God, Goddess, Universe) what would serve the greater good for you to bring into being

You could work with the more intuitive side of you for either of the above by

- Seeing if a symbol, song, word or colour comes to mind
- Work with Oracle cards by pulling an oracle card to represent your intention or focus for the month
- From the associated words or influences of the new moon
 - Choosing a quality you would like to embody for world peace and happiness
 - Where your energies need to be focused

Any of the above could be focused upon in a simple ceremony of intention such as the one below.

Ritual requirements

You will need:

- Details of what you wish to create or attract or transform or enhance
- Candle
- Lighter or matches
- Anything else that helps create a focused sacred space – eg:
 - crystals
 - incense or essential oils
 - symbols
 - items or gifts from nature
 - oracle cards
 - pictures
- A glass of water for completion
- Space and uninterrupted time for 15mins

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Ritual process

- **Centre yourself** – Breathe in for 3 breaths following your breath in ... and out... relaxing deeper and deeper with each breath
- **Light your candle.** (I usually hold the intention that I am calling in and honouring spirit and all my guides and helpers when I do this)
- **Affirm and feel into your intention by:**
 - Feeling how it would feel if this came into being
 - Seeing how it would look
 - Getting a sense or knowing of the outcome and effect on yourself, others, the world
 - What would you be 'being' or doing?
- **Sit with this for a few moments** – allow your being to fully embrace this knowing
- **State the following:** "I now call upon the Universe/Spirit/God to support the manifestation of this or better for the highest good of all."

Once completed, allow yourself a few minutes to integrate, meditate or you may like to journal.

You may like to place a symbol or picture of your intention or the oracle card somewhere prominent to remind you throughout the month of the intention or theme.

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