



at-home NEW MOON RITUAL

1. SET SACRED SPACE

Let this be a dance. Set your phone aside or put it on airplane mode so as not to disturb you. Put on some music, or let your audible breath guide you. Clear out clutter. Outline the physical space you'll be using. Adorn the space, readying it for your prayers. Flowers, candles, etc. Collect anything you'll need so it is within arm's reach.

2. INVOCATION

Call in the North, the South, the East, the West, Mother Earth below and Father Sky above, and lastly call in Grandmother Moon. Take 8 breaths with the moon to honor her 8 phases.

3. OFFERING

Acknowledge the offering you will make to Grandmother Moon to honor her place in this process. This might be the flowers you used to adorn the space, 5 minutes of meditation, a song you'd like to sing to her, etc.

4. CLARITY – YOUR DESIRE

*Write out or say aloud what you want, and allow yourself to get very clear on every aspect and **why** you want it. Make sure each aspect lines up with your true values and belief. This is a time for getting very real with yourself.*

5. OFFERING

As one last offering to Grandmother Moon, and to the others in your circle, you might pull an oracle card, read an excerpt from a book, read a poem, or share a song together.

6. THANKS + CLOSING

Give thanks to Grandmother Moon, Mother Earth, Father Sky, and the Four Directions. Thank any guides, angels, and loved ones who were here with you. Thank each other for your presence.

End with: "I now close this ritual" and begin to clean up the space. You might keep something from the sacred space on your altar or by your bedside to keep a piece of the ritual with you for the next month.