

Journal

Date: / /

Astrological Event: New Moon in Aquarius 2023

New Moon Ritual

Take three gentle breaths in and out, with a longer exhale to connect to your intuition. State a prayer such as: "Soul, I am present to you, I call you in with all my heart and all my energy to be present and guide me in this new moon ceremony today." Answer the following journal questions.

1. What do you give to the world by being unique you?

2. What are you ready to create in your life at this time, based on your heart and your intuition, rather than only your head (i.e., rational cognition?)

3. How do you want to honor your unique gifts and share them with the world in the next 30 days, 6 months, and/or 12 months?