



MOON RITUALS

New Moon Worksheet

1. What expectations do I have of my life and others in it right now?

Letting go of the how or when of expectations is where freedom begins. Declare the outcome and trust.

2. What internal aspect of myself could I focus on healing/loving instead?

Our mind is like a magnifying glass. When we change the internal, the external changes automatically.

3. Meditate on: "Where would you have me go, what would you have me do, what would you have me say and to who? Write down anything that comes up for you.

Did you have any thoughts, feelings, or visions while meditating?

4. What inspired action will I take this moon cycle?

Feel free to post your answer in [Grief Resilience](#) or [The Witch's Den](#)! Remember to use #NewMoon

Thank you for sharing your moon phase journey with us!

SB

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