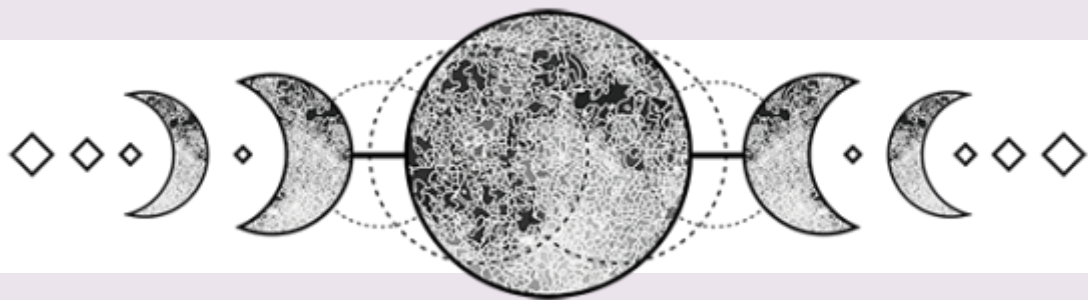
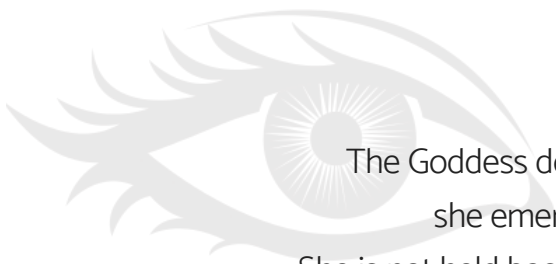


NEW MOON

A beautiful workbook to help you navigate this moon phase.



Inner Goddess.



The Goddess doesn't enter us from outside;
she emerges from deep within.

She is not held back by what happened in the past.

She is conceived in consciousness, born in love and nurtured by higher thinking.
She is integrity and value, created and sustained by the hard work of personal growth
and the discipline of a life lived actively in hope.

- Marianne Williamson -

It's really no secret how powerful the moon and her energy really is. But it seems as though its usually the full moon that people look more fwd to. With that big round glowing rock in the sky it definitely does make everything around you feel more magical even if you don't believe in magic.

For millions of years there has been a natural cycle of energy that favours our atmosphere, the Lunar cycle. The Moon is as present in our world as the Sun and highly predictable once we learn her rhythm. Her energy is strong and pulls on our energetic body the way she pulls on the tides of the ocean.

So why not align with the moon's energy and use it to help you build your dreams?

As you become familiar with how the moon cycles work, you will start to experience a little more magic in your own life.

I like to think of the NEW MOON being about setting new intentions, making wishes, manifesting and creating. Its a chance to get really clear on what you want, how you want to feel and how to align your attention with intention and visualise it coming to into reality.

Whereas the full moon is all about releasing what no longer serves you, letting go and having forgiveness. Releasing control of anything and everything - ridding ourselves of toxic and negative energies. (You can purchase a copy of my full moon ebook on my website)

I can't be sure when I first fell in love with the moon but I do love the energy of her and love the forever learning about the cycles and the connection it has to us humans. It will really help remind you that we are connected to something bigger, more powerful than ourselves.

We are children of the universe.

Moon Cycles.



The new moon is a chance to create your dream life, to let go and to work with the universe around your intentions. A time to get really clear on what you desire to bring into your life.

WHEN IS IT:

It occurs once per month. Its important you know when the full moon is arriving. Always have in your calendar the date and time.

I use an app on iPhone called 'moon' to track it but there is plenty of info to be found online.

WHAT YOU'LL NEED TO WORK WITH THE NEW MOON?

- ⊕ **Alone uninterrupted time:** Must allow this time for you to be on your own when and where you won't be disturbed (if you need to make arrangements so you have space and don't have your kids, then do so). Switch off your phone, unplug and tell everyone you're busy!
- ⊕ **Create a sacred space:** Give some thought to how you will create your sacred space - make it beautiful and comfortable.
- ⊕ **Engage all your senses and connect to the elements of Mother Earth:**
 - Earth:** Hold your crystals or any other earth elements - leaves, flowers etc
 - Air:** Burn dried sage and your favourite essential oils (see next page for what I recommend)
 - Fire:** Light a candle or two.
 - Water:** Fill a small bowl with water and add some sea salt to represent the ocean.
- ⊕ Play some soothing and connecting music (you will find a playlist on Spotify).
- ⊕ Grab a comfy blanket and pillow, a cup of hot chocolate or tea or even a sneaky glass of wine.
- ⊕ **Journal or Notebook :** Have your journal and a pen/pencil ready with you so you can note down anything you're feeling, emotions, visions, thoughts, realisations or reflections.



Essential Oils.

TO CONNECT WITH THE NEW MOON

Wild Orange :

The 'Abundance and Creativity' Oil,

Wild Orange is an uplifting blend inspires good fortune and can help us to release any beliefs around lack that can come in the form of fear, anxiety or perfectionism.

Lavender :

The oil of 'communication'

Lavender helps us to clearly speak of our needs and wants. As we connect to the new moon this supports clear communication to the universe. Helping us to get honest with our emotions and thoughts that we are resisting.

Clary Sage :

The oil of 'clarity'

Clary Sage helps us in changing our perceptions and allows us to really see what's in front of us. This oil will help you to expand your vision and think big. It helps us to receive intuitive guidance and determine what is true for us.

Ginger :

The oil of 'Empowerment'.

Ginger empowers us to take complete responsibility for our life. It helps us to let go of waiting for outside circumstances to change and choose our own destiny. Ginger also activates our intuitive skills.

Cypress :

The oil for 'Change and Transition, Motion and Flow'.

Cypress creates energetic flow and teaches us to be flexible. It encourages us to release control of the outcome, choosing to trust in the flow of life.

Frankincense :

The oil of 'Truth'.

Frankincense aligns us with our higher consciousness. It heightens our awareness and raises our vibration whilst reminding us we are loved and protected.

I to order please contact me here or send me an email at rebecca@foodfitnesswellness.com I

There is no greater agony than bearing an untold
story inside you.

Maya Angelou





Some of my favourite crystals which you can include with your new moon ritual:

- ⊕ **Black Moonstone :**
New beginnings, a magic gemstone that will summon the energy of the moon, a time where all things really are possible. Best crystal for manifesting dreams and setting intentions.
- ⊕ **Labradorite:**
The traditional new moon stone of new beginnings and hidden magic. It will help you hold the vision of whats possible in your life. This crystal will help you to dream bigger.
- ⊕ **Chrysocolla :**
Will give you confidence to move on from past mistakes, clarity to help you set new intentions, give you inspiration and courage to harvest new opportunities.
- ⊕ **Smoky Quartz :**
A great stone for grounding, letting go of negativity which could potentially hold you back when setting intentions and can help bring out creativeness.
- ⊕ **Citrine :**
This gorgeous stone is great for success, confidence, focus, wealth, abundance, joy, positivity and luck.
- ⊕ **Clear Quartz :**
The master healer, Helping to remove negativity, clear confusion and bring clarity, cleansing and centring. The properties of a clear quartz; like amplification and programmability are essential for manifesting intentions.
- ⊕ **Bloodstone:**
A powerful healing stone to help heighten intuition and increase creativity. It is a grounding and protective stone which will help with any irritability and impatiences.

Dream Life.

What are your passions/interests?

What are you giving back to the world?

What are you doing creatively?

What are you grateful for?

How do you feel in your body?

Do you have a spiritual practice?

Do you have a self love practice?

What do you do for work?

What is in your bank account?

How do you move your body?

How do you nourish your body?

Are you with your soul mate?

Do you have kids, married etc?

Where do you live?

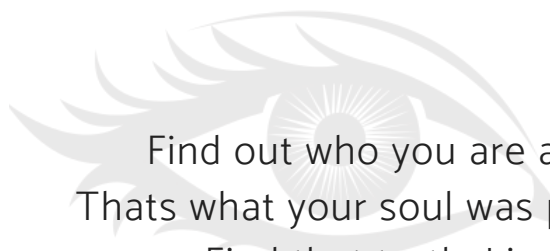
What is your relationship like with your family?

Who else is in your life?

Allow your imagination to run wild when you think of and create your dream life! This is YOUR life girl!

It can be however BIG and MAGICAL as you want it to be - there are no rules here!

Use your imagination to dream up the most amazing life.



Find out who you are and be that person.
Thats what your soul was put on this earth to be.
Find that truth, Live that truth and
everything else will come.

Ellen Degeneres

Intention Setting.

To have more of the life you desire it is about being intentional about the life you want to create. As we know the moon is all about feelings. So we want to focus on how we want to feel. Just like visualisation and the law of attraction - if we can drop into how we want to feel in the near future, we can really try and connect to what we want.

The moon is ever changing and going through phases of movement. The moon has been associated with creativity, womens monthly cycles, agriculture -farmers planting and harvesting crops.

So we think of the intention setting at the new moon as planting our seeds for what we wish to come to fruition in the near future.

My clients often ask me - 'what intentions should I set' - and its really quite simple, think about your dream life, how it looks and feels and then compare it to your current reality right now and where doesn't it match up?

What could be different?

Know that life can always be better, if first we dare to dream.



You might feel shocked at what comes to you through this process and I ask you to let go of any judgement you may have or even any resistance to the desires you have as they may be quite bold, or they may be simple. Know that either is perfectly ok. Remember you are allowed to dream as big or as little as you choose.

Keep your heart wide open to possibilities.

Before you begin, allow yourself some time to meditate - clear your heart and mind.

Focusing on your breath and really allowing yourself to fully relax.

You can always use calming music (I have some great playlists on Spotify) to help you fall into more of a dreamy state.

Once you have completed your dream life list - I want you to start thinking about setting some intentions around this months New Moon.

I want you to use this time of the month to start to set intentions to create more of what you desire.

What is it you want to bring to life?

Step 1:

Set Your Intention - Write down what it is you would like to manifest over the next month.

Once you have done so you can swish the paper over the sage to clear away in blockages or negativity around the intentions you have written.

Step 2:

Meditate/Close Your Eyes - A huge part of manifesting is visualisation. I want you to visualise what it is you want to bring to life, the steps it will take, the feelings and sense of achievement once you do.

Allow any ideas, thoughts etc come and go. The feeling is so important - Remember to feel and experience it as if it has already happened.

This is part of the law of attraction.

Step 3:

Declare your desires to the universe out loud. Feel your desires and have gratitude as if you have already received them.

AFFIRMATION 3 x - 'I am heart wide open and ready to receive'



If you have oracle cards, angel cards or tarot. You may also feel called to pull some cards around your intentions or the new moon, new beginnings and just see what card comes up for you.

I manifest all I need with ease.

AFFIRMATION



Manifestations

ULTIMATE WISH LIST

Use this bonus worksheet whenever you like! It is for all your wildest dreams.

If nothing were off limits, what would you wish for, what do you desire, what would you want?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

notes.

notes.

Its time to wake up *Godless.*

FOODFITNESSWELLNESS.COM



@foodfitnesswellness

@iamrebeccaneale

Share your *journey* with me

#innergoodnessjourney