

# New Moon Manifesting

Each New Moon is an opportunity to make wishes which can manifest in to reality. You need to become very clear on what you want so the Universe can help you on your way.

Below are 3 tips to help you ride this gorgeous New Moon Energy

## 1 Clarity is Key

Get very clear on what it is you want. You need to ensure that your intention or wish comes from the heartspace and that you feel that emotional connection to it.

While you can wish for anything you want, remember that you will also need to put effort into this exercise. The Universe doesn't see your wish as big or small - only that you have put your order in.

Also, you need to feel worthy of what you have asked for and that you can have it. Mindset is key.

## 2 Visualise to Materialise

Spend a few minutes every day visualizing your wishes having already manifested right in front of you. Be grateful that they have and allow yourself to be excited for it arriving.

## 3 Be Grateful

Be grateful for what you already have. By taking note of that which you already have in your life, the Universe can help you in bringing in more to be grateful for. Remember that what you focus on expands.



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There is no right or wrong way to do this although I am going to walk you through what works for me.

Please feel free to tweek it for yourself.

Grab pens/markers/stationary that you want to use to pretty up your wish list.

Light a candle and call in your Spiritual Pit Crew for assistance.

First, start writing your "Wish List ". If you so choose to, you could also note down the steps you can take in bringing in your wish or you could even cut out pictures as per a vision board.

Now sit back and look at your list. Can you physically and emotionally feel how you will feel when they come to you? This is key as your being able to focus on and bring this into being while co-creating with the Universe is what will help you draw it to you.

It is completely your choice if you choose to burn the list and send the intentions out into the Universe or if you choose to keep them tucked away in your journal. Again, there is not right or wrong way - follow your own.

Now its time for you to focus on what you are grateful for.

You can write it out onto paper or sit and run through it in your mind.

Blow out the candle and that your Spiritual Pit Crew for their assistance.



Kim Williams  
- Flourish R&R -

# New Moon Wishlist



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may the energy of the  
New Moon boost my  
manifestations.....

and so it is