

New Moon Manifesting



New Moons are amazing for sitting down and gaining real clarity on what it is you want to bring into your life over the next month. Think of it as a time to realign with your goals and desires.



There are some tips I am going to pass on to you that are going to help you with writing out your wishlist and manifesting them but remember - if you don't deep down believe that you are worthy of what you are asking for, this won't work.

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The best time to write up your wishlist and work with New Moon energy is the night of or the night either side of the New Moon. This is when it will be most potent.



My New Moon notebook with amethyst, rose quartz, citrine and herkimer diamond.



What you will need



Paper/Journal to write in



Pens, pencils, felt tip pens



Candle

(to draw down the New Moon light)



Crystals that you are drawn too



An open heart



When writing down your New Moon wishlist, you need to ensure that they come from the heart and that they feel as though they have indeed already happened. Feel it right into your very presence and notice how you feel.

Start by writing a list of what you would like to manifest into your life but remember this - if you are asking for a brand new car to purchase and don't have a job or business to facilitate that wish, it would be wise to work on how you are going to manifest the funds to make it happen. You can start with the words "I wish" or "I want" - its up to you.

To get you started, you could work on 2 for you, 2 for professional purposes and 2 for relationship purposes.

The next page has a prayer for you to use and space for you to note down your wishlist.

Remember to be specific as though you are writing out your grocery list. You wouldn't substitute a good piece of steak for tofu because that's all you could find right? By being specific you allow the Universe to use it as a checklist rather than a very broad guideline.

Dear Universe, thank you for co-creating amazing opportunities for abundance, love and health into my life. My New Moon wishes are as follows:



Thank you and I am open to creative ways for my wishlist to turn up in my life. So it is with love and grace and work with you on this.

Now that you have listed out your New Moon wishes you will need to take inspired action to help manifest them.

An awesome way to do this is with affirmations.

For example, if one of your wishes is to land the perfect job then you need to use an affirmation such as "I love my new job that supports me financially and I enjoy my new workplace" or "My new job allows me to express my creativity and be paid generously".

If your wish is to improve your health and fitness you could use the following to help back up your New Moon wish - "I am loving my new figure and feel amazingly fit" or "I love being active and how it makes my mind and body feel".

If you are not sure on what you would like to place onto your wishlist, go by how you would like to feel. If you would like to feel happier then you could write that on your list and back it up with an affirmation such as "I feel so much happier and welcome in new opportunities to continue this feeling."

Another amazing way to draw your wishes in is to visualise. Take the time each day to really feel and visualise how each one of your wishes will feel when they come to fruition. This one really is the gorgeous magical part in bringing about your wishes. If you sit with them and feel uncomfortable or that something isn't right, check in with your self-worth and your belief in having as you wish.

This is where many can come undone. Again, you can work with affirmations for this but journalling is an amazing way to work out what your limiting beliefs are then working to bust through them.



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There are a few "Rules of Engagement" when working with the New Moon and coming up with your wishlist.

You can't make wishes for another person.
They need to do this for themselves



It is up to you if you choose to burn the list. I write mine in my journal so I can repeat them each day but others choose to burn them and release the wishes to the Universe. Do as you feel comfortable.



If you feel your wishes aren't coming true, then check in with yourself and ask "is this truly my desire?" Sometimes we can be influenced by others needs and wants.


