



Moon Phases

- New Moon: setting intentions, reflecting on new beginnings
- First quarter moon: Commit to moving forward, taking action
- Full Moon: Introspection, release what no longer serves you
- Last quarter moon: evaluate, move forward, gratitude



Making Moon Water

- Using a clean glass jar, fill with distilled or spring water.
- Set outside under a full moon. Feel free to write down an intention for the coming moon cycle and place it under your jar.
- Let the moon charge your water overnight! Be sure to bring your moon water inside before the sun rises.
- Use your moon water to water your plants, take a bath, make tea, and many other things, all the while reflecting on your set intention.



Moon Ritual

MOON WISHES MANIFESTATION

- List your manifestations. Really focus internally to find out what you need.
- Start by lighting a candle, focus on getting present and letting go of anything bothering you. Spend a moment thinking about what you want to release and what you want to attract.
- Take the paper and jot down the things you'd like to manifest over the next month.
- Place the wish list someplace special (a box or a jar) and then set it outside to soak up the moonlight.
- Bring in your list before the sun hits it the next morning to preserve the moon vibes.
- Place the list somewhere where you can see it each day. Take a moment each day to look at your list and reflect.