

# LUCY BRAND

## Intuitive Business Coach

### New Moon Intention Setting Ritual

Hi there lovely! Thanks for requesting my New Moon Ritual. I believe rituals are an important part of our lives, business and growth. They support us in slowing down, checking in with our desires and authentic self, becoming present and offer us the opportunity to acknowledging where we desire to go and be grateful for all which has passed.

The new moon symbolises new beginning and new starts which makes it the perfect time to set intentions for that which we would like to invite and manifest into our lives and businesses. We plant the seeds of heart's desires which grow, blossom and bloom if nurtured and cared for.

Like a seed, our intentions need to be cared for and cultivated so they can manifest. This can take be done in many ways to support you in creating the life and business you desire. It may involve writing them out daily or printing them off and pinning them to your bathroom mirror. A gentle reminder to take aligned and inspired action daily towards making your intentions a reality.

As we connect with ourselves, Mother Moon, Mother Earth and Spirit, (Source, The Universe, God) it is within this silence and stillness we can hear the whispers of our heart & soul's desires and this is the perfect place to set our true and truth intentions from.

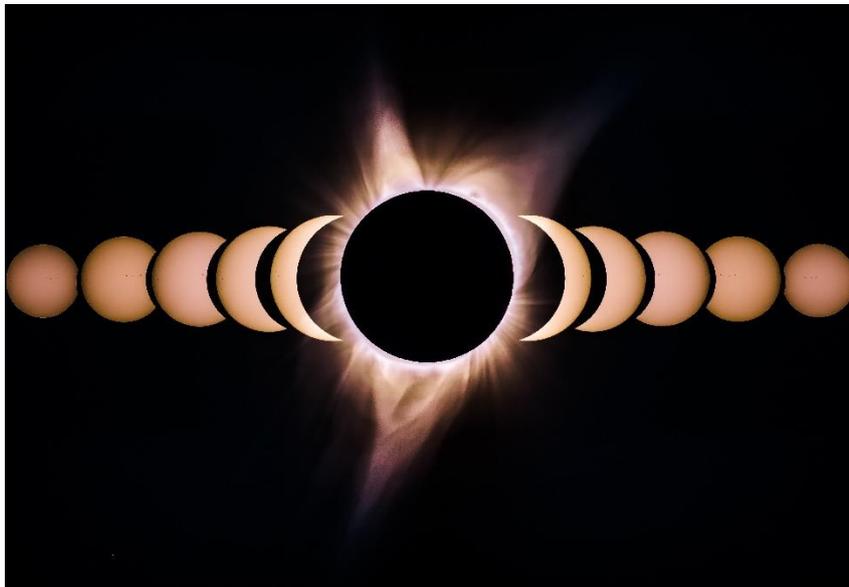


Photo by Bryan Goff on Unsplash

# New Moon Intention Setting Ritual

## Ingredients

- ★ Sage stick
- ★ Crystals
- ★ Candle
- ★ Lighter or matches
- ★ Pencil or pen
- ★ Paper or journal

NB – I like to know which star sign the new moon is in before I begin my new moon ritual as this can guide me in setting my intentions and making them more powerful as they're energetically and astrologically aligned.

1. Decide where you'd like to carry out your New Moon Ritual and prepare the area. If inside, cleanse the area by lighting a sage stick and clearing out all negative energy. I like to sage myself whilst doing this too and my crystals as it is signifying a fresh start.
2. Next, seat yourself and receive three deep breaths into your beautiful body and release.
3. Light the candle, centre yourself and write in your journal or notepad the date, which star sign the new moon is in and the date of the next new moon which is usually in 28 days' time.
4. Connect with the new moon, bask in her energy and send her love and gratitude.
5. Ground and send roots down, deep down into Mother Earth and connect with her too and send her love and gratitude for all she does for us.
6. Connect to source energy whatever that means to you and your heart.
7. Be open and receive that which wants to come through from your true self. All your desires, dreams and intentions for the next moon cycle.
8. It's resting in this beautiful sacred space you've created where we write and set our new intentions. Reach for your journal and write what arises from your true, authentic self.
9. Once written out, sign it off with, "For the greatest and highest good of all involved. And so it is".
10. Send love and gratitude to yourself for honouring you and this beautiful moment. Send love and gratitude to Source, Mother Moon and Mother Earth.

11. Blow out the candle and sit in gratitude for a few minutes to see if anything wants to come through. Ideas, nudges or the next aligned step to move you forward and manifest your intentions. Then that's it!

Enjoy!

*Lucy x*



Lucy Brand is an Intuitive Business Coach & Speaker who helps women entrepreneurs to heal at their core & create a profitable business which supports their dreams. Lucy combines her digital marketing experience with energy work & Shamanic healing to address your inner game of mindset & energetic alignment with outta game marketing strategies. She is passionate about encouraging women to know they ARE enough & worthy of fearlessly going after their business dreams.