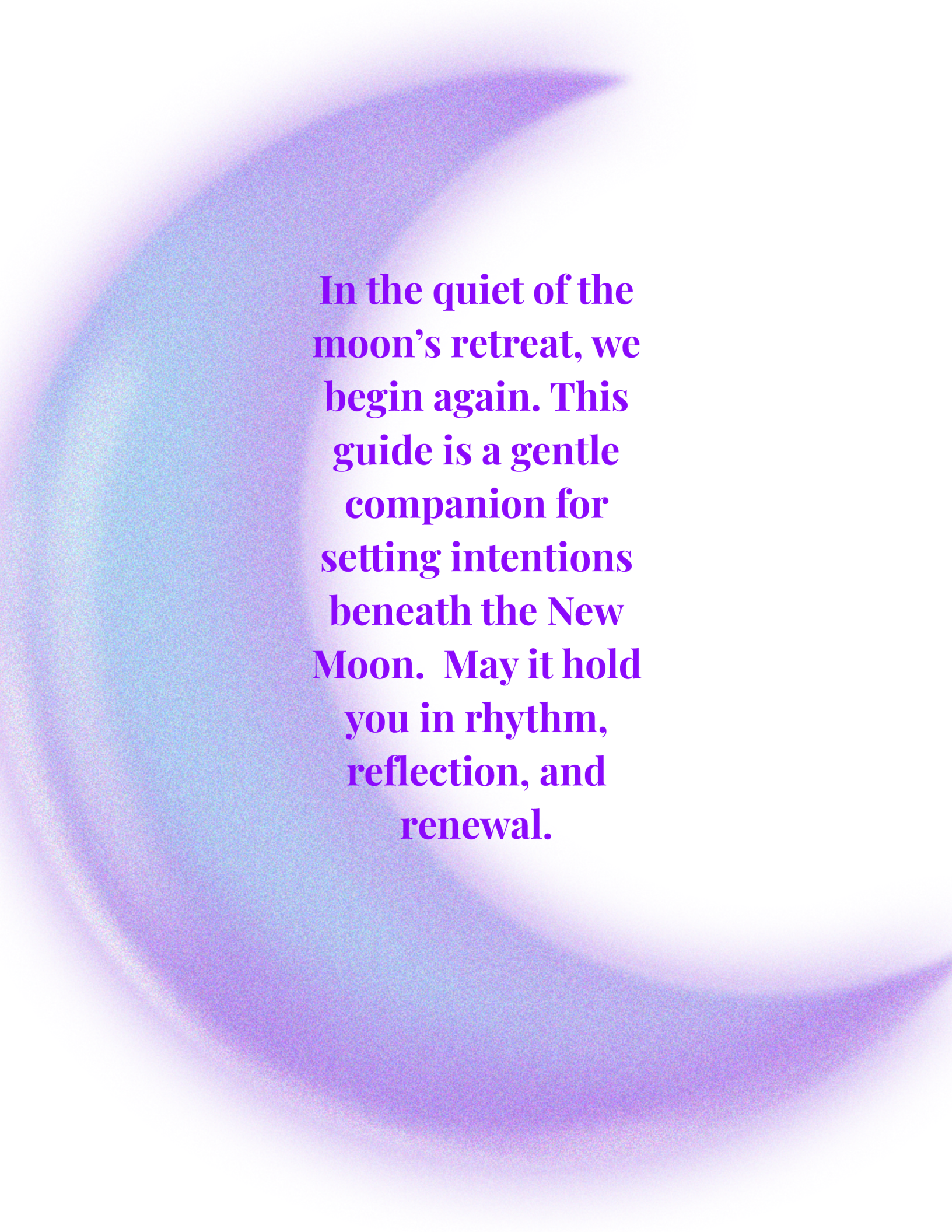




New Moon Ritual Guide

*A sacred space for reflection,
intention, and renewal*

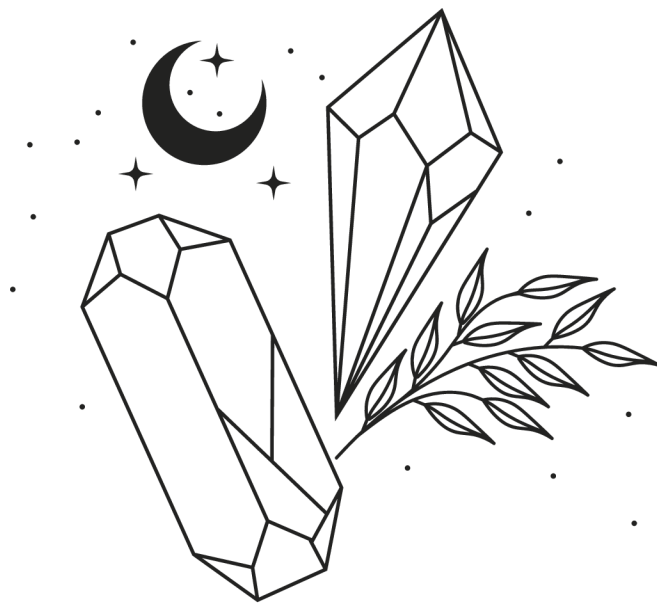
Lovingly crafted by Jacqueline, guided by the spirit of
Visionary Dreams



In the quiet of the
moon's retreat, we
begin again. This
guide is a gentle
companion for
setting intentions
beneath the New
Moon. May it hold
you in rhythm,
reflection, and
renewal.

Step 1: Cleanse Your Space

Begin by clearing physical and energetic clutter. Light a candle, burn sage or palo santo, and breathe deeply. Create a space that feels sacred and still.



“I release what no longer serves me. I welcome clarity and peace.”

Ground Yourself

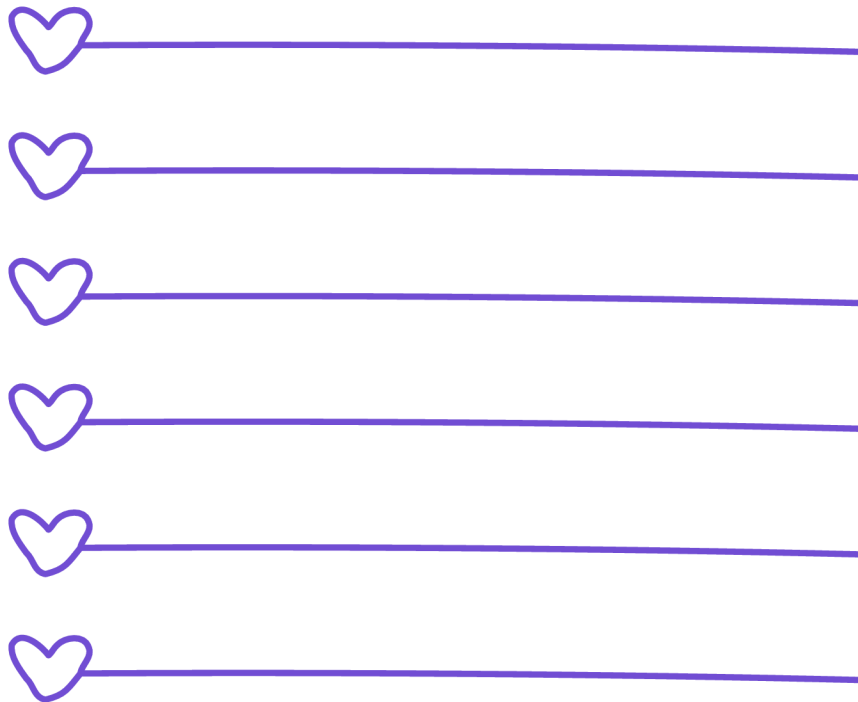


Sit quietly and connect with your breath. Feel your body supported by the earth. Visualize roots extending from your spine into the soil, anchoring you in safety and presence.

“I am rooted. I am safe. I am here.”

Set Your Intention

With a clear and grounded heart,
write down your intention for this
lunar cycle. Keep it simple, heartfelt,
and present-tense—like it's already
unfolding. You may speak it aloud,
place it on your altar, or hold it in
meditation.



A series of six horizontal lines for writing intentions. Each line is preceded by a simple line-art heart icon. The lines are evenly spaced and extend across the width of the page.

“I plant this seed with love and trust.”

Visualize the Outcome

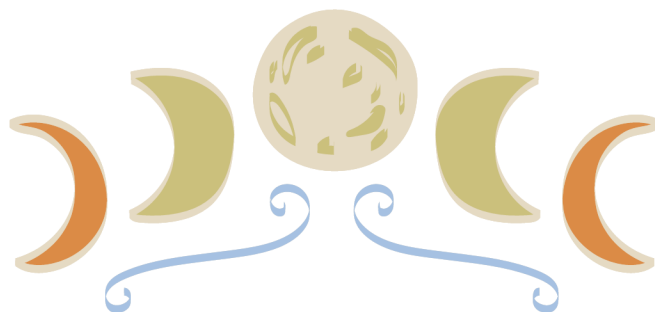
Close your eyes and imagine your intention unfolding with ease. Feel the emotions, see the details, and trust the process. Let your body respond—smile, breathe, soften.



“I see it. I feel it. It is already mine.”

Seal the Ritual

Give thanks for this
moment of clarity and
connection. Blow out your
candle, close your journal,
or place your intention
somewhere sacred. Trust
that the energy is held
and unfolding.



“It is done. I am held. I am whole.”

Closing Reflection

You've honored the moon, your space, and your soul. Let your intention unfold with grace. Return to this ritual whenever you seek clarity, renewal, or peace.



“I am aligned. I am whole. I am ready.”