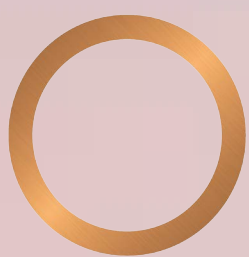


◦.LUNAR NIGHTS.◦

MANIFESTING BY THE MOON



NEW MOON



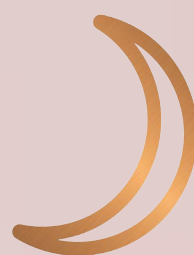
I like to think of the New Moon as an empty vessel. It's the perfect time to fill up on all of the intentions you have for the month ahead. Plant seeds, write down new ideas and begin fresh projects.

EXERCISE: Set up to 5 intentions for the month ahead. Keep them positive, present and potent.

Take some time to explore your intentions. How do they feel in your heart space? Why these intentions? What do they mean to you? Connect with your intentions on a deeper level.

EXERCISE: Free write for 10 minutes keeping the above questions in mind. Don't edit. Just write. Reflect on what came up for you.

WAXING CRESCENT



Take inspired action towards your intention. What actions could you take over the next few days to be one step closer to manifesting your intentions?

EXERCISE: For each of your intentions write down one action you could take TODAY to be one step closer to manifesting your intention.

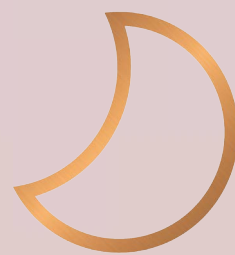
FIRST QUARTER



You are being tested to stay on course with your productivity before you switch to a yin energy. Can you observe your intention rather than control it?

EXERCISE: Are you too attached to a specific outcome when it comes to your intentions? Where can you take a step back and release expectations around your intention.

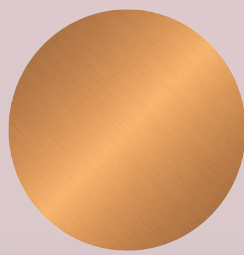
WAXING GIBBOUS



This marks the waning phase of the lunar cycle. It is the perfect time to trust, surrender, release and let go. The best way to let go is to practice forgiveness regularly.

EXERCISE: Who and what do you need to forgive over the last month (yourself included)? Write them down and then replace anger/fear/resentment with love & light.

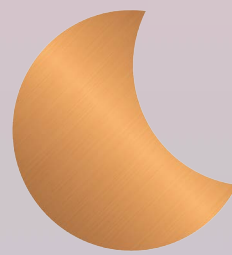
FULL MOON



Instead of resisting, I encourage you to relax into the slower vibes this phase conjures up. It's the perfect time to turn inwards and practice gratitude.

EXERCISE: Take an introspective look at yourself and write down everything in your life you are grateful for.

WANING GIBBOUS



This phase can often feel like an 'in limbo' energy. It's a good time to reflect on limiting beliefs. Are you stuck in patterns that are preventing your intentions from manifesting?

EXERCISE: What areas of your life do you find it hard to manifest? Can you determine what your limiting beliefs are that are preventing you from manifesting your intention? Sometimes awareness is enough to shift a belief.

THIRD QUARTER



Take rest before the yang energy of the New Moon hits in the following days.

The best way to make the most of the Balsamic Moon is to 100% release anything that you don't wish to take with you into the new lunar cycle.

EXERCISE: Write down everything you wish to let go of and release before entering the new lunar cycle. You might like to burn this list as a symbol of diffusing it's energetic hold over you.

WANING CRESCENT

