



Tilling your New Moon soil

Date:

New Moon sign:

New Moon house:

*If the Moon's cycle is at all meaningful, it has to be found in the life you're already leading. So for the moment, before you think about any New Moon dreams, **write down all the things that matter most to you right now.** If you haven't started a Moon Journal yet, let this be the first entry for this cycle. Take stock. What important events are coming up? What are you excited about? Is anything troubling you? What is most challenging for you right now? List all your current concerns. An honest inventory will help to ground you—which is the important first step for any magical manifestation.*

What I'm thinking about these days...

Can you see a relationship between your concerns and the sign or house of this New Moon?

*Having focused on your present, what would you like to see happen? Let your mind wander out into future and **visualize the best outcome in all the matters before you.** Notice your breathing as you do this. If a particular situation makes you tense and short-breathed, stay with it patiently, until you can see the outcome you desire while breathing comfortably. Your positive visualizations "stretch" your third eye in a way that invites assistance.*

What I'd like to see happen...

Whenever we start dreaming, it is natural to wonder, "How can this come true?" If we ask with skepticism, we'll drain the juice from our dream before we begin! But if we ask this in a spirit of wondering—maybe gently, or with enthusiasm and curiosity, we start to call in

divine assistance and new inspiration.

What I'm willing to commit to...

You've done the important preparation—grounding into your current concerns and opening your third eye toward new possibilities. If you didn't see a connection between your aspirations and this New Moon, consider which qualities of the New Moon sign could best help your efforts now. The New Moon sign is the elixir—the magic gift—available for us to use at this time. Your New Moon house gets a special chance to be rejuvenated. We don't have to take advantage of this every cycle—but it's certainly one of the joys of moonplay.

I recommend that you allow yourself to float in the wondering space for a bit. Let your desires germinate in the New Moon field before you select your goals for this cycle. Your intentions are the seeds you decide to plant. Pick ones that inspire you—and that feel realistic. If you're working on a big goal, focus on the specific steps you'd like to take this cycle.

I like to wait until the Crescent Moon to write my intentions. That's because the energy at the New Moon, while fresh and exciting, can also be a bit unstable. It is easy to intend something on the day of the New Moon and forget it 24 hours later! When you plant your dreams with care, using these three simple steps, you will dramatically increase your capacity for growth, and for seeing your dreams come true.

Keep a record of your New Moon intentions and review them one or two years later. You'll learn a lot from this review!