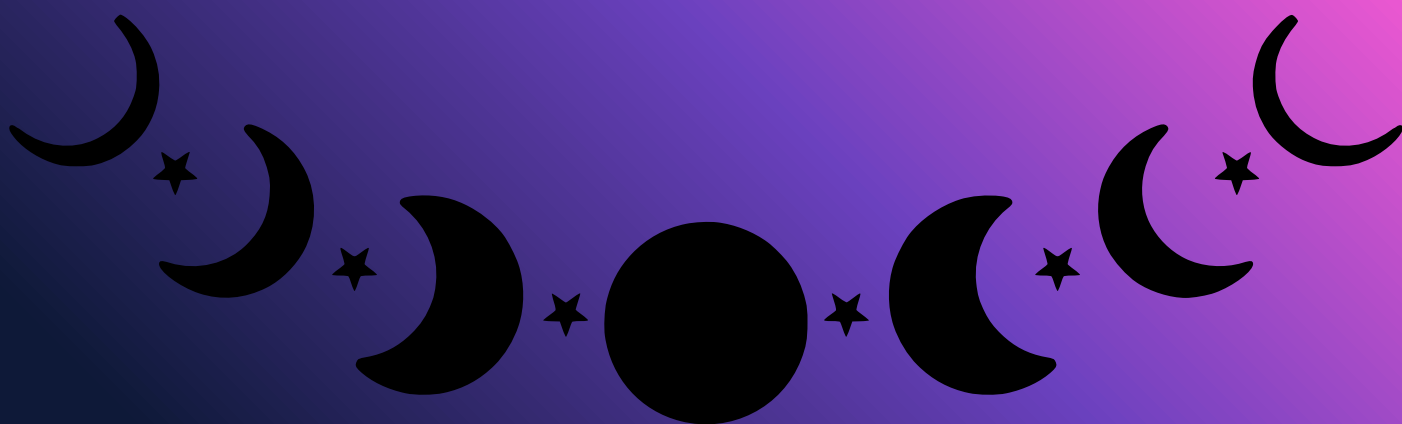


Moon Ritual Essentials

Simple Guided Rituals for Clarity, Release, and Intention



Your Moon Ritual



1. Settle & Soften

Close your eyes, unclench your jaw, drop your shoulders. Take one slow breath in... hold 3... release.

2. Awareness Check-In

What feels heavy?

What feels new?

What needs your attention?

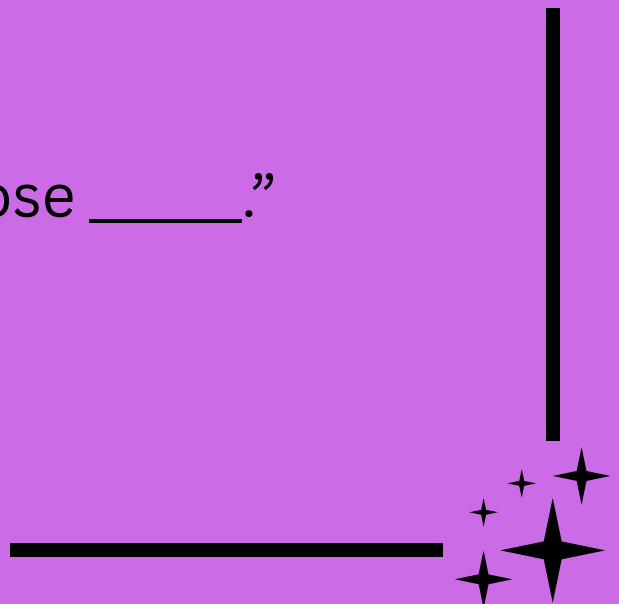
3. Moon Reflection

Full Moon: What am I ready to release?

New Moon: What feeling do I want to grow?

4. Intention Line

Write one sentence: "I choose ____."



Mini Tools & How to Use Them



Breath Tool:

5-10 count retention breath (example: inhale 5, hold 5, exhale 5, and hold 5).

Body Tool:

Relax the tongue from the roof of your mouth. Let the belly soften.

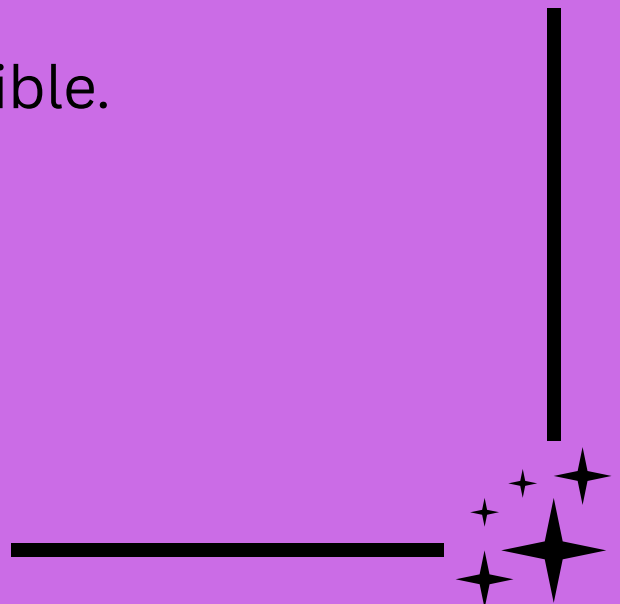
Mind Tool:

“I slow down to hear myself” or “I trust what is unfolding.”

Moon Action:

Full Moon: write & tear.

New Moon: write & keep visible.



Moon Calendar 2026 Dates

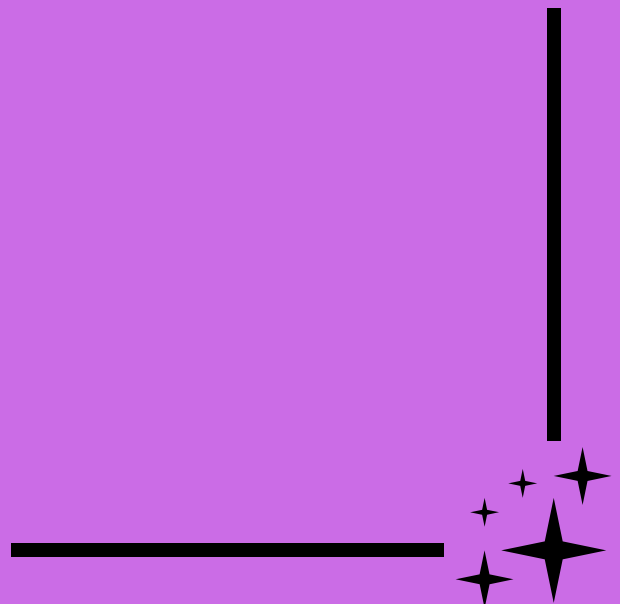


Full Moon:

- January 3, 2026
- February 1, 2026
- March 2, 2026
- March 31, 2026
- April 30, 2026
- May 30, 2026
- June 28, 2026
- July 27, 2026
- August 25, 2026
- September 24, 2026
- October 24, 2026
- November 23, 2026
- December 23, 2026

New Moon:

- January 18
- February 16
- March 18
- April 16
- May 15
- June 14
- July 13
- August 11
- September 10
- October 9
- November 8
- December 7



Continue Your Lunar Journey



Want guided moon meditations each month?
Join my monthly Lunar Series for grounding,
reflection, and intention-focused practices.

Visit: www.simplified-wellness.net

