

# New Moon Intentions

The moon is a powerful presence in all of our lives, pulling on the oceans tides and creating a rhythm of life for all of us. There was a time when we were deeply connected to these rhythms, but, over time, technology and our modern culture has separated us from those celestial vibes. **Aligning yourself with the cycles of nature as a practice can be a transformative experience and tapping into the energy phases of the moon is a good place to start.**

A new moon is the perfect time for reflection and intention-setting. She brings with her the opportunity to explore creativity as she is fertile ground for new seeds of intention to be planted.

Take a moment to get clear on what you want. *What are your intentions for the next month? This year?* There are no wrong answers. Whatever it is, **make sure it's about you**. Open up to your hearts desire and feel it in your body. Once you are clear on your intention, write it down. Keep writing it until you feel energized, excited and maybe a bit nervous after reading it. *You'll know when it's right* – you will feel it in your body.

Make sure it includes:

- Who or what you wish to release or is no longer welcome in your life
- Who or what you would like to bring in or welcome into your life

The simple act of gaining clarity around your intentions, creating space to honor them and then sending them out into the Universe is enough... then let it go and detach from the outcome. Trust it is being taken care of for you. Keep your intention close by and look at them daily to remind yourself of what you are working towards. If something comes up that doesn't support your intention(s), acknowledge it, know it's a teaching tool and stay focused. Aligning with your intention is the **easiest way to attract what you want into your life** and connecting that energy with the energy of the beautiful moon is a great magnifier.

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