



Aligning yourself with the new moon provides a opportunity for inner spiritual growth. Goals to focus on with the new moon are Accountability; Embodiment and Alignment with the Divine within.

### STEPPING INTO A NEW MOON:

1. Determine your main focus/intention for this new moon.
2. Write your main intention inside the inner circle.
3. Next determine the twelve "I Am" statements/truths. In order for your main goal to be true, the twelve statments must be embodied. Each statement should be first person, possessive of truth currently or to come.
4. Fill in the outer spokes of the wheel with your 12 truths.
5. Hang your wheel in a visible place, and recite your statements outloud each day until the eve of the next new moon.
6. On the eve of the next new moon this wheel will be burned in order to move into the next new moon completely clear.



This wheel chart  
can be downloaded  
from my website



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