



MANIFESTING WITH THE NEW MOON

UNCOMMON PPL

WHAT IS A NEW MOON?

- The New Moon is a truly remarkable celestial event. It represents a beautiful lunar phase when the Moon is perfectly positioned between the Earth and the Sun, marking the commencement of a new lunar cycle. During this phase, the Moon is on the opposite side of the Sun, concealed from Earth's view. This particular phase symbolises the conclusion of the previous cycle and the promising start of a fresh one.

WHY THE NEW MOON IS AN IDEAL TIME FOR MANIFESTATION:



The New Moon presents an excellent opportunity for manifestation as it signifies the beginning of a new cycle, providing a wonderful chance for a fresh start and a clean slate.



Here's why it's so special:

Exciting New Beginnings: The New Moon represents a beautiful fresh start, allowing individuals to set heartfelt intentions and embark on a new chapter.

Pure Energy: The New Moon's energy is clear and clutter-free, making it more straightforward to concentrate on aspirations.

Magnified Intentions: The energy of the New Moon intensifies one's intentions, empowering them to tap into its incredible potential and bring their dreams to life.

Unconscious Mind: The New Moon is linked to the subconscious mind, allowing individuals to connect with their inner thoughts and desires.

Divine Timing: The New Moon is revered as a sacred time for manifestation, perfectly aligning with the natural rhythms and cycles of the universe.

- By setting intentions during the New Moon, individuals can embrace this amplified energy and manifest their desires more effectively.



Before you start your manifestation, you will need a pad for writing, some relaxing meditation music, and sandalwood incense. Sandalwood incense is a popular and sacred scent in many spiritual and cultural traditions. Here are some of the benefits and uses of sandalwood incense:

Meditation and Mindfulness: Sandalwood incense is believed to promote a sense of calm, relaxation, and inner peace, making it an excellent choice for meditation and mindfulness practices.

Spiritual Purification: Sandalwood is considered a purifying and cleansing agent, and its incense is often used to purify spaces, clear negative energies, and bring about positivity and good vibes.

Additionally, to maximize the benefits of the ritual, I suggest you go outside, ground yourself, and perform the ritual there. However, this is not essential.

A stone Buddha statue in a meditative pose, set against a background of warm, bokeh lights. The statue is the central focus, shown in profile, sitting in a meditative posture. The background is a soft, out-of-focus scene with warm, golden light and bokeh effects, suggesting an indoor setting with lights. A semi-transparent dark red banner is overlaid across the middle of the image, containing the text.

THE NEW MOON RITUAL

A desert landscape with rolling hills under a cloudy sky. A tall, thin metal post stands in the center, with a ladder leaning against it. The scene is dimly lit, suggesting dusk or dawn.

STEP ONE: CROSSCURRENT CLEARING

Start

Start with the Right Side

- Lift your left arm and place it on your right shoulder with moderate pressure.
- Use a sweeping motion to move your left arm down towards your right hip.
- Repeat this movement five times.



Repeat
on

Repeat on the Opposite Side

- Lift your right arm and place it on your left shoulder with moderate pressure.
- Use a sweeping motion to move your right arm down towards your left hip.
- Repeat this movement five times.



What to Expect



As you practice this technique, you may start to feel a sense of clarity and calm wash over you.



You may also notice a shift in your energy as if you're "clearing" or "unblocking" pathways in your body.



Take deep breaths and focus on the sensations in your body as you continue to practice this technique.



A desert landscape with rolling hills under a cloudy sky. A ladder leans against a vertical post in the foreground. The text "STEP TWO: PREPARE YOUR ENERGY FIELD" is overlaid in white.

STEP TWO: PREPARE YOUR ENERGY FIELD

To prepare your energy field for manifesting, take a few minutes to chant Hari Om with intention. Chant for no more than five minutes for optimal results, allowing the sacred sound to clear and purify your energy. This simple yet powerful practice helps to:

Release any stagnant or negative energy that may be holding you back

Align your chakras and energy centres for maximum flow and efficiency

Quiet your mind and focus your attention on your intentions

As you chant Hari Om, imagine any doubts, fears, or limiting beliefs melting away, making space for your desires to manifest. By the time you finish chanting, you'll feel more centered, clear-headed, and ready to tap into the universe's abundance.

A surreal landscape with rolling hills and a ladder in the sky. The scene is rendered in a soft, painterly style with a warm, muted color palette. In the center, a tall, dark ladder extends from the ground into the sky, where it disappears into a layer of soft, white clouds. The ground is a mix of light and dark brown tones, suggesting a dry, hilly terrain. The sky is a pale, hazy blue with wispy white clouds. The overall mood is contemplative and dreamlike.

STEP THREE: WRITE A GRATITUED LIST



Gratitude plays a critical role in manifesting with the Moon, as it trains our minds to focus on positivity, aligns our intentions with the Moon's transformational energy, and helps clear emotional blockages. It fosters trust in the universe's plan, amplifying positive energy and attracting more abundance. Additionally, gratitude cultivates inner peace, which is essential for clear and intentional manifestation efforts.



Please take a moment to jot down five things for which you are thankful for.

A surreal landscape with a ladder in the foreground and a cloudy sky. The scene is rendered in a muted, monochromatic color palette of soft pinks, purples, and blues. The ground is a flat, light-colored surface with faint tracks or lines. In the background, there are rolling hills or dunes. The sky is filled with large, fluffy clouds. A tall, thin ladder stands in the center-left of the frame, extending from the ground to the top of the image. The overall mood is dreamlike and contemplative.

STEP FOUR: MANIFEST THAT SHIT

- Once you've homed in on gratitude and synchronised your intentions with the moon's energy, it's time to articulate and bring to life your desires unmistakably. Here's the guidance for the next steps:



🔍 Step 1: Clarify Intentions

🗒️ Reflect and write down true desires. Identify core emotions.

👁️ Step 2: Visualize Desire

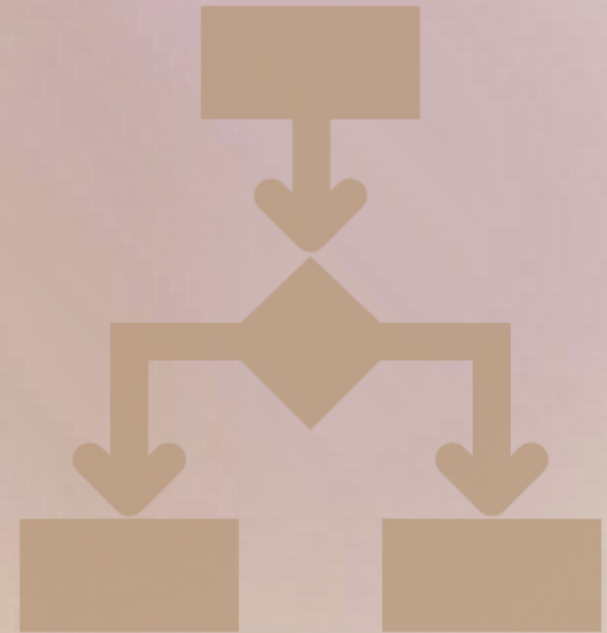
👤 Imagine possessing your desire using all senses.

🧠 Step 3: Reprogram Mind

✂️ Use positive affirmations to shift focus from lack to abundance.

📅 Step 4: Take Inspired Action

🚶 Act consistently towards goals and trust in the universe's guidance.



A surreal landscape with a ladder on the ground and a cloudy sky. The scene is rendered in a soft, painterly style with a warm, muted color palette. The ground is a flat, light brownish-grey, and the sky is filled with soft, textured clouds in shades of blue, purple, and pink. A tall, thin ladder stands upright on the ground, its rungs visible. The overall mood is contemplative and ethereal.

STEP FIVE:
LET GO AND TRUST THE
UNIVERSE

1

Let go of any attachment to the outcome and trust that the universe is working in your favour.

2

Release any doubts or fears and trust that what you've written down will manifest in its own time.

3

Take a deep breath and let go of any need for control or outcome.

- As the next New Moon approaches, I encourage you to revisit the wish list you created last month joyfully. Take a serene moment to reflect on the wishes that have already blossomed into reality and express heartfelt gratitude to the Universe for its blessings. For any wishes that still feel distant, consider revisiting and refining them with optimism. Take time to celebrate the progress you've already achieved on your wish journey and consider any positive adjustments that could further propel you towards your dreams. Embrace this opportunity to align your wishes with the abundant energy of the New Moon!



MOON PHASES FOR THE UNITED KINGDOM 2024

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- 1 Dec 06:21
- 30 Dec 22:26
- 29 Jan 12:35
- 28 Feb 00:44
- 29 Mar 10:57
- 27 Apr 20:31
- 27 May 04:02
- 25 Jun 11:31
- 24 Jul 20:11
- 23 Aug 07:06
- 21 Sep 20:54
- 21 Oct 13:25
- 20 Nov 06:47
- 20 Dec 01:43

