



The Tripping Yogi

Breathe. Stretch. Travel. Thrive.

Setting Your Intentions to the New Moon

A new moon represents the beginning of a cycle where we set our intentions to the universe and a full moon represents the ending of a cycle where we reap our intentions. The cycle of a new moon to a full moon is 14.765 days.

Creating a ritual for the new moon and the full moon are powerful ways to connect with the universe on the moon's cycles. Moon rituals range from very simple to very elaborate. There are many articles that describe various rituals in detail. It's fun to research rituals and come up with your own. Be sure to pick something that is sustainable for you.

How to set specific intentions:

On a new moon learning to ask the universe for what you want in a very clear and specific way is a profound practice. When considering your intentions, think about the specific steps that may be needed to fulfill the intention. Break them into small steps that can be manifested in a 14-day period. Provide the universe specific information by using dates, times, places, names, colors and amounts, etc.

You will be amazed by the energy and achievement that comes from setting your intentions with each new moon and how much you can manifest by the next full moon. Here's on simple steps to help you get started.

Simple steps to prepare and create a ritual:

Prep:

1. Gather supplies such as: candles, sage, oils, crystals, pen and paper.

2. Specifically write down the intentions you would like to manifest. Be clear on dates, times, amounts, people, etc.
3. Create a clean sacred space for yourself. Burn some sage to clear the air and light your candles.

Ritual:

1. Center yourself with a meditative breath. Place one hand on your heart and one hand on your belly. Exhale deeply through the mouth. Inhale deeply through the nose and continue exhaling through the mouth. Continue until you feel centered.
2. To open your intentions, say a simple prayer of gratitude to the universe for listening to you.
3. Say your intentions to the universe one-by-one and imagine your intentions being fulfilled.
4. To seal or close your intentions, say a simple closing prayer of gratitude to the universe for hearing your intentions.

Put your new moon intention list away until the next full moon so you can review it to see what you've manifested. When an intention on your list becomes reality, please thank the universe. If an intention is not manifesting, consider revising it. You may not have been specific enough and you can reset the intention on the next new moon.

I'd be thrilled to hear how you're doing setting your intentions! If you're having some trouble, please contact me and I can help you set them.

With gratitude, Theresé

About Theresé

I'm a yoga teacher and full-time RVer. I help RVers keep up their yoga practices and health on the road. I travel the US and Mexico teaching yoga, exploring communities to gather inspiring life stories to share on [The Tripping Yogi blog](#). Follow me on Instagram [@thetrippingyogi](#) and Facebook under [Theresé Julio](#)