

HARNESS THE POWER OF THE MOON



Integrative Counsel + Jennifer H. Carey

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SECURE YOUR INTENTION WITH THE NEW MOON

this worksheet goes with the Live Workshop Playback video.

What you need:

- Grab your journal and pen (or any other items that you can make marks on a page)
- A quiet space
- You may even want to light a candle

Why the new moon?

The new moon represents rebirth and is the ideal time to nourish the seeds of intention.

Ritual	Notes
BODY <i>“There is more wisdom in your body than in your deepest philosophies.” ~Friedrich Nietzsche</i>	
HEART <i>“Feel the fear and do it anyway.” ~Susan Jeffers</i>	
MIND <i>“Name it to tame it.” ~ Daniel Siegel</i>	

Homework

Integration: Intention Totem

We invite you to approach this as a playful activity. Take a short but mindful walk - either inside or outside. While walking, begin to notice your surroundings as if you were a tourist seeing them for the first time. You might even want to soften your gaze. Allow your eyes to be drawn to an item that “calls” to you - be it a twig, leaf, stone, object, image, song lyric, poem, or quote. Truly, there is no right or wrong! This object is a gift, or totem, representative of your intention. Place it next to your bed, desk, or altar until the next new moon.

FULL MOON CREATIVE DIRECTIVE

Please take the time to listen to The Full Moon Meditation in advance.

Write down the obstacle you identified and choose how you are going to physically release it.

Are you going to bury it, burn it, rip it up, wash it out to sea, or -my personal favorite - some combination of these?

Take the time to make this a personal ritual. Let it be protected and intentional. Feel free to take a picture of your released obstacle, or document it in any fashion that feels appropriate for you.

For instance, through a collage, painting, poem, or even writing about where you feel it in your body after doing a 1-minute body scan.

NEW MOON CREATIVE DIRECTIVE

Please take the time to listen to The New Moon Meditation in advance.

Imagine yourself symbolically represented as an open vessel - a container ready to receive. What color would you be? Size? Material? Texture? Posture?

Represent this “vessel” creatively. It could be a two-dimensional drawing or painting, a three-dimensional sculpture, or a found object. It could even be a poem or lyric. Remember there is no right or wrong! The only rule is to have fun - let yourself play!

Some people have even created and decorated an “intention box” from this exercise. A box where you write down and store the intentions that you are currently manifesting. It is here that they can safely grow - into the fullness that you are becoming.

TAKE A MOON BATH

*You can take a moon bath during any phase of the moon. However, for this one, we recommend taking it around the full moon (preferably as it is waxing from the new moon to the full moon). *You may even choose to listen to the full moon meditation, carve out time for the creative release ceremony, and then take your moon bath as a way to represent the culmination of energy.*

Moon bathing has many benefits and has been highly regarded in various cultures throughout history, especially in conjunction with balancing female reproduction issues and hormonal health.

You can choose to take a moon bath in one of two ways - or both. However, whichever one you choose, you need to start by setting the space. This is protected time. Take a deep breath or even begin with a chant. Say a prayer, mantra, or intention along with - at least a few moments - of an outpouring of your immense gratitude.

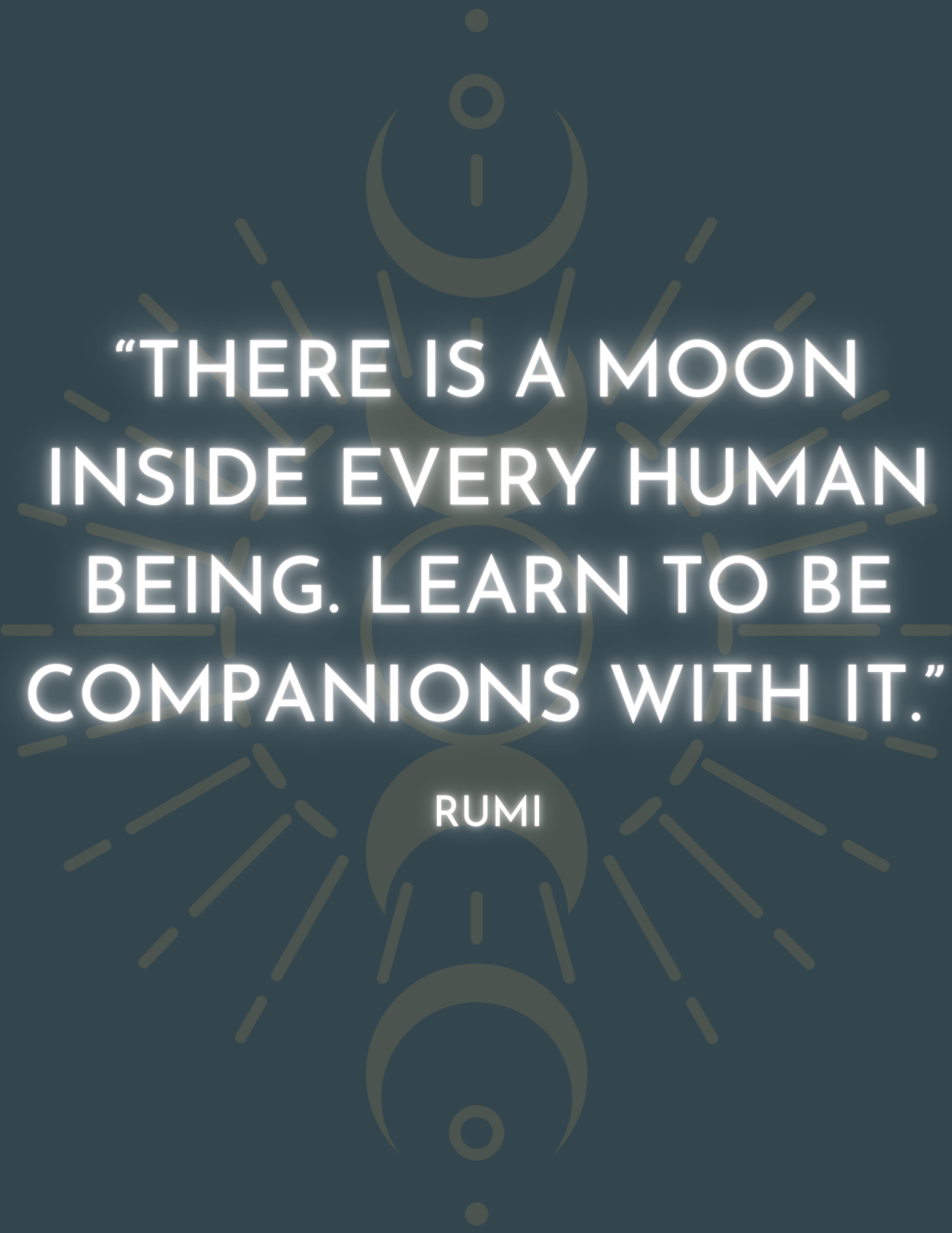
1) Similar to sunbathing, find a safe place where you can bask in the moonlight for about 15 minutes. This can be done clothed or naked.

TAKE A MOON BATH

2) If finding a place where you can lie in the moonlight is difficult for logistical reasons, you may want to take a bath that has been imbued with moonlight. It is believed that water collects moonlight. One simple way to do this is to put a glass of water out where it can be saturated by moon rays and add this class of water to your bath.

Water, one of the earth's most abundant sources, and the moon are intimately connected as the moon has the power to push and pull oceans. When you put these two mighty forces together, you have a powerful tool!

One thing we recommend is upon completion, when you're about to empty the water, set an intention of what no longer serves you (often done with the full moon) and allow that to go down into the drain.



“THERE IS A MOON
INSIDE EVERY HUMAN
BEING. LEARN TO BE
COMPANIONS WITH IT.”

RUMI



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