



New Moon Release & Invite

JULY 2020

Stay clear and focused
on what you truly want

Hello Beautiful Human!

Welcome! Thanks for signing up for the new moon! I've provided some pre-work to help you move more smoothly with the ceremony. This is the type of information I usually get together before I do a ritual each month.

On the call, I will be doing a visualization to help you tap deeper into your inner wisdom before finalizing your Intentions, Goals, Action and Focus. That way, you are sure to be pulling on some of your divine feminine energy and intuition, rather than just relying on your masculine practicality and doing. This is how we tap into our desires and align with what we truly want in life.

The New Moon is a magical time to set intentions and invite in the energy we need. This month's New Moon is the second in Cancer. This is the moon of looking at our individual perception of the world. We'll aim to get clearer on how we see the world and dispose of any energies that are hanging around that no longer serve us.

I invite you to consider doing this with the New Moon each month. I do a live ritual each New Moon with a different theme and visualization. They are free and you are welcome to join us. S

My suggestion for your ritual:

1. *{pre-work}* Review, Celebrate, Grow, Release
2. *{pre-work}* Draft your Intentions, Goals, Actions, Focus
3. *{Ritual}* Tap into your inner wisdom (on the live call with us, with the recording, or on your own).
4. *{Ritual}* Ritually discard what you release. (Burn, bury, discard, etc.)
5. *{Ritual}* Go back and apply your inner wisdom to your Intentions, Goals, Actions, Focus
6. *{Ritual}* Spend a moment inviting in the energy you need and speaking your intentions.

One last note: **Make it sacred.** This is a ritual and commitment to yourself and your deepest desires. You are the temple and the priestess. Light candles, burn sage, play drums, dance, meditate, pray, or whatever brings you into your inner peace and calm. Do this from a soul-connected or heart-centered space. The results are much better.

If you have questions or need guidance, feel free to reach out to me at christina@christina-smith.com. Or find next month's New Moon Ceremony at christina-smith.com.

With expansive love,
Christina Smith

Step 1: Review & Release (Explanation)

REVIEW

In this area, you'll review the last moon cycle and write down all the things you did, celebrated, were challenged by, grew from, learned from, want to carry forward into the future or want to release. Some people may make one list and then go back and circle the things to celebrate, star the growth points to remind yourself and then list the to release. items on a small separate piece of paper to burn, bury or intentionally discard in ritual. Others will separate their lists as they write. Whatever works for you.

Great questions to ask yourself for this section:

What did I celebrate this past month?

Any specific challenges? What were the outcomes of those?

Did I set specific intentions or goals? How did that turn out?

What did I do that I enjoyed?

What did I learn about this month? What did I learn about myself this month?

How did you feel during the month?

What did you do for you?

CELEBRATE

Not just what to celebrate, also add how you will celebrate or treat yourself. Every step forward is something to celebrate so add it here and CELEBRATE.

One way I invite you to celebrate is to come up with a new mantra off this truth like: I can trust myself, I can do hard things, I am powerful, I am successful, etc.

WHAT I LEARNED

Before you release what you no longer want to take with you, see if there are any gifts or lessons you can take from it. We don't want to throw the experience out with the pain or ickiness of it. We'd have to learn it again anyway. So know what you've learned and bonus if you learn how to use that lesson in the future.

WHAT I WANT TO TAKE FORWARD

If there is a former intention, goal, action, habit, focus that was really working, or you still want to work on. List it in this space.

RELEASE

****Make a list of things to release on a small separate piece of paper you can release with intention.**

Step 2: Intentions & Goals (Explanation)

Intentions: How do you want to feel or show up?

After you tap into your inner wisdom and look forward to the next moon cycle for what you need, bring in what you truly want. Ideally, in my opinion, you would think about how you want to feel or how you want to show up in a situation. The idea is that your intention is how you focus on showing up or feeling in most of your life.

Goals: what would you like to see in the next month?

The challenge with desire and intentions is that it requires big dreaming and diving deep into what you truly want. You envision it, almost feel it. That is the goal. The challenge comes in when we still have to remain open to how things are brought to us and that we can do all the responsible action steps and it still not turn out how we want. Want what you want, and only hold yourself responsible for the action items - next.

Action: What actions am I responsible for in the goal?

These action items are most helpful when they are specific enough to know when you can check it off the list. This is the masculine energy that likes to know exactly how to act and move things forward with purpose and direction provided by the feminine. List how you are going to take responsibility to ensure the intention and goals happen. This is your "how I'm going to show up for my desires list"

Focus: What can I do to keep myself focused on my intentions, goals and action steps?

Look if you are like me and a lot of my clients, you need some help staying focused on the prize. Here create how you are going to keep your focus on your intentions, goals and actions items. Will you meditate, pray, manifest, or journal each day? Will you have reminders on your phone or on the bathroom mirror? Will you challenge yourself to track a habit or shift? Will you get an accountability partner or group? Think ahead about this and set yourself up to focus on what you truly want to see.

Step 1: Review & Release

REVIEW

CELEBRATE

WHAT I LEARNED

WHAT I WANT TO CARRY FORWARD

RELEASE

**Make a list of things to release on a small separate piece of paper you can release with intention.

Step 2: Invite with intentions & goals

Intentions: How do you want to feel or show up?

Goals: what would you like to see in the next month?

Action: What actions am I responsible for in the goal?

Focus: What can I do to keep myself focused on my intentions, goals and action steps?

Step 3: Seeing our perception

Here is a list of questions that can relate to the Perception Visualization that we do in this month's ceremony.

- What's the initial experience that triggers a specific perception?
- What are the feelings and stories related to this experience?
- How does it show up in your adult life in how you treat you?
- How does it show up in your relationships?
- What age was your child in the visualization?
- What was she like?
- What are her wounds?
- What does she need or desire most?
- What's the story she's been telling herself?
- What's the truth?
- What's the new story you tell her?
- What's the new future you imagine with her?
- How can she ask for help if an adult is needed?
- Who will she ask?
- How can you comfort her?
- How do you want to keep these core wounds out of the Shadow?
- Can you see other places in your adult woman that these wounds show up?
- What can you do when the wounds show up?