



New Moon

A GENTLE INTENTION- SETTING RITUAL



A quiet space to pause, reflect,
and choose what you want to nurture
in the days ahead.



Healing by Bridget®





A Quiet Beginning

The new moon arrives in darkness.

The moon is still there, even when we cannot see its illuminated side from Earth. And perhaps that is part of what makes this moment feel so meaningful.

Not everything has to be visible before it can begin.

The new moon can be a gentle invitation to turn inward. To become quiet enough to notice what has been stirring beneath the surface. To consider what you are ready to welcome, nurture, or begin again.







You do not need a perfect plan.

You do not need to know exactly
where the next season of your life
will lead.

This is simply a moment to pause,
listen to yourself, and choose what
you would like to carry forward
with intention.

Take what feels meaningful.

Leave what doesn't.

And let this be yours.





Prepare Your Space

CREATE A SACRED MOMENT

Taking a few minutes to create a space that feels calm and supportive can help you drop into this ritual with more presence. Your space doesn't need to be perfect. It only needs to feel comfortable and inviting to you.

You might like to:

- ✧ Light a candle
- ✧ Have your journal and a pen nearby
- ✧ Bring a cup of tea or water
- ✧ Use a crystal, oracle card, or meaningful object
- ✧ Find a quiet space where you can be undisturbed for a few minutes
- ✧ Take a few deep breaths and allow yourself to settle in



This is your time.
Make it feel special in a way
that feels right for you.

When you are ready, take one more deep breath and turn the page to begin.







Arrive Here

Now that you've created a space that feels comfortable, give yourself a moment to simply arrive.

Settle into your space.

Place one hand over your heart and, if it feels comfortable, the other over your belly.

There is nothing you need to create or change just yet.

For now, simply be here.

Take a slow breath in.

And gently let it go.





Again.

Breathe in.

And soften as you breathe out.

There is nowhere else you need to be
in this moment.

Nothing you need to figure out.

Nothing you need to force.

Just notice yourself here.

Notice your breath.

Notice what you are feeling.

Notice what has been asking for
your attention.

When you feel ready, gently ask yourself:

**What does my heart want me
to know as I begin again?**

You don't have to search for an answer.

Simply listen.

Understanding the New Moon

The new moon marks the beginning of a new lunar cycle.

During this phase, the illuminated side of the moon faces away from Earth, making the moon difficult or impossible to see in the night sky.

Across many traditions and personal practices, this quiet beginning of the lunar cycle has become a meaningful symbol of new beginnings, reflection, and intention.

YOU MIGHT CHOOSE TO USE THE NEW MOON AS AN INVITATION TO:

- ✧ Turn inward and listen to yourself
- ✧ Consider what you would like to welcome
- ✧ Name what you want to nurture
- ✧ Set a gentle intention
- ✧ Make space for something new
- ✧ Reconnect with what matters to you

You don't have to believe the moon is causing something to change within you.

You can simply allow its rhythm to remind you to pause.

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SOMETIMES THE QUIETEST
MOMENTS CREATE THE MOST
POWERFUL NEW BEGINNINGS.





What Am I Ready to Welcome?

A new beginning doesn't always have to be something big.

Sometimes what we are ready to welcome is a feeling.

More peace.

More joy.

More spaciousness.

More honesty.

More trust in ourselves.

Sometimes it is a new possibility, relationship, practice, boundary, dream, or way of moving through our lives.

Take a few moments and allow yourself to imagine what you would genuinely like more of.

Not what you should want.

Not what someone else expects of you.

What you want.





What Am I Ready to Welcome?

Take your time with these questions.

There is no right answer. Let whatever comes forward be enough.

What am I ready to welcome into my life?

How do I want to feel as I move into this next season?





What Do I Want to Make Space For?

Welcoming something new often begins by creating a little room for it.

You don't have to clear away your entire life.

You might simply notice where your energy has been going and ask whether there is something you would like to make more space for now.

- ✧ More time for yourself.
- ✧ More creativity.
- ✧ More rest.
- ✧ More connection.
- ✧ More play.
- ✧ More quiet.
- ✧ More of whatever helps you feel like you.





Making Space

Take a moment to notice what came forward for you.

You don't need to change everything. Sometimes creating space begins simply by noticing where you want your energy to go.

What do I want to make space for?

What might I gently give less of my energy to so that space can open?

There is no need to force yourself to let go of anything before you are ready.

For now, noticing is enough.





My Intentions

An intention does not have to be another demand you place upon yourself.

It can simply be a direction.

A quiet way of saying:

This is what I want to nurture.

Choose one to three intentions for the days ahead.

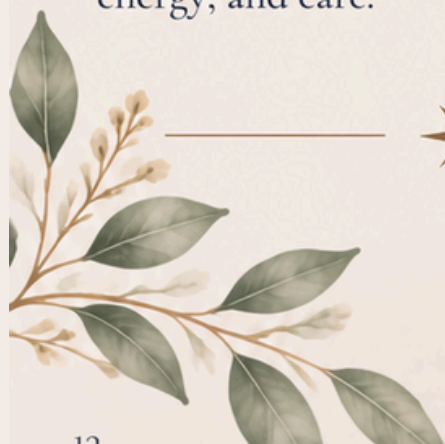
Keep them gentle.

Keep them honest.

Let them come from what matters to you rather than what you think you should accomplish.

You are not making a promise to do everything perfectly.

You are simply choosing where you would like to place a little more of your attention, energy, and care.





My Gentle Intentions

Return to what you have written and notice what feels most important to you now.

Let your intentions come from there.

My first intention

I intend to...

My second intention

I intend to...

My third intention

I intend to...

You may choose all three.

You may choose only one.

One meaningful intention is enough.





Carry It With You

Look back at what you have written.

Notice whether one word, feeling, or intention seems to stand out.

Let that become something you carry with you, not as a rule or expectation, but as a gentle reminder of what matters to you right now.

You might write that word somewhere you will see it.

Place it beside your bed.

Return to it in your journal.

Or simply hold it quietly in your heart.

What I want to carry with me...





Closing the Ritual

Place your hand over your heart once more.

Take one slow breath in.

And as you breathe out, allow yourself to soften into the possibility of beginning again.

You don't need to know every step.

You only need to listen for the next one.

A New Moon Affirmation

- ✧ I give myself permission to begin again.
- ✧ I trust what is unfolding within me, even before I can see where it will lead.
- ✧ I choose what I want to nurture with intention, tenderness, and trust.
- ✧ I can move forward gently, one step at a time.

When you are ready, blow out your candle, close your journal, or simply take one final breath.

Your intention has been named.

Now you can allow it to unfold in its own time.





A Gentle Closing

Thank you for taking this time to pause, listen inward, and reconnect with what matters to you.

You can return to this ritual whenever the new moon feels like a meaningful moment to begin again, set a new intention, or simply spend a little time with yourself.

There is no perfect way to move with the rhythms of the moon.

Let them simply become another invitation to pause, notice, and come home to yourself.



Continue Your Journey

If you would like more gentle practices, reflections, journals, and resources to support you along the way, you are always welcome in the Healing by Bridget Free Library.



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