



## DAY.1

Today it is New Moon. A new moon happens every 28.5 days - when the side of the moon facing the Earth is in total darkness. The New Moon represents new beginnings. **A clean slate.** It is the perfect time to start a new project or to set your intentions. An intention is in between a goal & a wish. It is an aim, to focus on a feeling or a state of being, rather than an outcome. For example "I intend to listen with compassion", rather than "resolve this conflict".

Setting your intention is like **planting a seed** so to say. Planting seeds & harvesting crops by the Moon cycles is an age-old agricultural practice. Just as the Moon's gravitational pull causes tides to rise and fall, it also affects moisture in the soil. Which causes seeds to absorb more water, and thus swell & **open** more easily.

Connecting with the phases of the Moon taps into our deep desire to be **in tune with nature.** When people lived closer to nature, following her rhythms, not only with planting seeds but also gathering in ceremonial circles to set their intentions. They knew that the **energy of the 'new' is the same to all,** plants, desires, goals, or projects.

The new moon represents the start of a new cycle, where **all things are possible.** All new things, start with a thought, a desire, and a clear intention. The wise people, of the tribes, lead the ceremony, by **using only positive** words, visualizations, emotions, and thoughts, they set their intentions, and they state: "*As the moon is growing so my plans/intentions will grow. And so it is.*"

Now that the intentions are set, just like with a seed, **we let go** of the control, and we leave nature to do her magic. We just water our intentions with **positive thoughts and inspired actions** throughout the Moon cycle.

# DAY.1

Phrase of the day: "Today I set my intention".

*Write this phrase in your journal.*

Like the Earth, we have seasons in which we grow. During the New Moon we set our intention, and as the moon grows, our desires will grow. Set your intention **for these 28.DAYS**, by using only **positive thoughts and words** and by being as specific as you can.

Examples:

*"I intend to grow in kindness"*

*"I intend for daily moments of joy"*

*"I intend to feel good in my own skin"*

*"I intend to confidently pursue my dream"*

*"I intend to set my boundaries & take care of myself first."*

*"I intend to gain clarity on my next best move"*

## PRACTICE:

Listen to the **meditation 'SET INTENTIONS'** anytime you have 10' minutes of uninterrupted time during the 24hrs of the New Moon.

This meditation will help you to **let the intention come from the heart**, instead of the rational, overthinking mind.

**Write your intentions on a piece of paper.**

Write it as if it has already happened.

Optionally: Fold this paper towards your way, 3 times, and bury it in a plant or tree that you love. Visualise that your intentions, just like seeds, will grow, and flourish in abundance.

Stay open.

Enjoy!