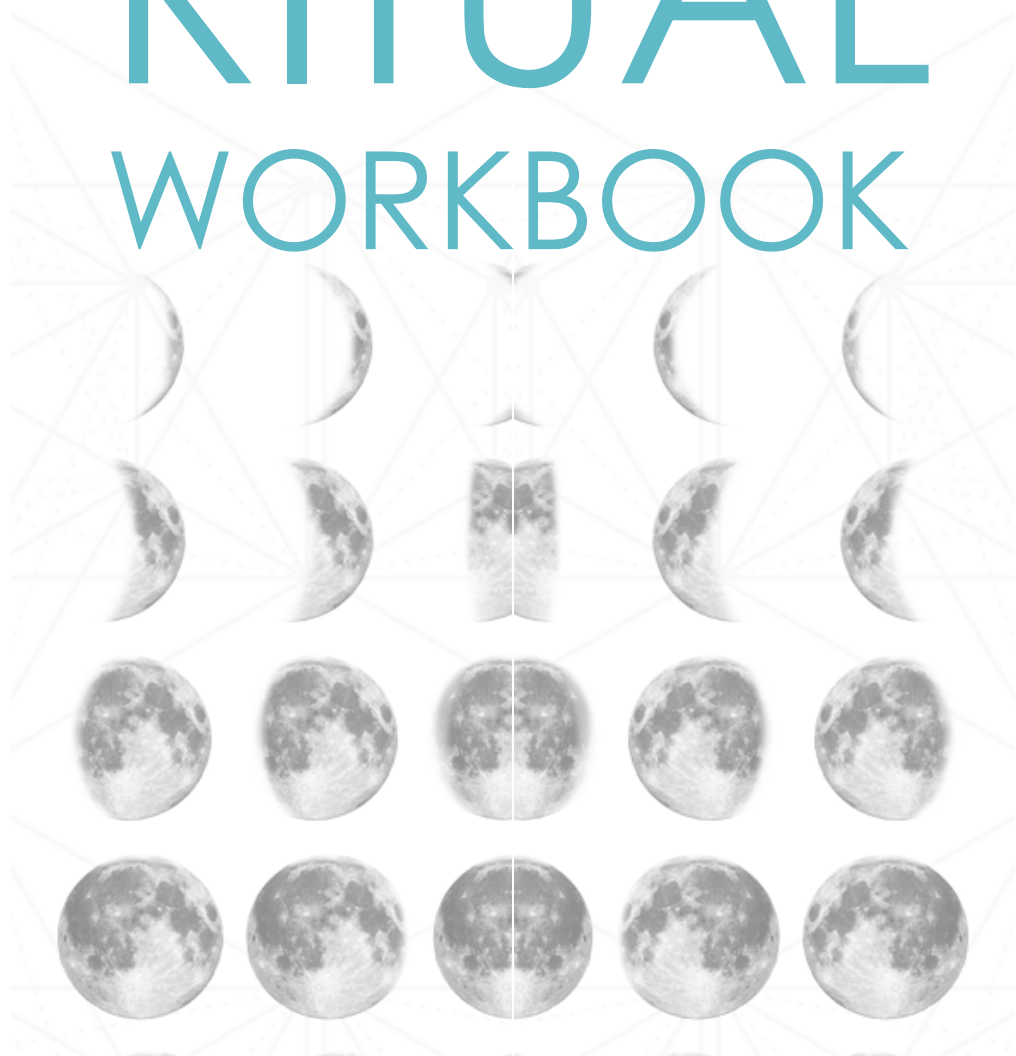





THE MOON
SISTERHOOD

NEW MOON
RITUAL
WORKBOOK





Print pages 3-9 of this workbook out on 8.5 x 11 inch paper.

In print options, choose letter size, borderless.

Print all one sided on copy paper, or double sided on card stock.


Three hole punch + put in a binder, or staple the pages together.

Grab your fave pens + markers...

Take a few deep breaths before you get started.

Take some time to create sacred space, making an energetic container for your new moon ritual.

Learn more about the rest of the moon phases in the lunar cycle [HERE](#).

- 
- the new moon is considered the first day of a new moon cycle.
 - the energy of the moon is historically considered to be connected with female lifecycle. The new moon represents the maiden energy.
 - it's associated with planting seeds + connecting with your guides.
 - you may feel somewhat solitary + would rather be alone.
 - your energy peaks in the morning + you may find that you naturally awaken earlier.
 - you are more drawn to meditation at the new moon + starting new spiritual practices. You may feel very dreamy + intuitive.

NEW MOON VIBES

Answer the prompts without thinking too much, write your first thoughts that come to mind. Allow your intuition to guide you.

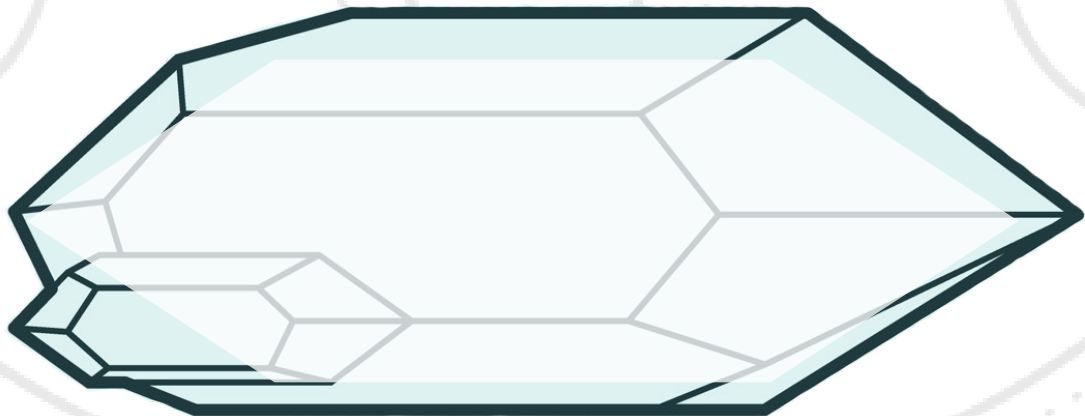
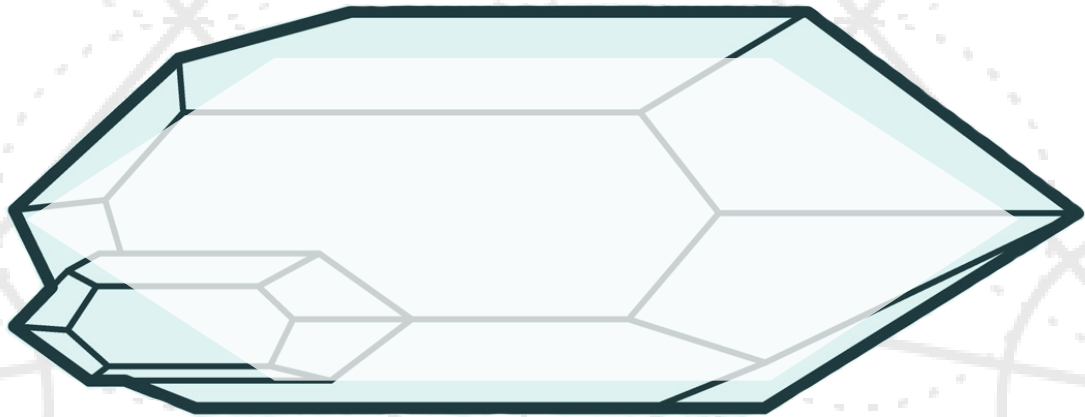
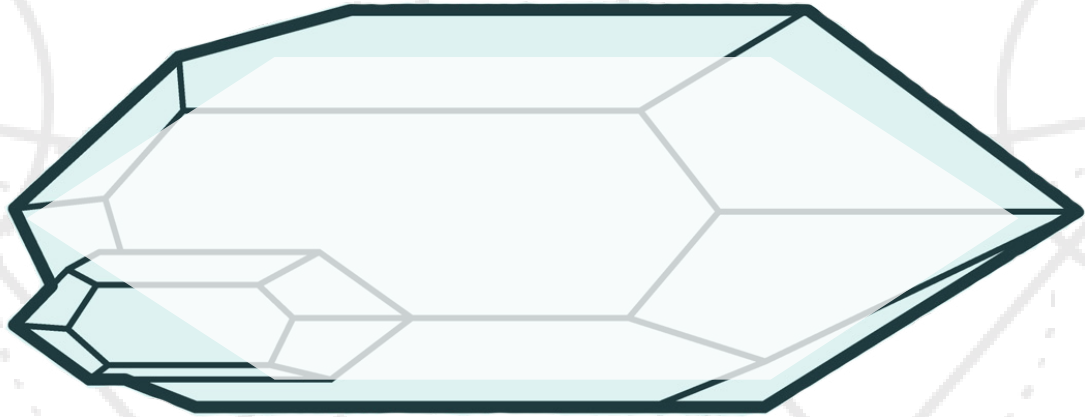
What have you been daydreaming about?

What has come to a close recently that has cleared space for new projects?

What exciting new opportunities have come up?

CRYSTAL CLARITY

The hardest part of manifesting is figuring out your intentions.
Ask yourself this: what do I REALLY want happen right now?
List three things from any area of your life:



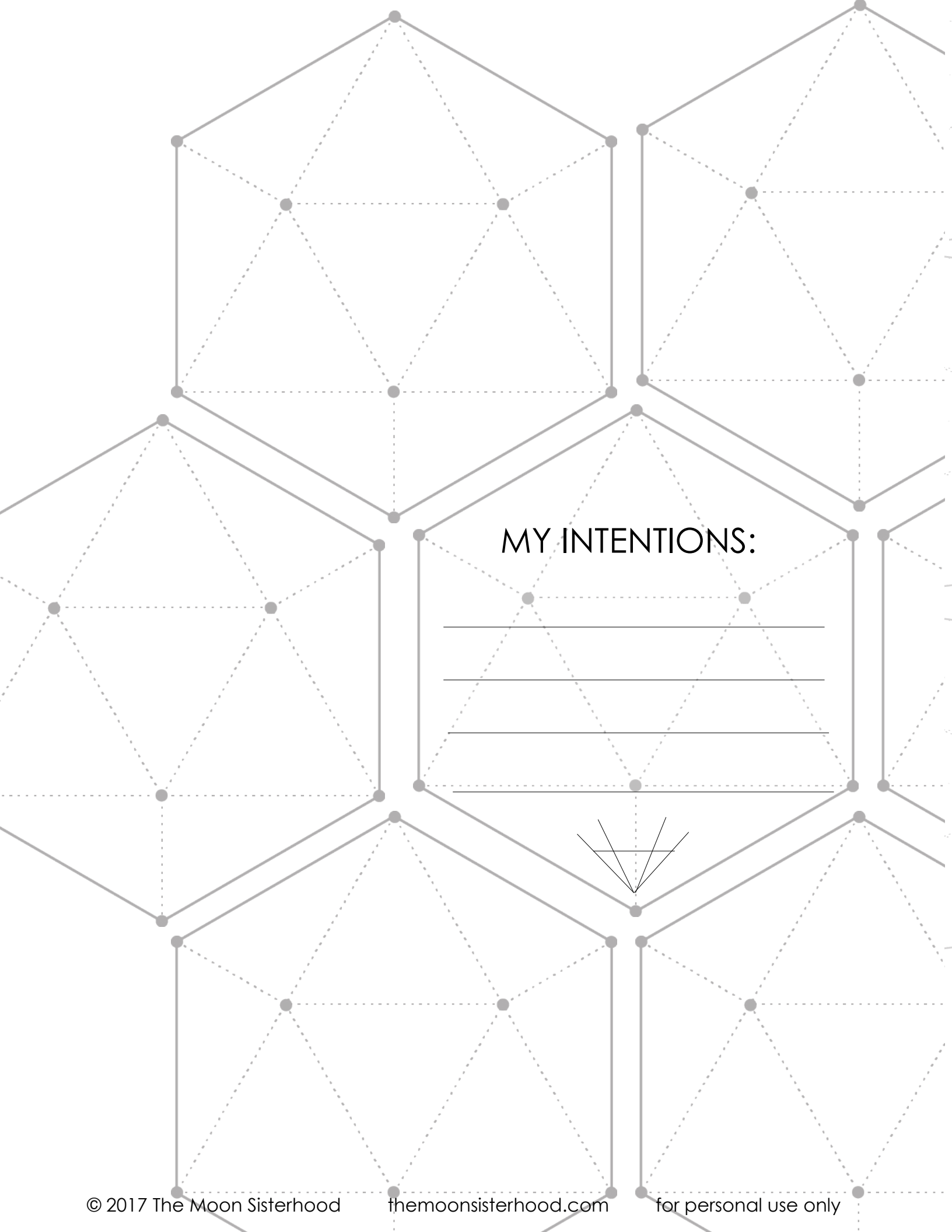
TAROT CARD READING

You can use this spread to clarify intentions. Take a moment to go within. Shuffle your deck. Choose a card for each of the spaces in the layout. Use the card set booklet + your intuition to gain insight:

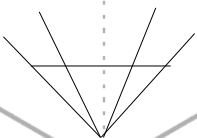
card one:

card two:

card three:



MY INTENTIONS:



BUILD A CRYSTAL GRID

Amplify your intentions with sacred geometry!

Which crystals +
gemstones will you use?

Here's a few of my faves:

Focus:
clear quartz

Grounding:
black tourmaline

Clarity:
kyanite

Connection:
amethyst

Peace:
rose quartz

Creativity:
carnelian

Prosperity:
ametrine

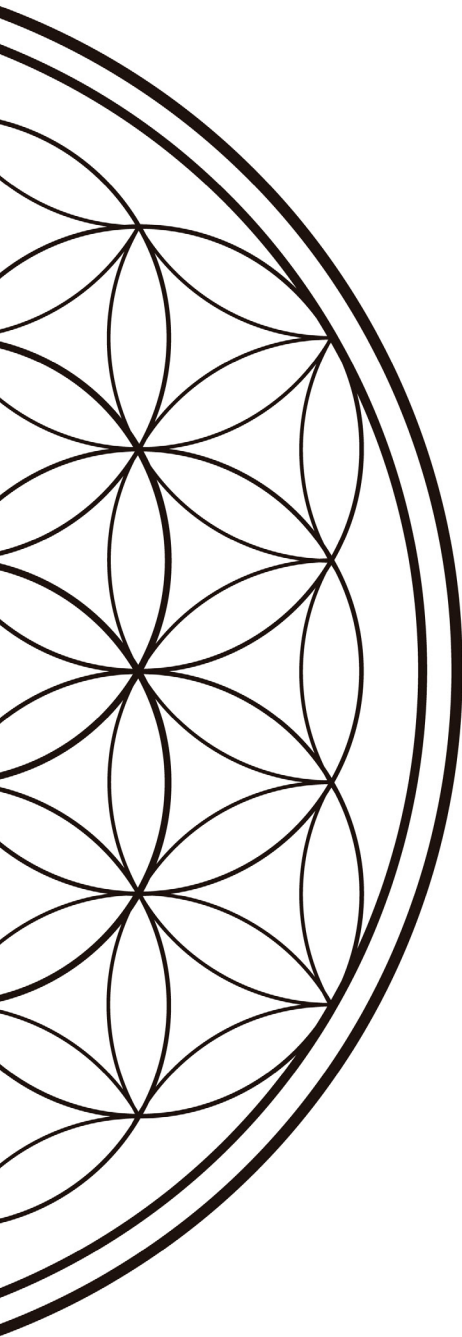
Knowledge:
lapis lazuli

Clearing:
smoky quartz

Communication:
blue lace agate

Self love:
aventurine

Empowerment:
tiger's eye



CURRENTLY MANIFESTING

Sacred geometry + crystals amplify your energy. Write your main intention in the center of the crystal grid. Color the crystals to match the ones you've chosen to work with. You can also place REAL stones over the ones on this page + use it as a template. Place this grid on your altar or where you can see it often. It will remind you of your intentions + keep you focused through out the rest of the moon cycle.





hello!

I'm Anne Hayman.
sacred sister :: wise woman
witchy crystal oracle :: earth mama
holistic health practitioner :: intuitive artist
moon temple priestess :: fire keeper
sun: libra moon: capricorn rising: libra

I created The Moon Sisterhood to give women access to sacred rituals, tools + divine information. I love what I do + that it can connect you with the wise woman within + inspire you to create your own rituals to find your personal power in sacred space.

I share more about how to tap into your intuition in [Moon Phases 101](#), my e-book that's a mix of ancient wisdom + modern genius for those who would like to go deeper. You'll learn all about our sister moon + how she affects us + how to harness her powerful energy.

>>> Find out how to work with me [HERE](#).



resources

[Moon Phases 101 E-book](#)

[#5DaysOfRitual E-course](#)

[Apprenticeship Program](#)

[The Holistic Planner](#)

[Printable Workbooks](#)

[Print-on-Demand Book Shop](#)

[The Moon Sisterhood Facebook Group](#)

[The Moon Sisterhood Blog](#)