

# Sacred Space Yoga Tribe

## New Moon Ritual



This New Moon is in Cancer. Cancer is ruled by the Moon AND this is a Super Moon (meaning it's closer to the Earth), so you might feel your emotions nearer to the surface than usual.

Be open to FEELING. It's okay to be afraid of opening up and allowing deep emotions to be revealed.

You can sit in the discomfort and courageously FEEL what is there without making it "bad".

Be brave. Be vulnerable. Love & nurture yourself!

### The Ritual...

- Go outside tonight and bring with you paper, a pen, a bowl of water, and a candle.
- Light the candle and sit, or stand, in the earth while you breathe down into your pelvis, legs, and into the earth.
- Write down on the paper what you want to release.
- Speak it aloud.
- Burn the paper (safely) while saying something to the effect of "it is done" (or "and so it is") and feel that it is.
- On another piece of paper, write what you are welcoming into your life.
- Speak this aloud into the bowl of water.
- Drink this water filled with your new moon intentions.
- Say this mantra, or something to the effect of:

I welcome my emotions as sacred.

I open to the wisdom within.

I honor my Self. All of me is sacred.

I am aligned with my highest, most authentic self.

I am love.

- Feel your connection to Earth, breathe deep, and say again "and so it is."