



New Moon Manifesting Kit

Using Moon Cycles to Set Intentions and Wishes
And Turning them
Into a *Wildly Successful* Accountability Practice
Every 30 Days

MOON MAGIC SOUL



New Moon Manifesting Kit

Manifesting – what is it all about?

You may have read, listened to or watched the amazing work by Rhonda Byrnes – The Secret. It's all about the Law of Attraction – which uses the universe to bring the things you desire into your life. If you haven't read the book, listened to the audio-book, or watched the YouTube video – go check them out now!

[The Secret Book \(Amazon\)](#)

[The Secret Audiobook \(Amazon\)](#)

[The Secret Movie \(YouTube\)](#)

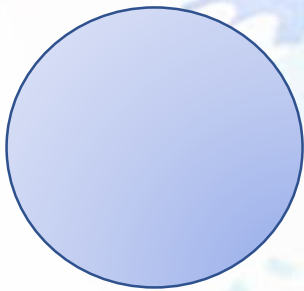
Once you understand the concept of MANIFESTING – how do you make it into a regular practice? My solution, for years, has been to use the moon cycles to remind and boost my own desires and wishes for the paths that I follow.

The following pages will define each moon phase and how to state your intentions – and follow up on them throughout the moon cycle. It invites you to fine-tune your ideas and desires and work for the best outcome possible – for you!

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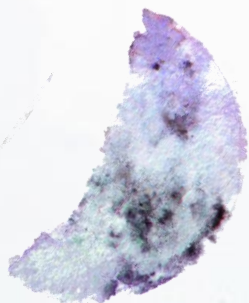
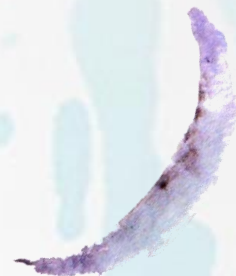
Cycles of the Moon



New Moon – This is where it all starts. Sometimes called Dark Moon, the New Moon lasts for about 3 days. This is the time for wishing and setting intentions to manifest your dreams, desires and goals.

Waxing Crescent Moon – 3 ½ to 7 days after the New Moon

This is when your wishes and intentions begin to take shape and form, inside you, and out there in there cosmos. Use affirmations and actions to solidify your wishes and intentions.

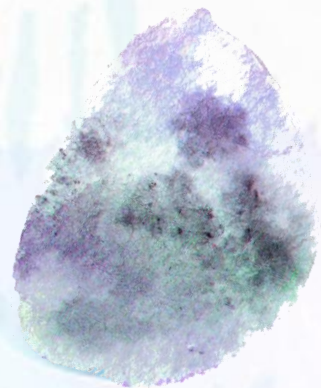


First Quarter Moon – 7 to 10 ½ days after the New Moon

This moon looks like half of the full moon. Continue affirming and acting on your intentions. What actions will you take to make it more likely to achieve your goal or intention? More importantly – do you still want and desire that wish? If not – let it go.

Gibbous Moon – 10 ½ to 15 days after the New Moon

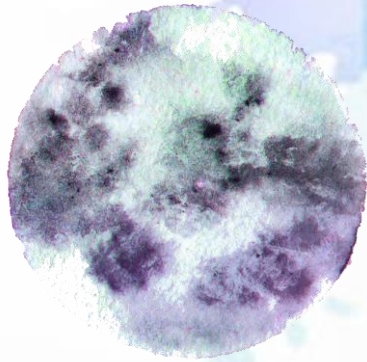
I also call this the “Hide and Seek Moon” because sometimes it looks almost full, but it’s not! Also – you may be feeling challenges to your commitment to your goals and wishes. Stay the course – breathe in and remember why you wanted it. Breathe out and let your intention back out into the universe.



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Cycles of the Moon

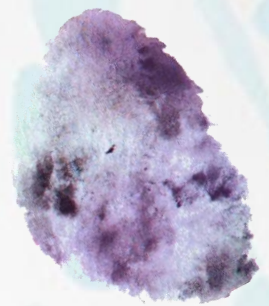


Full Moon – 15 to 18 ½ days after the New Moon

This is a time to count your blessings – and evaluate how close you've come to your dream or goal. It may have already come true! Or you may feel that you are moving closer to its realization. Feel good about yourself and your intentions.

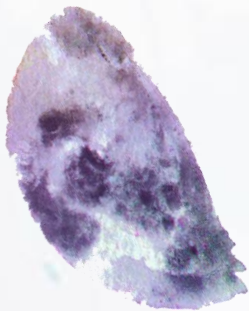
Disseminating Moon – 3 ½ to 7 days after the Full Moon

There's been a lot of energy floating around, and you may feel a bit weary. Rest yourself, pamper yourself, and breathe. If your wishes have not been realized, rest assured that the universe is working through the process.



Last Quarter Moon – 7 to 10 ½ days after the Full Moon

We're half-way between the full moon and the new moon, and either we've seen results, or we're left wondering what happened. Read back over your original intentions and wishes – are they still fresh in your mind, or have they changed? Begin to formulate new wishes and intentions if you're not seeing the results desired.



Balsamic Moon – 10 ½ days after the Full Moon

I think of this moon as a reduction and releasing time. Release your frustrations, and healing yourself and your spirit. Forgive and surrender pain and sorrow. As you find relaxation through meditation, music and nature, begin planning for the next New Moon in just a few days.



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New Moon Manifesting

On the Day or Night of the New Moon

Begin to write down your top 10 wishes, desires and intentions. Be wild, be free, but be intentional. Winning the lottery doesn't go on your list – unless you truly believe that will happen. But getting a new client, losing some weight or getting a new job are all things that the cosmos can't wait to help you achieve. Start writing!

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10)

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Visualization

Visualize and affirm your wishes, goals and intentions

For each of your intentions, visualize your life as already having achieved that desire. Think about yourself enjoying that realized goal. Write down a verbal affirmation for each wish, and repeat the affirmation on a daily basis - silently or out loud for the next 15 days.

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Actions of Intentions

The universe is working in the background - but wants your commitment through actions!

For each of your wishes, write down at least one ACTION that you will do to show that you are committed to your desire. Save money, ask for client referrals, look for a new job, eat smaller portions. Whatever your desire is, back it up with daily actions that show your commitment.

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And Let It Go...

*If you hold on to something tightly,
it doesn't get a chance
to move and grow*

This is the hardest part of the entire process – letting go. It's not letting go of the desire because you didn't get what you wanted. It's about letting go so that your intention can find footing in the grand design of the universe, and begin to coalesce into the best version of what you want to manifest.

As you finish your intention setting session (writing it down, visualizing and affirming, and creating actionable tasks), be sure to review all of your wishes and make sure:

- 1) Your wishes are for the good of everyone and everything
- 2) Your wishes and intentions – when realized – do not harm anyone or anything
- 3) Spend a minute or so meditating about each of your wishes – and then picture each wish detaching from you, and flying out into the cosmos to begin the journey of growth. This should take 10-15 minutes.
- 4) You are open to receiving an alternate version of your goal that may even be better than what you imagined

Open your eyes, open your mind, and open your heart to all of the possibilities!

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Following Up

It's all about accountability...

Go back to the pages describing each phase of the moon – and review your own manifesting list. Keep a copy of your affirmations handy, and use them during the first two weeks after the New Moon. Can you continue using them? Heck yes!!! But for sure use them for at least two weeks.

As each moon phase appears, check over your list – what have you achieved? What do you feel you have received? Sometimes, you may see yourself creeping closer to your intention or goal, instead of flying toward that destination and arriving with an umbrella drink in your hand. And that's okay – some wishes can manifest quickly, some goals are going to take longer than others. Hold onto that goal, and find-tune the wording, the desire, and your actions to show the universe that you are worthy of the goal. And work the process on the following moon cycle.

Is it okay to use this New Moon Manifesting Kit for every moon cycle? Again – heck yes! Use this guide to transform yourself, your life, and create a wildly successful and amazing life!

Thanks for joining my community of curious souls. I will do my best to entertain you and encourage you to take better care of yourself on a regular basis.

I will occasionally promote my own products or other people's products – because hey, a girl's gotta live on more than moonbeams and sunshine!

E-mail me at wanda@moonmagicsoul.com with questions.

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