



# New Moon Ritual

## Soul Wisdom Journey

### Utilize During the New Moon & Waxing Crescent Phase

Perform your soul wisdom journey ritual within three days of the New Moon if possible. This is the most potent time to tap into the unlimited potential that is present and supported by this Moon phase.

Use this QR Code to Experience the Soul Wisdom Journey:



## Record Your Insights

What are your current challenges?

What drains your energy or dims your light?

What needs your attention and care the most right now? Your sacred self, your sacred work, or your sacred community?



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## Record Your Insights

What are you most inspired to create right now?

What tools are most supportive for you to create with?

How do you thrive in this next cycle of the Moon?



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## Record Your Insights

What forms of play, and rest are most supportive for you?

What is your next best step?

What was the talisman or gift you were given? What guidance did you receive around using it?

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## Action Steps

**Don't forget to enjoy the journey!**

Pull forth your next best step and create from there. Take that action, then check in for your next one. Remember that this is a journey. You've set an intention to work with this process over the next 4 weeks, so do not expect to check off everything you tuned into over the next 2-3 days. However, recording your actions and creating due dates along the way will help you stay accountable.

What is your next best step?

When will you complete this?

What support do you need to complete it?

Started on:

Completed on:

Notes:

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## Action Steps

**Don't forget to enjoy the journey!**

Print this page out as many times as you need. Reference the Moon seasons on the next page for the themes you may encounter throughout the different phases of the cycle.

       

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## Moon Seasons

Note the Dates of the Moon Phases in this Cycle

New Moon & Waxing Crescent Phase:

1st Quarter & Waxing Gibbous Moon Phase:

Full Moon & Disseminating Phase:

3rd Quarter & Balsamic Phase:



### Ongoing Spring Themes:

#### Emergence

- Rebirth
- Clarity
- Potential
- Freedom
- Rediscovery
- Anticipation

**Energy Dynamic:** Internally  
**Bring Awareness to:** Your Internal Responses



#### New Moon: Spring

- Limitless Potential
- Innovative
- Initiating or Initiations
- Excitement

#### Waxing Crescent: Spring

- Strategy
- Tangible Steps
- Imperfections
- Alchemy

### Ongoing Summer Themes:

#### Experimentation

- Reverence
- Dreams
- Foundations
- Allowing
- Purpose
- Wellness

**Energy Dynamic:** External influences Internal  
**Bring Awareness to:** How your past is shaping your future



#### First Quarter: Summer

- Balancing Visibility and Rest
- Boundaries
- Moving Over a Threshold
- Building Strength

#### Waxing Gibbous: Summer

- Masterful Creation
- Spaciousness
- Body Wisdom
- Perseverance

### Ongoing Autumn Themes:

#### Clarity & Refinement

- Collaboration
- Receptivity
- Surrender
- Vulnerability
- Commitments
- Discernment

**Energy Dynamic:** Internal and External balance each other  
**Bring Awareness to:** Impatience and resistance



#### Full Moon: Autumn

- Tension
- Making Space for Solitude
- Vulnerability
- Discernment

#### Disseminating: Autumn

- The Messy Middle
- Impatience
- Surrendering to Ritual
- Softening into Discomfort

### Ongoing Winter Themes:

#### Manifestation

- Acceptance
- Appreciation
- Satisfaction & Disappointment
- Reality
- Community
- Humanity

**Energy Dynamic:** Internal influences External  
**Bring Awareness to:** Your response to celebration



#### Third Quarter: Winter

- Quick Changes
- Bold, Instinctual Actions
- Invitations
- Illuminating Aspirations

#### Balsamic: Winter

- Rest
- Celebration
- Inner Knowing
- Glean Inspiration from Fear

Every phase holds the energy of a particular season. Reference the chart above for themes to look out for during each as you move throughout the cycle.

Want help tracking the Moon phases? Check out the Charting Your Course Calendar in my Etsy shop: <https://atmaitri.etsy.com>