

Women's

MIDLIFE COLLECTIVE



Women's Midlife Collective
NEW MOON CEREMONY GUIDE





Women's Midlife Collective

Women's Midlife Collective is about Women supporting Women. It's about inclusion of ALL Women, with no judgements, and offers an intimate Circle in divine sacred feminine energies through rituals, guided meditations, reconnection to self-awareness, self-love, self-care and a deeper nourished Soul connection to self. This is a safe container to share, expand, and celebrate your Soul. This is a reminder that you are valued, you matter, your opinions matter, and above all you are loved.

We see you - let us support you in your Soul Healing Journey's.

"If it doesn't nourish your soul, let it go."

Each New Moon is a chance to reset our intentions for the next cycle. This can be done through honouring the timing of the New Moon through ritual. Part of the ritual is letting go of the month that's just been, then planting new seeds for the next cycle. It's a time to honour this time with a sacred pause through journaling, meditation, checking in with your self-care and heart's desires, and a time to be gentle with your Soul.

This New Moon Ceremony Guide gives you a general guideline to perform your very own New Moon Ceremony! Feel free to adapt these practices to your own preferences, taking as much time as you need, a little or a lot, whatever works best for you. Remember this is a time to go within and appreciate the time you have set aside.

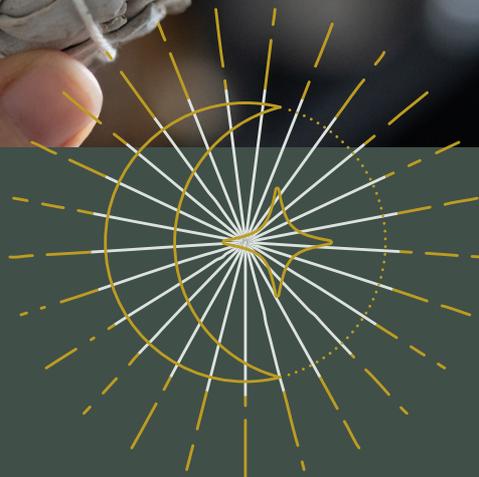
Enjoy!



New Moon Ceremony Guide



New Moon Ceremony Guide



New Moon Ceremony

Set the Space



Quiet Space

Set aside a time
Find a comfortable spot
Gather your items



Ritual

Set the mood
Burn incense or essential oils
Light a candle



Raising Vibrations

Play soft music
Favourite crystals close-by
Meditate



Journaling

Check-in last month's intentions
Let go of the past
Embrace new intentions

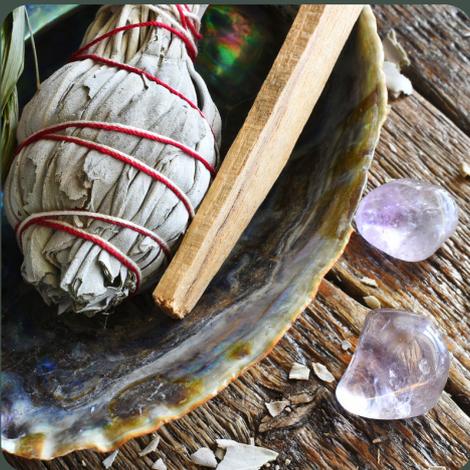
New Moon Ceremony ✨ ✨ Guidelines



SET THE MOOD

Pick a time that you will be undisturbed. Find a comfortable spot where you can relax. Surround yourself with your favourite crystals, shells or any other precious items. Burn incense or diffuse some essential oils. Play soft relaxing music in the background.

*Include elements of FIRE, EARTH, WATER AND AIR.



PERFORM RITUALS

Meditate - take a few deep breaths, close your eyes. Let your thoughts come and go for a few moments, envision the night's sky and think of what you would like to bring forth. You may like to smudge yourself and the area before starting your meditation. Light a candle .



JOURNAL

Put pen to paper. Set your intentions for the coming cycle. Ask and write - see journal prompts below.





Journal Prompts

How am I feeling?

What do I want to resolve?

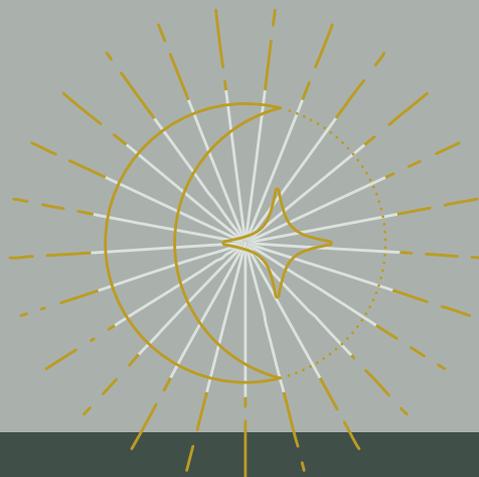
Where do I feel blocked?

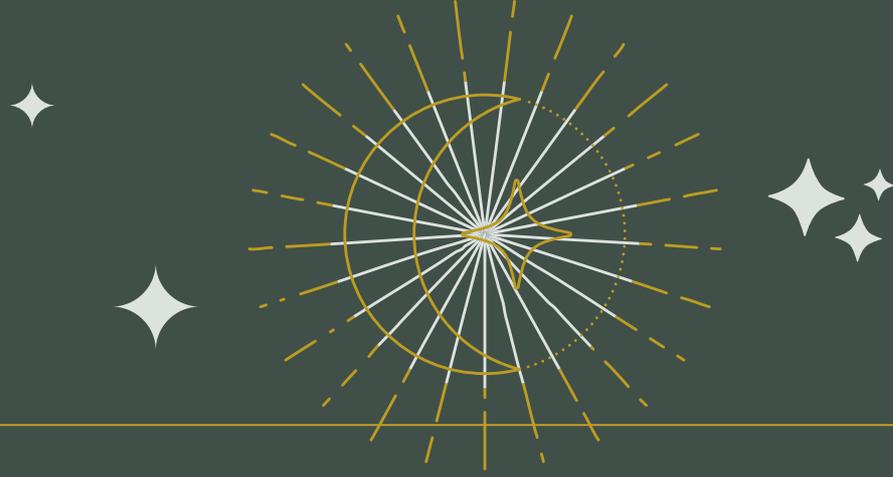
What excites me?

What do I want to
manifest?

How does this make me
feel?

Set Intentions ✨





End New Moon Ceremony

It's important to close your ceremony by grounding yourself. This can be done by sipping on a hot beverage - cacao/hot chocolate or herbal tea.

Eat something light like fresh fruit, nuts or crackers. This is a good time to reflect on the new intentions you set during your ceremony.

Remember to be gentle with yourself after you have closed off the ceremony and take good care of your needs - mind, body and spirit.

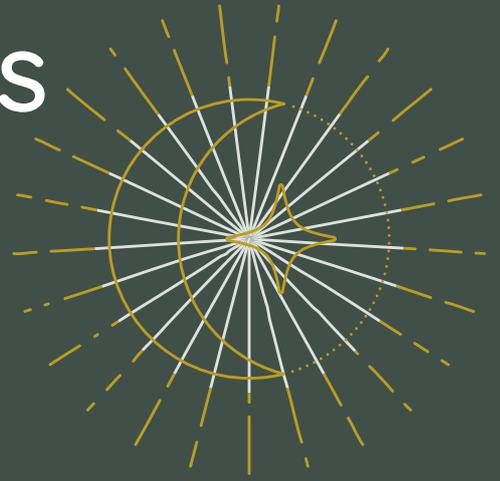
Thank you!

I hope you enjoyed these New Moon Ceremony ritual prompts. Please feel free to connect and share. I would love to hear what you experienced. Any feed-back is most welcomed. Sending love and light to you beautiful Soul today and always! Much love.

Lucy B.x

*Women's Midlife Collective (Lulu Belle Therapies) is not responsible in any way, shape or form for the actions and decisions you may take from this New Moon Guide. This information does NOT replace medical advice from your Doctor or Health Professional.

Resources



Essential Oils

Frankincense: Truth

Lavender: Communication

Bergamot: Self Acceptance

Geranium: Love & Trust

Wild Orange: Abundance

Clary Sage: Clarity & Vision

Myrrh: Mother Earth

Sandalwood: Sacred Devotion

Favourite Artists

Sacred Earth

Peia

Deva Premal

Sleep Music: Tibet

Celtic Woman

Favourite Crystals

Citrine - Light maker

Pyrite - Protection

Clear Quartz - Amplifier

Rose Quartz - Unconditional Love

Black Tourmaline - Grounding

