

dark moon journal

Month:

Date:

A new moon or dark moon is when the moon is not illuminated as it is located between the earth and the sun. This is a time for starting new projects and setting new intentions or goals as they will grow with the energy of the waxing moon.

Words for the new moon time:

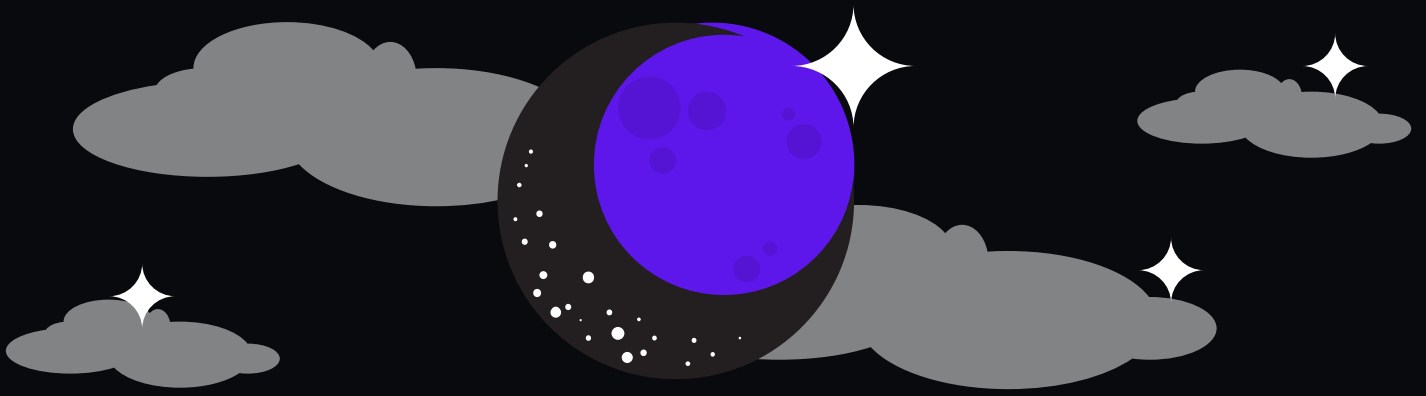
deep, dark, introspective, quiet, solitude, tender, liminal, possibility, energy, growth, impulses, instincts, dreams

Reflect on the growth, change, or projects that appeared in your last lunar cycle:

What do you seek to grow in this next lunar cycle?

What might you be hiding from view with yourself or others?

I seed and feed my new intentions by...



dark moon journal

Month:

Date:

Subconscious Mind Writing

The new moon is a time for being open to our dreams and subconscious thoughts. Meditate on the benefits of darkness, depth, and introspection and witness the thoughts that emerge.

Oils to benefit your dark moon mind:
Rosemary (mind), Patchouli (grounding),
Bergamont (intentions), Ginger (prosperity),

Meditate in the dark for 5-11 minutes. Then light a candle or a small lamp, and write freely from your deep subconscious mind.

