

NEW MOON IN LEO RITUAL

The New Moon is a time for bringing forth something new. With the Earth blocking the Sun's light, the face of the Moon completely disappears. Over the next fourteen days, it will slowly be illuminated again, growing with each passing day until the Full Moon. During this time, we're invited to begin again, to invite something new into our life or to explore a new path. This path may be external or it may be internal. It may mean visioning a new direction for your life, taking the first step on a path you've wanted to follow, planting seeds for a long-term dream, or inviting some aspect of yourself to "be seen" more fully.

This New Moon occurs in the sign of Leo, the sign of creativity, love, ego and Christ-light. It's conjunct Mercury, the planet that rules thoughts, learning and communication, and square Jupiter, the planet of expansion, higher education, belief and religion.

Keywords for this cycle to meditate upon: heart, love, creativity, sexuality, playfulness, spontaneity, light, warmth, attention, Christ, ego, children, joy, performance, curiosity, learning, communication, perception, thoughts, lies, storytelling, trust, digging for the truth, empowerment, abuse of power, expansion, faith, risk and travel.

To conduct your New Moon ritual:

1. Prepare a space.

- If you have an altar, greet your altar and honor your sacred items in the manner that feels right to you. If you don't have an altar, find somewhere comfortable where you won't be disturbed, and gather a few items to make your ritual special (such as a special rug or pillow, items to represent the four elements, crystals, stones, etc.).
- Light a candle.

2. Perform a cleansing ritual.

- Burn sage or diffuse essential oils to clean your space (good choices are sage, rosemary, lavender, orange, frankincense, hyssop, spikenard and palo santo).
- Play high vibrational music, strike a crystal bowl or bells, or tone with your voice. Some of my favorite choices for high vibrational music include Ashana, Jonathan Goldman and Deuter.
- Consider taking a ritual bath beforehand and dressing in white.

3. **Create sacred space.** Connect with Mother Earth and the Divine Feminine and all the earthly guides and guardians by sending love from your heart down into the earth. Connect with Father Sky and the Divine Father and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens.

If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space](#) ritual, speak them now. As you speak each invocation, consider lighting a candle to honor each balancing point. If you haven't written your own invocations, try these:

- I call upon light and the element of air at the east, the direction of springtime and the rising sun.
- I call upon light and fire at the south, the direction of summer and the noon-day sun.
- I call upon light and water at the west, the direction of fall and the setting sun.
- I call upon light and earth at the north, the direction of winter and midnight.

4. **Speak your intentions.** Connect with the Moon by sending a line of light from your heart up to the Moon. Recite a poem or prayer and acknowledge why you've come (such as "I come today to honor all life, and to open myself to new possibilities for growth, love, laughter, abundance and happiness, for the highest good of all concerned.") Write down a specific intention for something you'd like to create in your life or some new experience you'd like to have. (See below for a New Moon oracle spread, if you'd like some guidance.) Place your hand on your heart and speak aloud your personal intention. Place your intention on your altar or somewhere you'll see it often.

With Leo, you're invited to explore what brings you joy to gain a clearer sense of your authentic, divine self. Leo rules the heart. The clarity and strength of your heart chakra effects your ability to connect with others, to forgive, feel compassion, share who you are, live your authentic life and be in integrity. Consider setting an intention in alignment with Leo's energy or involving your heart (such as "I embrace forgiveness," "I chose to live with an open heart," or "I am building an authentic life").

5. **If you'd like, perform a symbolic act.** For example, if your intention is to attract more love into your life, place two stones such as a rose quartz and an amethyst into a pouch to symbolize love and coming together in relationship. If your intention is to make room for something new by letting go of something, write down what you'd like to let go of and burn the paper.

6. **Offer thanks.** Thank the elements and the directions, the Earth, the Moon, your guides, guardians, and ancestors. Extinguish your candles and end by offering your blessings "for the highest good of everyone."

Card 1
This card represents what you need to let go of.

Card 2
This is a useful intention to hold moving forward.

Card 3
This is what you're working toward in this cycle.

Card 4
This is the help you'll receive.

Card 5
This is what you can expect.