

NEW MOON IN VIRGO 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 Virgo, the sign of humility, perfection, duty, service and healing. Virgo sits at the intersection of sexuality and religion. Sexuality and creative essence have historically been villainized by organized religion, to the extent that Virgo oftentimes struggles with shame.

The New Moon sits in opposition to Neptune, the planet of surrender, sacrifice, delusion, karma, suffering and altered states of consciousness. Together, these two form the "healing axis" of the zodiac. Neptune is capable of connecting us to the highest spiritual forces. Virgo pays attention to the mundane details. At their best, these two can bring heaven down to earth. At their worst, they can get lost in delusion, suffering and shame.

Keywords for this cycle to meditate upon: Perfecting something, service, healing, mentoring, duty, detail-orientation, sexuality/religion, shame, martyrdom, analysis, surrender, karma, going with the flow, mysticism, altered states of consciousness, suffering, addiction, dreams, poetry, the collective unconscious, delusion.

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 Virgo, you're asked to perfect and offer your unique gifts in true service to the world. Virgo rules the pancreas, digestive tract (intestines, colon), eyes and ears. Virgo's energy is of purification and perfection, and is helpful for releasing shame. Consider setting an intention in alignment with Virgo's energy (such as "I am proud of who I am," "I am willing to do the necessary work to bring forth my unique gifts," or "I humbly offer myself in service to the highest good").

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 4

This is the help
you'll receive.

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 5

This is what you
can expect.