

NEW MOON IN TAURUS

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, you're invited to begin again, to invite something new into your 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 Taurus, the sign of self-worth, proving yourself, money, values, practical effort, balance and resources. The Full Moon will occur on May 29th in the sign of Sagittarius, so don't be surprised if your entire belief system gets upgraded over the course of this moon cycle.

Keywords for this cycle: Values, resources, skills, self-worth, money, proving the self, materialism, fairness, balance, friends/lovers, seeking truth, expansion, intuition, enthusiasm, faith, belief, risk, greed/gluttony, laziness, travel, higher mind, higher education, publishing

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. Play high vibrational music, strike a crystal bowl or bells, or tone with your voice.
- Consider taking a ritual bath beforehand and dressing in white.

3. **Create sacred space.** Connect with Mother Earth and the Divine Feminine 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, and all of the East's guardians and protectors.
- I call upon light and Fire at the South, the direction of summer and the noon-day sun, and all of the South's guardians and protectors.
- I call upon light and Water at the West, the direction of fall and the setting sun, and all of the West's guardians and protectors.
- I call upon light and Earth at the North, the direction of winter and midnight, and all of the North's guardians and protectors.

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.")

5. **Journal to access your heart.** Taurus rules the heart chakra, so this New Moon is a great time to do some heart work. Start by getting a piece of paper and a pen. Ask yourself, "What am I grieving for?" Without stopping to think about the answer, just start writing. Write for at least 5 minutes without pausing to question or edit what's coming out. You may want to read what you've written when you're done, or you may want to give yourself some space and read it at a later time. Do what feels right to you.

If you'd like guidance, consider using the New Moon oracle spread below with whatever deck you're drawn to (i.e., tarot, angel cards, totem animal cards, etc.). If you'd like to set an intention based on what you've learned, write it down, then place your hand on your heart and speak it aloud. Place your intention on your altar or somewhere you'll see it often.

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.