



## Soul-Heart ~ New-Moon

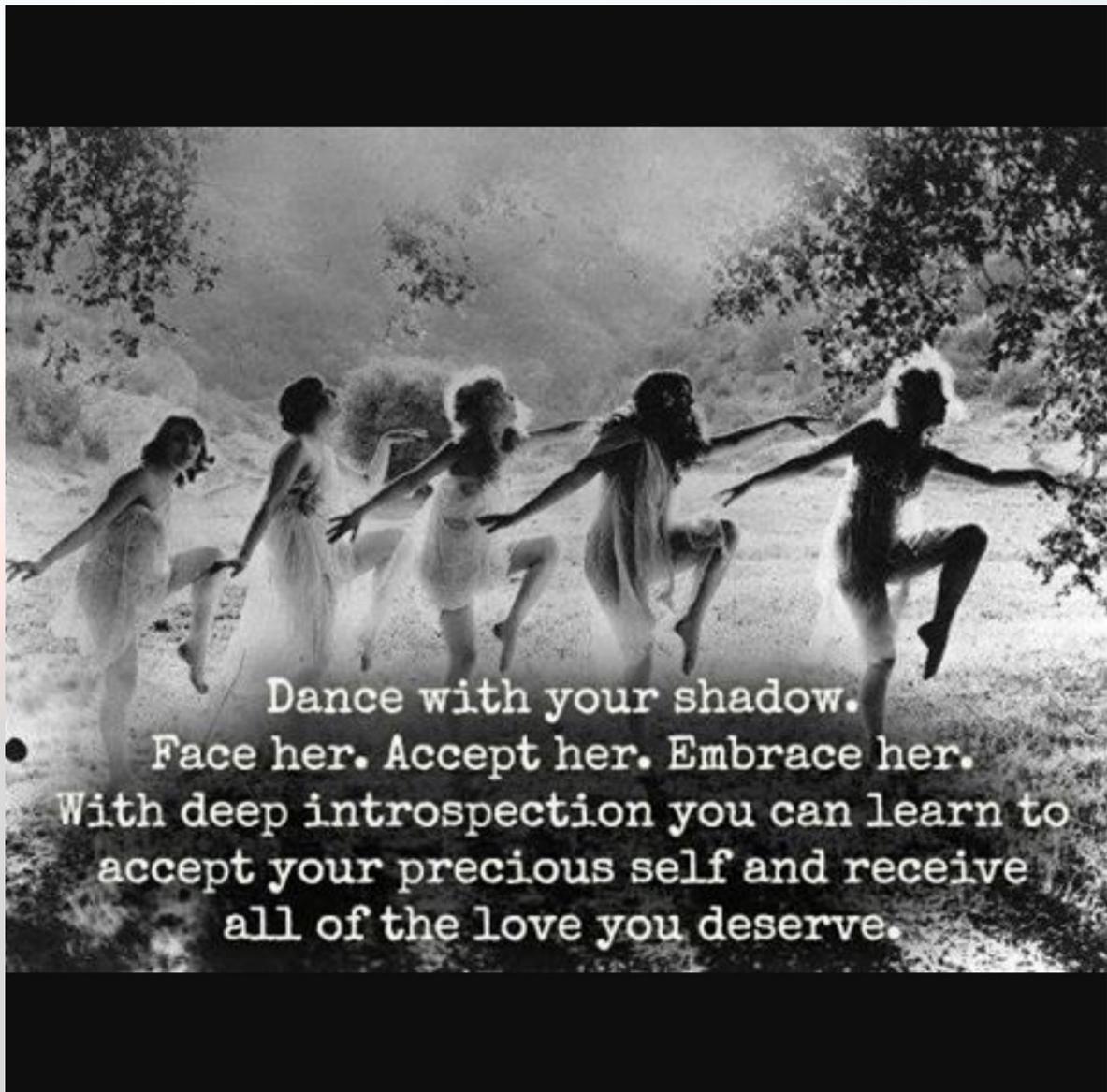


*“If you learn to pause and listen, you will intuitively be able to manifest what you need to lead you into a realm of restoration for your soul & relationships.”*

Hello my love,

This is perhaps the most important time during the cycle, and yet it is the most overlooked. In a society of instant gratification, deadlines and constant movement, it's understandable that the phase where rest and stillness are absolutely paramount - is ignored.

As you move through this program, it will make more and more sense how each phase prepares you for the next one. And it will become easier and easier to honor that.



## **Moon Phase: New** (peak is Tuesday Nov. 26th at 10:05am)

The New Moon is a time of emptying completely. Just as the moon has turned fully into herself, so do you. The issues arise when you do not honor this and keep pushing yourself forward. You will benefit more in the long run by taking time now to pause, rest and come into a place of stillness. It is from this stillness in the dark that you can authentically connect with your inner guidance. We will explore this MUCH more in the Womb Heart cycle.

If you happen to be feeling low, tired, scattered or confused, you are not alone. In fact you are perfectly aligned with the energy of this phase. This is the time when the emotions that are ready to come to the surface **WILL**, because they are ready to be seen, acknowledged, loved, and thereby - transmuted and transformed.

\*Know that there are MANY ways to honor this sacred time while still living your life and staying in integrity with your chosen commitments. One of the ways you can do is in the ritual below.

**Moon Ritual:** Do this anytime leading up to the New Moon.  
(Note we will do this together on our group call)

You'll Need:

- Loose piece of paper & pen
- Candle
- Fireproof dish
- Bowl of water

1. Light your candle, and **go over the lists that you've made** over the last couple weeks of the things in your life that aren't working, the things you want to change, and the things that are hard to accept about yourself.

2. On your loose piece of paper **write down a condensed version of the lists** you've made. What are the root words, issues, emotions, etc.? Get specific and precise. Once you feel complete with your list, you are ready for the transmutation.

3. Holding the paper in your hand say ***"In the darkness of this New Moon I now release all resistance to what is written on this paper, including anything I have forgotten."***

**Burn the paper** and drop it into the fireproof dish.

4. **Pour the ashes into the bowl of water**, and either give it to your plants OR outside to the earth.

5. After you pour out the water **bring your hand to your heart and say *"By the power of the One Unified Heart, the One Universal Truth, and the sovereignty I AM, I do declare - It is done, it is done, it is done."***

## Home Practice:

You'll notice a theme here in Soul Heart. Meditation and breath. This week your Home Practice will help you stay accountable to taking a few minutes to sit quietly and focus on your breath, your thoughts, and your heart.

Set aside at least 3 minutes every day until you receive the next playbook to sit in front of your altar. (If you don't have an altar, see the video posted in our facebook group).

With every exhale feel your body relaxing. With every exhale give yourself permission to be exactly as you are. With every exhale allow yourself to let go of resistance. You can even say to yourself as you exhale: "I am releasing resistance". Do this a few times before moving on to add a focus on the inhale.

With every inhale smile to yourself. With every inhale FEEL the emotions you desire to feel. Breathe them in. Even if it feels inauthentic at first, you are simply imagining them in your body. Inhale to visualize yourself as a light, joyful being.

What this does is create space for the places within you that do NOT believe this, to rise to the surface. You may hear negative beliefs, unkind words or other limiting thoughts come to you. GOOD!!! That is what you want. You want them all to come to the surface. As they do, continue to exhale giving yourself permission to feel them. This is a practice and a process. Give yourself time.

## **Wisdom Question**

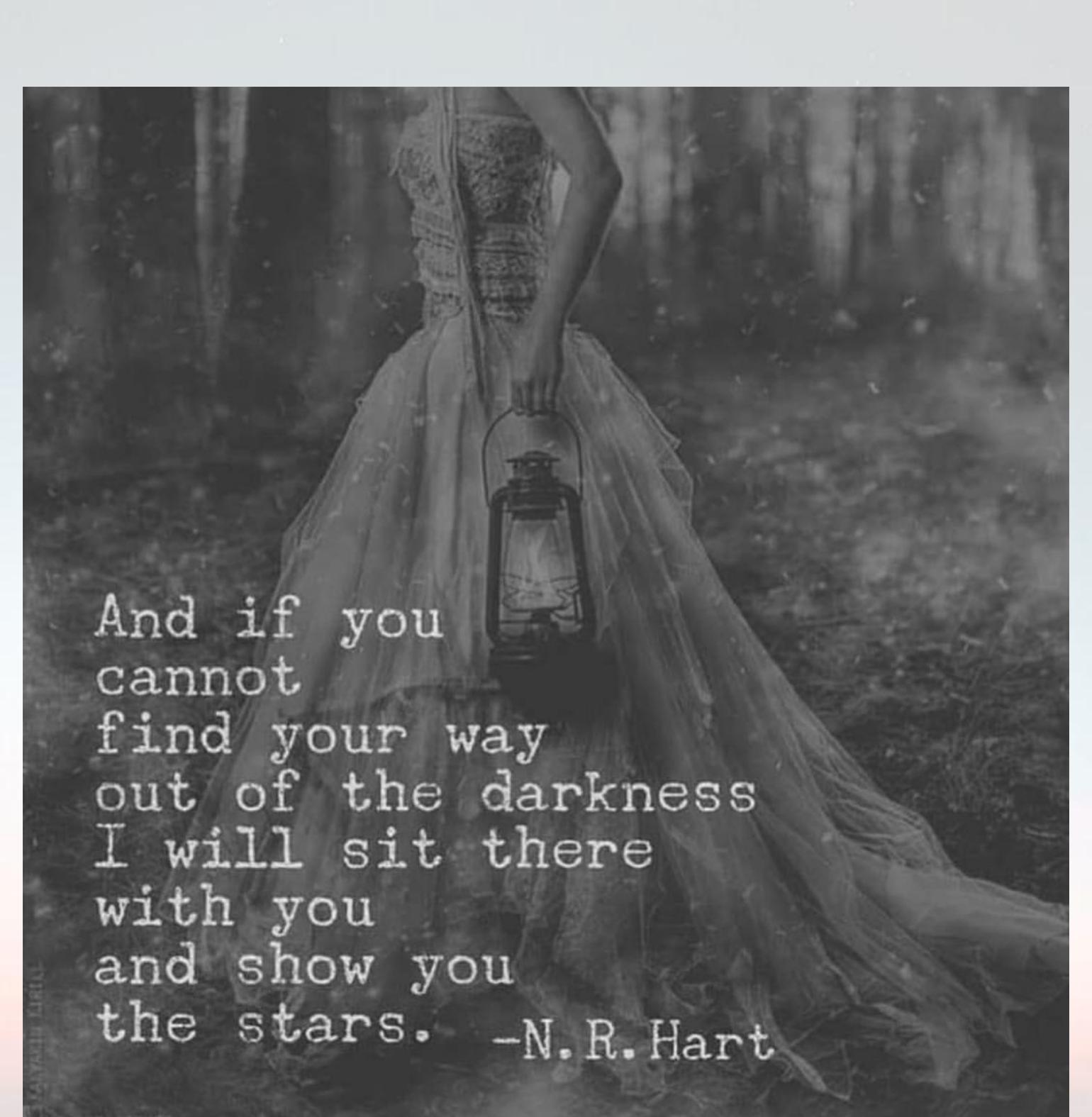
What are some things you are letting go of?

## **Mantra**

I am safe to feel my emotions

## **Bonus Mantra**

I am held in love



And if you  
cannot  
find your way  
out of the darkness  
I will sit there  
with you  
and show you  
the stars. -N.R. Hart

Love,  
Jennifer