

MOON SPELLS *Journal*

Guided Rituals, Reflections, and Meditations

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Reboot Your Goals That Didn't Work

Not every goal is going to work out, and it has nothing to do with your abilities—sometimes a goal just doesn't fit with your life, or you find, after an initial effort, that it's just not something you're really interested in after all. But a goal that doesn't work is just a goal that's ripe for morphing into another opportunity.

If your plans aren't panning out the way you envisioned, take the lesson from it and move on to something else. The waxing moon is a time for rebuilding, for taking the remnants of one dream and using them to establish a new one. This is what life is all about—evaluating, adapting, and moving forward! Think of a goal you set in the past but would like to change. Rearrange it into something that works for you now and write it here.

Old Goal	→	New Goal

Take a Mindful Walk in Nature

The waxing moon is time to collude with the power of Mother Nature and to draw from her strength. You'll find that it's easier to engage with the moon's phases when you are tuned in to the natural energies surrounding you. To practice this, take a mindful walk through nature, with no headphones, no talking, no distractions. Simply focus on the beauty around you and let it inspire your creativity and strength. As you walk, engage your senses and observe:

* What do you see? What colors is nature showing off where you are?

* What do you hear? Birds? Squirrels chattering? Airplanes overhead?

* Do you smell anything? Flowers, fresh-cut grass, smoke from a nearby bonfire?

* What do you feel? Is the temperature hot, cold, or temperate? Is it raining, snowing, humid?

Try to make mindfulness exercises like this one a part of your daily routine.

I love to think that animals and humans and plants and fishes and trees and stars and the moon are all connected.

–Gloria Vanderbilt

Track Your Full Moon Mood

The vibrational energy of the full moon affects everyone in different ways. Why not track your moods during full moons to see what it does to you? Check which boxes apply to you on this full moon. You'll do this exercise during each full moon to see if your mood stays the same or changes. This full moon, I feel:

- ○ Adventurous
- ○ Anxious
- ○ Athletic
- ○ Attractive
- ○ Bored
- ○ Depressed
- ○ Empowered
- ○ Generous
- ○ Healthy
- ○ Hopeful
- ○ Intuitive
- ○ In love
- ○ In lust
- ○ Jealous
- ○ Lonely
- ○ Lost
- ○ Magical
- ○ Sexy
- ○ So-So
- ○ Theatrical
- ○ Tired
- ○ Worried
- ○ _____
- ○ _____

Plan Out Your Fortune

Here's a fun activity that will get your creative juices flowing when it comes to attracting financial abundance into your life. Think about what you would do if you won the lottery tomorrow. Let's say you hit the jackpot for $50 million.

* Make a list of the people you would want to help financially and add how much you would give them.

* Now, how much would you spend on things that you want? Think about houses, cars, trips, boats, clothes, etc.

* What about charities? Which ones would you support and how much?

Your answers will help you get clear about the reasons you are attracting money into your life in the first place.

Write Down What You Succeeded At Today

It's vital for morale to recognize and praise progress on a daily basis. The compounding moon glow and the vibration of her energy is always prompting you to remember your successes. During this moon phase, review and list as many successes as you can from your day. Your triumphs may be small (you got out of bed!) or momentous (you got a promotion). What's important is to acknowledge them and ready your mind to welcome more success into your life.

1.

2.

3.

4.

5.

Expand Your Spiritual Habits

Ideally, you should be caring for, nourishing, and developing all aspects of your being (whether physical, emotional, intellectual, or spiritual) to maintain wellness and encourage growth. The waxing phase, with its shaft of what appears to be expanding light, can lend a hand to help activate your nonphysical self. To tend to your spiritual essence explore practices that will help you stay connected. Try one of these and journal about your experience.

* Fit five to twenty minutes of meditation into your day.

* Take a temporary vow of silence; reflect on and analyze recurring life patterns; look for deeper meanings.

* Eliminate negativity and walk on the bright side; vow to view your life more positively and reframe your thinking on select situations.

* Ask yourself, When do I feel most connected to life? Where do I seek spiritual sustenance?

* Ponder your purpose by asking: Who am I? What is my purpose? What do I value most? What is the biggest unanswered question in my life?

Everybody has a little bit of the sun and moon in them. [...] Everyone is part of a connected cosmic system.

–Suzy Kassem, "Part Sun and Moon"