

BROUGHT TO YOU BY ROOTED WELLNESS RETREATS

NEW MOON RITUALS

SACRED SPACE / MEDITATE / RELEASE & MANIFEST

CREATE A SACRED SPACE

Use whatever you may have in your home or in nature that brings you peace. The goal is to have clear energetic space to get rooted and reflect. You can smudge your space, use crystals, or other items that bring you hope.

MEDITATE

Sit in your sacred space and get comfortable. Think about your personal needs for the month ahead. Those that will help you feel accomplished and refocused.

What matters to you? What are you trying to achieve to feel whole? Is it a health or personal goal? Write it down and be clear about all you require to feel fulfilled. Re-read it after you write it and tweak as necessary. Then meditate on it for 5 minutes!

RELEASE & MANIFEST

Write down the things in your life you welcome and the things you are ready to release. Write a list of intentions for the month or for the autumn months.



WWW.ROOTEDWELLNESSRETREATS.CA