

Moon Phase Ritual Guide: Real Actions for Real Shifts

This ain't about dressing up and chanting under the moon unless that's your thing.

These phases are energetic windows — openings to push, release, reset, or reclaim.

You don't need a cauldron. You need presence, intention, and the guts to face your own energy head-on.

NEW MOON

Energy: Beginnings, planting, resetting

Do This:

- Write intentions (don't obsess, just declare)
- Sit in silence and name what you're done with
- Rest more — let the soil settle
- Burn old intentions, speak new ones out loud

Journal Prompt: What am I calling in that aligns with my truth — not my fear?

WAXING CRESCENT

Energy: Build-up, faith, small steps

Do This:

- Make a list of micro-moves toward your goals
- Speak affirmations daily
- Ground yourself every morning before doing anything
- Dress, eat, or move like the version of you who already has it

Journal Prompt: What small action proves I believe in what I asked for?

FIRST QUARTER

Energy: Action, decision, push through resistance

Do This:

- Do the thing you've been avoiding
- Set boundaries that support your focus
- Clear your physical space to shift your mental state
- Clap, stomp, or move energy through your body

Journal Prompt: What challenge is showing up — and what part of me is ready to grow past it?

WAXING GIBBOUS

Energy: Refine, adjust, tune in

Do This:

- Reflect on your original intention — does it still fit?
- Ask for clarity signs
- Spend time alone to recalibrate
- Light a candle and speak your clarity out loud

Journal Prompt: What needs refining before I rise into it?

FULL MOON

Energy: Peak power, release, exposure

Do This:

- Write out what you're releasing — and burn it or bury it
- Clean your physical and energetic space
- Cry, dance, scream, or sit in complete silence
- Full body cleanse, spiritual bath, sound clearing

Journal Prompt: What am I finally done carrying?

WANING GIBBOUS

Energy: Gratitude, reflection, integration

Do This:

- Write 5 things you're proud of
- Share something you've learned
- Slow down
- Offer water, herbs, or a written note to the earth

Journal Prompt: What am I learning about myself through this process?

LAST QUARTER

Energy: Let go, reevaluate, forgive

Do This:

- Cut cords or end cycles gently but firmly
- Revisit boundaries
- Forgive where needed — especially yourself
- Cord cutting with intention or visualization

Journal Prompt: What can I release without fear?

WANING CRESCENT

Energy: Rest, surrender, stillness

Do This:

- Sleep, retreat, say no
- Reflect on what you've learned
- Do nothing — on purpose
- Sit with your hand over your heart and just listen

Journal Prompt: What is silence trying to show me?