



New Moon

Manifesting Guided Journey

Exploration for setting new
Moon Intentions
that actually work!



Sarah Cornforth
ASTROLOGER & ARTIST

Welcome

Hello there!

Welcome to this journey, where you will be guided to set your new Moon intentions in tune with the Moon.

This journey is part tarot/oracle card spread, part journaling exercise.

By combining both forms of exploration, you tap into the guidance available to you through your cards, then go deeper by following the journaling exercises and expanding on where you are.

I highly recommend taking at least one thing you learn from this journey and turning it into an intention for the next new Moon.

It's time to grab your favourite deck and get started.

Sarah



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ASTROLOGER & ARTIST

Divination & Journaling

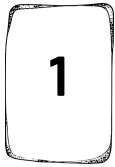
THEME:
New Moon Manifesting

This spread will support your new Moon intentions practice as you dive deep into where to place your focus during the new Moon cycle. Consider the guidance in each card when you set your intentions for the cycle ahead. Come back and review this spread at the end of the lunar cycle, noting down what you learned and experienced, before starting again at the next new Moon.

1. **YOU ARE HERE** - This is where you are right now
2. **PLANT THE SEEDS** - These are the seeds to plant for your future
3. **MANIFESTATION MAGICK** - This is where to place your focus




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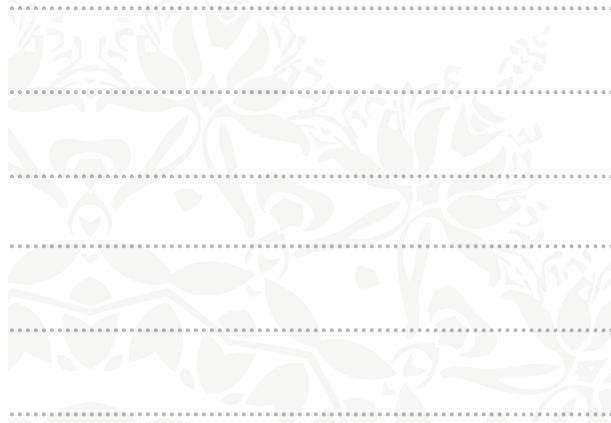


YOU ARE HERE - This is where
you are right now

Card Drawn:

*Understanding where you are
creates a line in the sand from
which you begin to move forward.
The New Moon is a time to pause
and prepare for a period of action
and attraction. Pay close attention
to your starting point, as this will
help you understand the results of
the actions you take.*

Card Reflection:



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Journaling Expansion:

- Where are you right now?
- How does it feel to be where you are?
- In what way do you want things to be different?



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PLANT THE SEEDS - These are the seeds to plant for your future

Card Drawn:

During this time of new beginnings, it's time to plant the seeds for the goals, dreams, wishes and intentions you would like to manifest in your life. Planting a seed is the first step to making things happen and moving in the right direction.

Card Reflection:

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Journaling Expansion:

- What seeds do you want to plant?
- What do you want these seeds to grow into?
- How will it feel when your seeds are fully grown?

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MANIFESTATION MAGICK -
This is where to place your
focus

Card Drawn:

When working with manifestation energy, it's important to focus on what you want to achieve. Remember where your focus goes the energy flows. If you focus on the negative, that's where you get taken. But if you focus on the intentions you set at the new Moon, you will bring those intentions into your reality.

Card Reflection:

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Journaling Expansion:

- Where should you place your focus?
- What intentions can you set in line with this focus?
- What would be the desired outcome of placing your focus here?

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