The New Moon Speaks

The new moon's spiritual meaning is in line with our Spirit Wisdom Animal practices. It is a perfect time now to slow down, feel peace and calm in your progress, set your intentions, and focus on what you intend to accomplish moving forward. Set those intentions on the new moon.

The main focus for the member's New Moon Practice is to set your intention to communicate to one of your animals, come into stillness and also, in nature, if possible, to extend your intention to an animal, insect, or bird that captures your attention and communicate with them. More on this below.

Spiritual meaning of the New Moon

The New Moon, on February 28th, speaks of spiritual renewal and new beginnings. A time to reflect on the past, let go of what no longer serves you, and embrace new possibilities. Isn't that what the Spirit Wisdom Animals have harped on during the retreat?

Somehow, the New Moon has spoken to me, too, speaking in words I've heard before, but that suddenly sound new to my ears and sink in.

I have been in a rush of activity and distraction for so long. I will be slowing down and doing the exercise with you!

New Moon Meanings:

- New beginnings: a time to start new projects and explore new pathways.
- Reflection: a time to learn from our "mis-takes" and move forward.
- Ebbs and Tides: a time to remember that our lives are continuously filling up and pouring out.
- Embrace the dry times with reflection and stillness. Take action when opportunity and your hunches prevail.
- Alignment: this is a time when your feelings, receptivity, intuition (moon), and your will, action, and logic (the sun) are aligned.

New Moon Kundalini Pranayama

Alternate Nostril Breathing— a good practice now.
Breathe into the left nostril, suspend the breath, and exhale right.
Breathe into the right nostril, suspend the breath, and exhale through the left.
Continue the sequence for at least three minutes.

Manifesting Journal:

1. Write down your intentions so you can remember them, send a clear message to the subconscious, and create a stronger intention vibration out to the universe
2. Take one step each day towards your vision, even if it's reading your journal to keep your intentions alive.
3. See and feel that vision joyfully flowing through your body. Perhaps dance while envisioning it.
4. Reflect and remain in a place of absolute trust and gratefulness for what you have in the present moment and the mystical unfolding of the ebbs and tides in your life.

EVERYTHING IS PERFECT AS IT IS, AND YOU ARE EXACTLY WHERE YOU NEED TO BE.

Build and create from this truth.

New Moon Animal Practice

1. Setting an Intention with the New Moon

- Before beginning, take a few moments to reflect on what you want to cultivate in your animal communication practice.
- Write your intention down (e.g., "*I open my heart and mind to receive clear messages from animals."*)
- Hold the paper to your heart and visualize the New Moon energy, infusing it with power.

Animal Communication Practice

- Light a candle if you'd like and sit by your animal companion. if they are in another room, then see them in your mind's eye, and mentally call them three times as you see their body and face in your mind each time. Send loving thoughts to them, tell them you'd like to talk to them and if they'd like to talk to you, and ask them your question. Ask them to share how they feel.

- Stay in a receptive state and trust the impressions that come through.

2. Moonlight Connection Meditation

- If possible, sit outside or by a window where you can see the night sky.

- Close your eyes, take deep breaths, and visualize the moonlight (even if unseen) gently surrounding you in a cocoon of energy.

- Call upon a Spirit Animal (or your Spirit Animal guide if you have one or one of your animals you wish to connect with. Invite them to talk with you. Ask them a question.

- Be open to words, images, emotions, or sensations and feelings in your body.

3. Work with Spirit Animals

Work with your Spirit Animal guide , or choose a card from the Spirit Wisdom Animal deck.

- Ask: *What fear or block is preventing me from deepening my intuition?*

- Journal any insights you receive and how this animal's wisdom applies to your life.

Nature Walk

4. Take a walk, preferably in nature, or sit in your yard and see who appears—who gets your attention. Then repeat exercise #3, listen, and be open to receiving anything the animal has to share with you.

5. Dreamwork

Before sleeping, set an intention: "Tonight, I invite an animal guide to visit me and share wisdom."

- Place a small image, statue, or representation of an animal near your bed.
- Set an intention, and ask the Creator and the animal to connect with you during sleep.
- Upon waking, write down any animals you saw, if any, or any messages, feelings, or thoughts about the animal/s from your dreamtime.