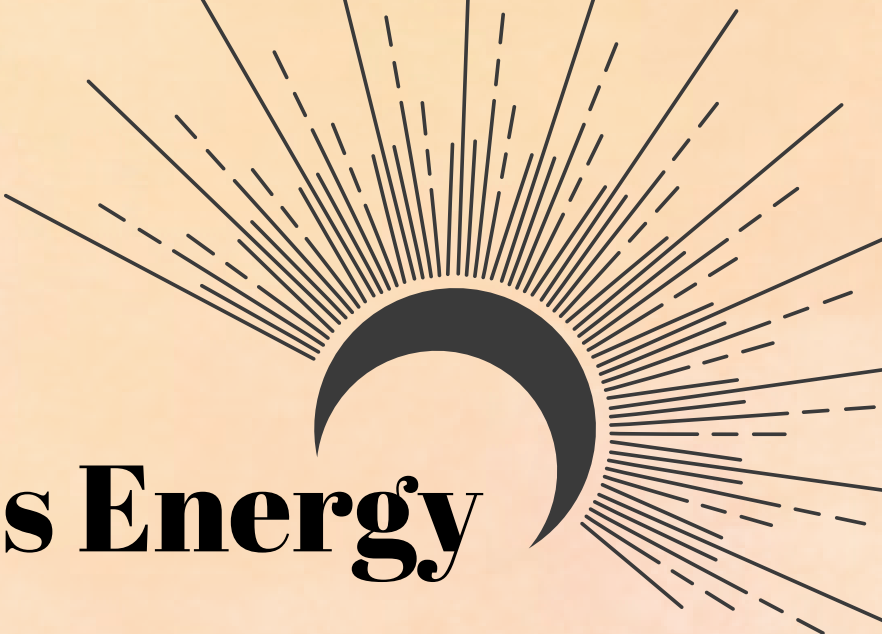


Moon Manifesting

Aligning Your Life
with Lunar Power



• E-GUIDE & WORKBOOK •



The Moon's Energy

The moon's influence on a person's life is a subject that has fascinated humanity for centuries. One of the most commonly recognized effects of the moon is its impact on the Earth's tides. Considering that our bodies are made up of a significant amount of water, it is theorized that the moon's gravitational pull may influence our own bodily fluids and rhythms.

Beyond the physical realm, the moon is also believed to have an influence on our emotions, energy levels, and overall wellbeing. As the moon goes through its different phases, it is thought to emit distinct energies that can resonate with us on an emotional and spiritual level. For example, the New Moon is associated with new beginnings, fresh starts, and setting intentions. It is a time when we can plant the seeds of our desires and focus on manifesting our goals.

On the other hand, the Full Moon is often linked to heightened emotions and increased energy. It is a time when emotions may feel more intense, and some people may experience difficulty sleeping or a sense of restlessness. This phase is also associated with manifestation and the amplification of our intentions. Many people use the Full Moon as an opportunity to release what no longer serves them and embrace the abundance that the universe offers.

In addition to the specific phases, the moon's cycles provide a broader framework for reflection and personal growth. By aligning ourselves with the moon's energy, we can cultivate a deeper connection with nature and tap into the ebb and flow of life. Some people find that paying attention to the moon's phases helps them become more aware of their own internal rhythms and cycles, allowing for greater self-reflection and personal transformation.

Moon phases



New Moon: The New Moon marks the beginning of the lunar cycle. It represents new beginnings, fresh starts, and a time for setting intentions. It's an opportune moment to plant seeds of inspiration and embark on new endeavors.



Waxing Crescent: The Waxing Crescent occurs when a small sliver of the moon becomes visible, symbolizing growth and potential. This phase invites you to nurture your intentions, gather momentum, and take small steps towards manifesting your goals.



First Quarter: The First Quarter moon is a time of action and decision-making. Half of the moon is illuminated, representing challenges and opportunities. It's a phase that encourages you to assess your progress and overcome any obstacles in your path.



Waxing Gibbous: The Waxing Gibbous phase signifies refinement, expansion, and abundance. This phase prompts you to refine your intentions, stay focused on your goals, and make the necessary preparations for their manifestation.



Full Moon: The Full Moon is a time of heightened energy and illumination. It symbolizes completion, culmination, and the realization of intentions. It's a powerful phase for releasing what no longer serves you and embracing the harvest of your efforts.



Waning Gibbous: As the moon transitions from Full Moon to Last Quarter, the illuminated portion gradually diminishes, representing a time for reflection and gratitude. This phase invites you to evaluate your achievements and release any remaining attachments.



Last Quarter: The Last Quarter moon signifies a time of introspection, evaluation, and letting go. It prompts you to release old patterns, beliefs, or situations that are no longer aligned with your intentions. It's a phase of reflection and preparation for the next cycle.



Waning Crescent: The Waning Crescent is the final phase of the lunar cycle before the New Moon. Only a small crescent of the moon is visible, symbolizing release, surrender, and rest. It's a time for self-care, rejuvenation, and inner reflection as you prepare for new beginnings in the upcoming cycle.

New Moon intention

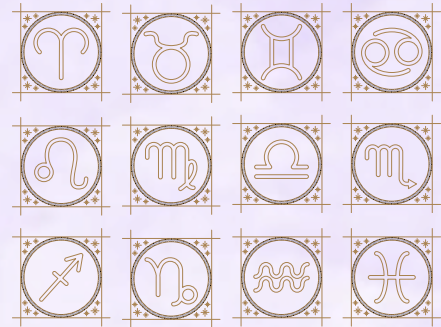


Set clear intentions, visualize your desired outcomes, and plant the seeds of your dreams.

DATE: _____

HOW I FEEL: _____

MOON IN ZODIAC



MY INTENTION

I'M MANIFESTING...

WHAT WILL MY LIFE LOOK LIKE AFTER MY DREAMS HAVE COME TRUE?

Waxing Crescent intention

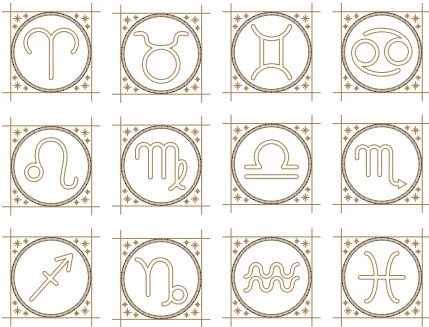


Focus on personal growth, take small steps towards your goals, and build positive momentum.

DATE: _____

HOW I FEEL: _____

MOON IN ZODIAC

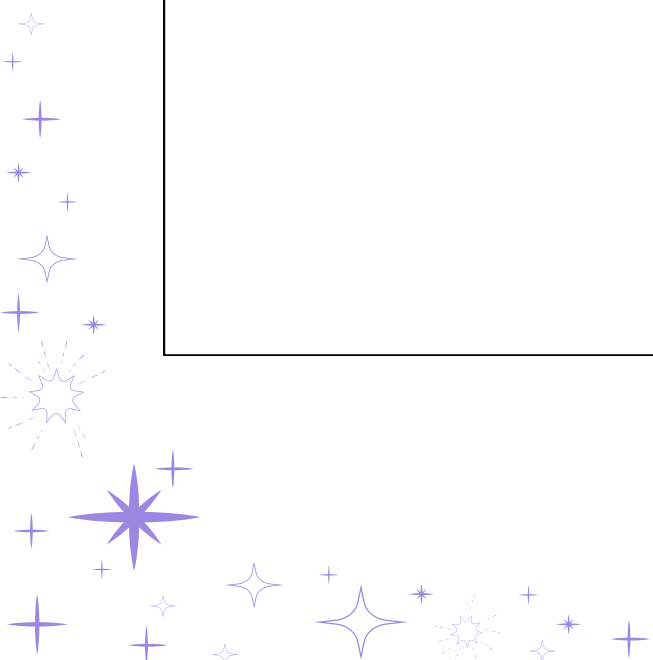


I WANT TO GROW...

I'M MANIFESTING...

MY GOALS

STEPS TO MY GOALS



First Quarter intention

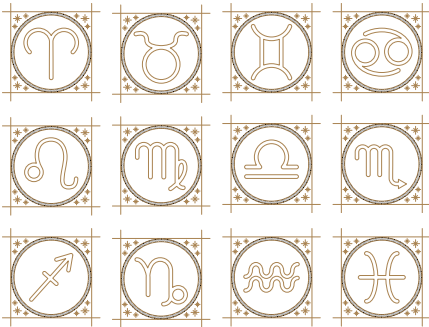


Take action, make decisions, and overcome challenges to move closer to your desired outcomes.

DATE: _____

HOW I FEEL: _____

MOON IN ZODIAC

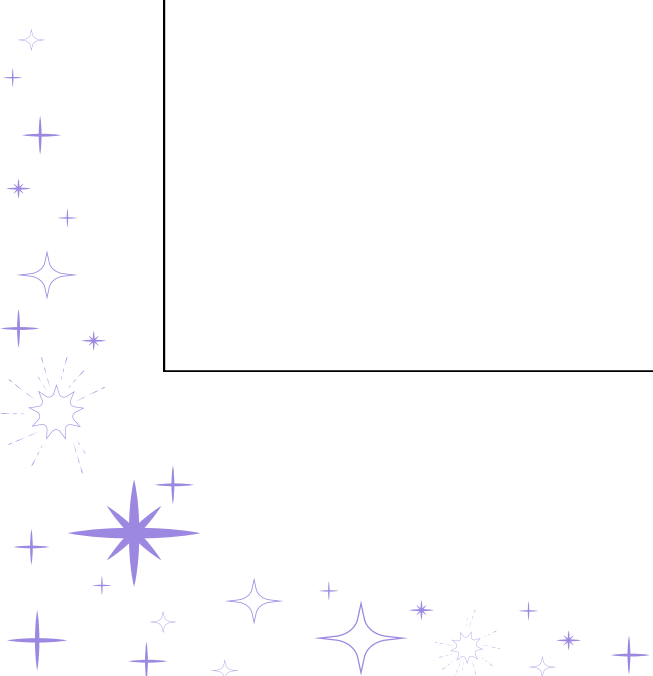


ACTION I NEED TO TAKE

DECISIONS I'VE BEEN PUTTING OFF

WHAT DO I NEED TO OVERCOME

TO-DO LIST



Waxing Gibbous intention

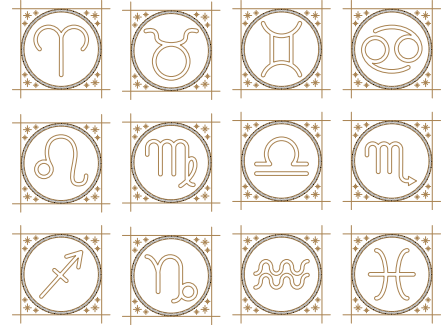


Refine your intentions, expand your vision, and attract abundance and opportunities.

DATE:

HOW I FEEL:

MOON IN ZODIAC

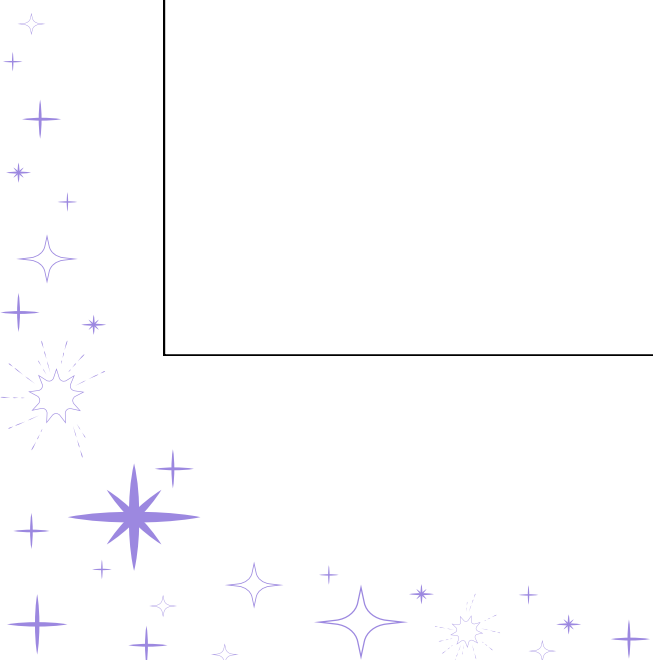


MY INTENTION

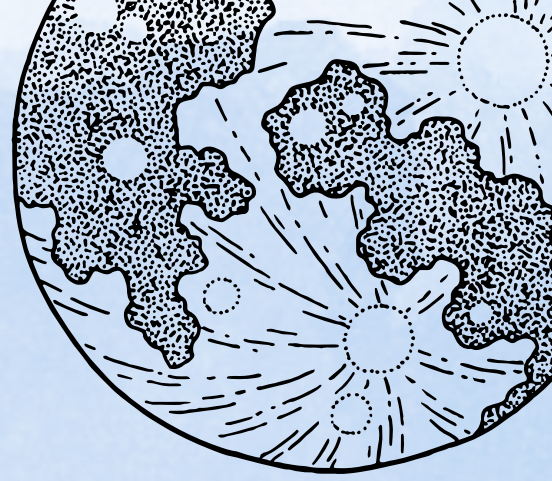
I ATTRACT...

OPPORTUNITIES I'M LOOKING FOR

MY AFFIRMATIONS



Full Moon Ritual



During the Full Moon, you can engage in different rituals to harness its powerful energy and manifest your desires. Here is one ritual to try:

Preparation: Find a quiet and comfortable outdoor or indoor space where you can connect with the moon's energy without distractions. Gather items such as candles, crystals, flowers, a journal, and any other tools or symbols that resonate with you.

Cleansing and Grounding: Begin by taking a few deep breaths and grounding yourself. Feel your connection to the Earth beneath you. Use a smudge stick, incense, or a cleansing spray to purify your energy and the space around you.

Setting Intentions: Light a candle and sit in a comfortable position. Close your eyes and reflect on your intentions for this lunar cycle. Write down your intentions in a journal or on a piece of paper. Be specific and focus on what you want to manifest or release in your life.

Moon Gazing and Affirmations: Take a few moments to gaze at the moon's luminous presence. Repeat positive affirmations aligned with your intentions. Speak them aloud or silently, allowing their energy to resonate within you.

Release and Gratitude:

Reflect on what you wish to release or let go of in your life. Write these things down on a separate piece of paper. Offer your gratitude to the moon and the universe for the blessings in your life. Express thanks for what you have already received and achieved.

Symbolic Actions:

Choose a symbolic action that represents releasing or manifesting your intentions. For example, you can burn the paper with what you want to release or bury it in the earth. For manifestation, you can charge a crystal under the moonlight or create a vision board.

Meditation and Visualization: Close your eyes and enter a state of meditation. Visualize your intentions as already manifested, feeling the emotions and sensations associated with your desires. Allow the energy of the Full Moon to infuse your visualizations, amplifying their power and potential.

Closing: Express gratitude for the experience and the energy of the Full Moon. Blow out the candle, signifying the completion of the ritual. Take a few moments to ground yourself, feeling your connection to the Earth and integrating the energy of the ritual.

How to make Moon Water

Moon water is water that has been charged with the energy of the moon. It is believed to harness the mystical and transformative qualities of the moon's energy and can be used for various purposes, such as ritual work, spiritual practices, or energetic cleansing. Here's how you can make moon water:

Preparation: Ideally, use a container made of glass or crystal to amplify the energy. Find a suitable outdoor space where you can place the container under the moonlight. A windowsill or a safe spot in your yard will work.

Timing: Moon water is traditionally made during the Full Moon phase, as it carries the strongest lunar energy. However, you can also make it during other lunar phases if you desire specific energetic qualities.

Cleansing and Intention: Cleanse the container by washing it with water or smudging it with sage or other incense. This removes any residual energies and ensures a clear vessel for the moon water. Set your intention for the moon water. You can silently or verbally affirm your desire to infuse the water with the healing, transformative, or manifesting properties of the moon.

Charging the Water: Place the container of water in your chosen outdoor space under the moonlight. It is best to place it where it will receive direct moonlight, such as on a windowsill or in an open area. Leave the water outside overnight, allowing it to soak up the moon's energy. If you prefer not to leave it outside, you can also place it near a window where the moonlight can reach it.

Retrieving the Moon Water: The next morning, shortly after sunrise, retrieve the container of moon water. The water is now infused with the energy of the moon. Thank the moon and express gratitude for the charged water. Feel the connection to the lunar energy present in the water.

Storage and Use: Transfer the moon water to a sealed glass jar or bottle for storage. Label it with the date and phase of the moon for future reference. You can use moon water for various purposes, such as ritual baths, energetic cleansing, watering plants, or adding to spiritual practices. Use your intuition to guide you on how to best utilize the moon water in your personal practices.

Full Moon intention

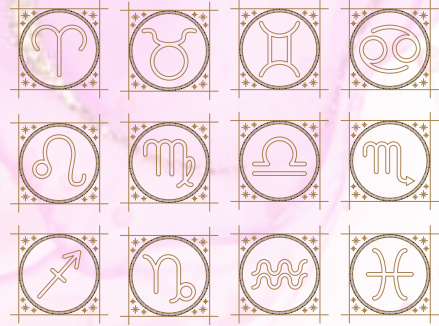


Release what no longer serves you,
express gratitude for your blessings,
and embrace the fruition of your goals.

DATE: _____

HOW I FEEL: _____

MOON IN ZODIAC



MY BLESSINGS

I'M THANKFUL FOR...

WHAT DO I NEED TO RELEASE THIS FULL MOON

Waning Gibbous intention

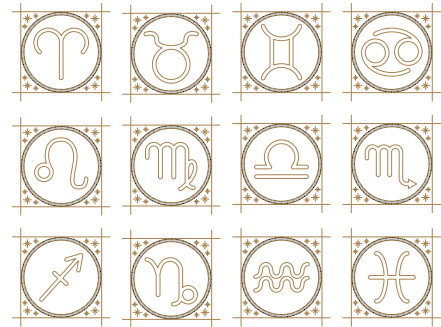


Reflect on your achievements, let go of limiting beliefs or attachments, and prepare for the next cycle.

DATE: _____

HOW I FEEL: _____

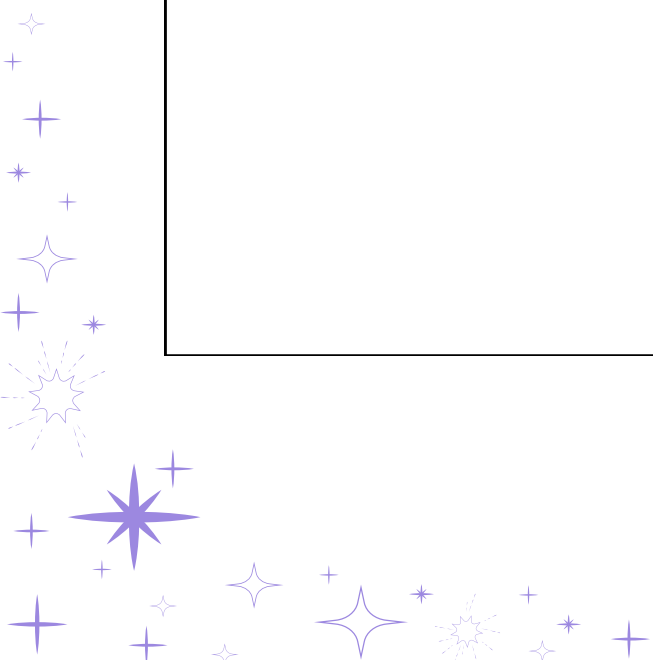
MOON IN ZODIAC



MY RECENT ACHIEVEMENTS

I HOPE THAT IN THE NEXT CYCLE.

LIMITING BELIEFS I NEED TO LET GO OF



Last Quarter intention

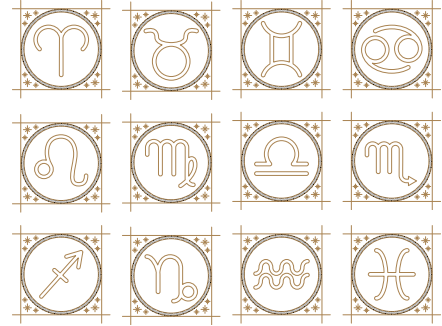


Evaluate your progress, release what no longer aligns with your intentions, and make space for new beginnings.

DATE:

HOW I FEEL:

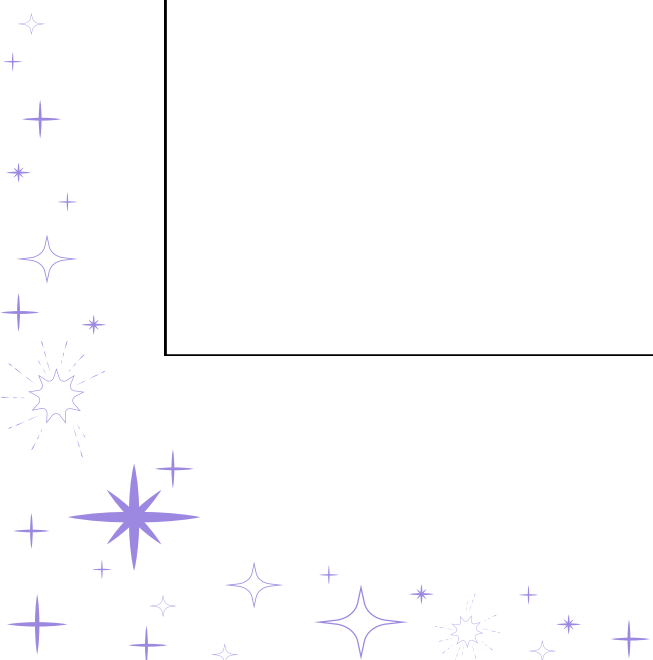
MOON IN ZODIAC



I WELCOME IN MY LIFE...

I RELEASE...

HOW FAR I'VE COME IN THIS CYCLE



Waning Crescent intention

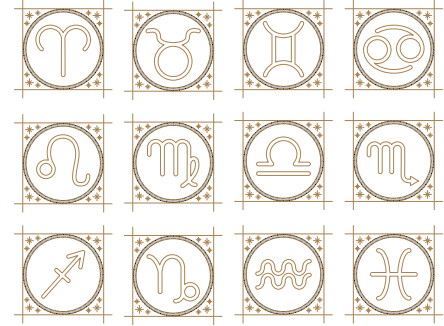


Focus on self-care, rest, and inner reflection as you recharge and prepare for the next cycle.

DATE: _____

HOW I FEEL: _____

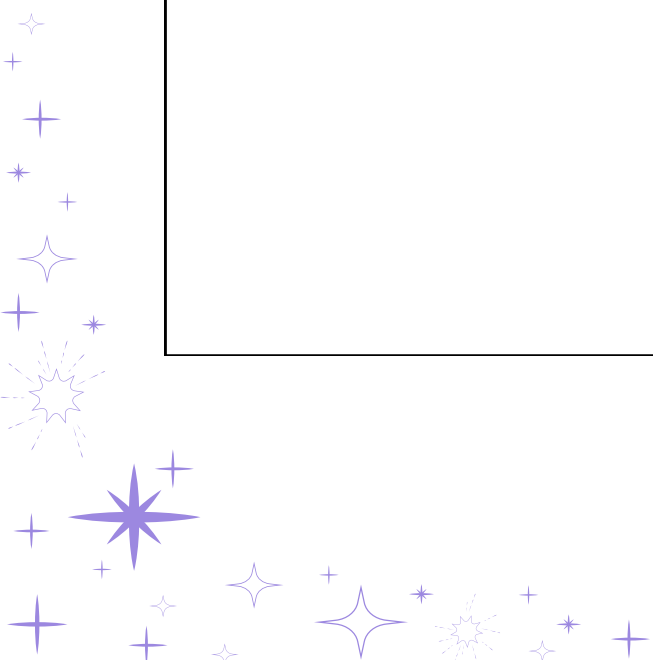
MOON IN ZODIAC



MENTAL SELF-CARE

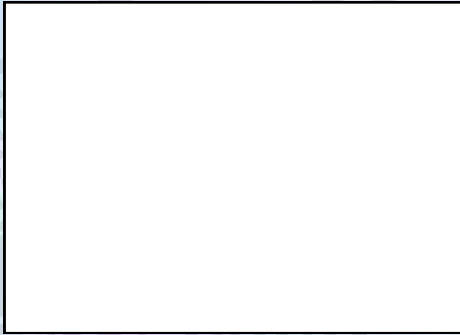
PHYSICAL SELF-CARE

REFLECTION ON MY GROWTH THIS CYCLE

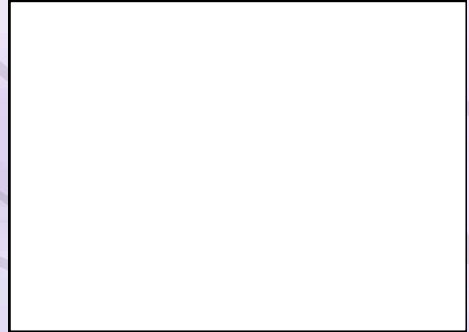


Affirmations for lunar phases

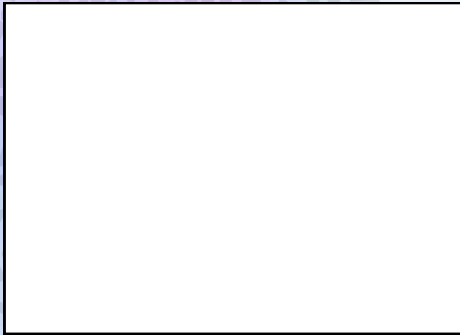
**NEW
MOON**



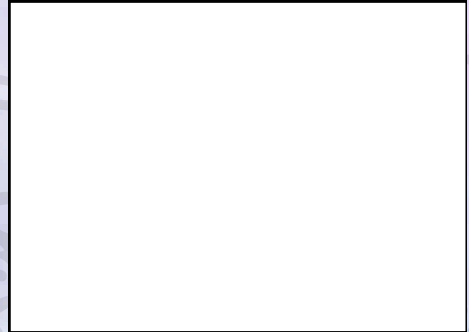
**WAXING
CRESCENT**



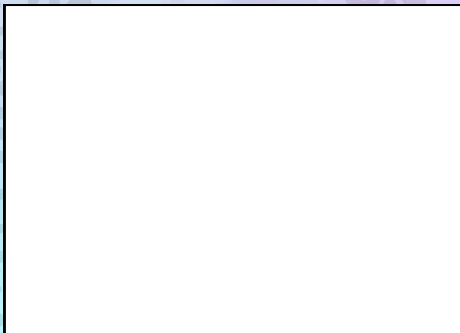
**FIRST
QUARTER**



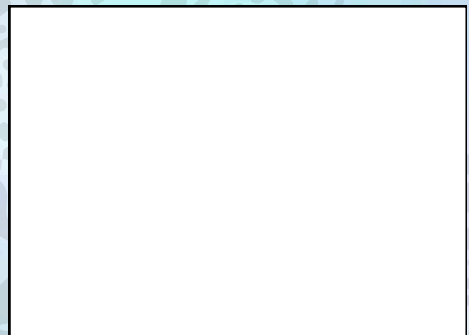
**WAXING
GIBBOUS**



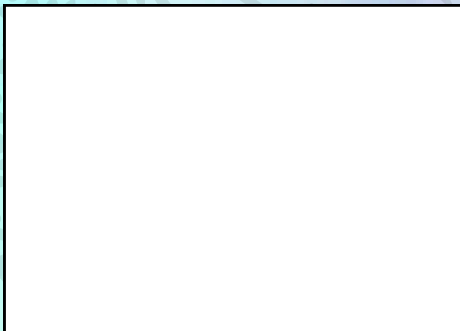
**FULL
MOON**



**WANING
GIBBOUS**



**LAST
QUARTER**



**WANING
CRESCENT**



Self-reflection

MOON PHASE:

DATE: _____

☐☐☐☐☐☐☐☐

HOW I FEEL

WHAT CHALLENGES I'M GOING THROUGH

HOW I'M GROWING TO OVERCOME THEM

Dreams and symbols

Pay attention to your dreams and any recurring symbols or themes that emerge during specific lunar phases. Record your dreams and explore their possible meanings. Look for connections between your dream experiences and the moon's energy.

LUNAR PHASE:

DATE:

DREAM:

SYMBOLS:

LUNAR PHASE:

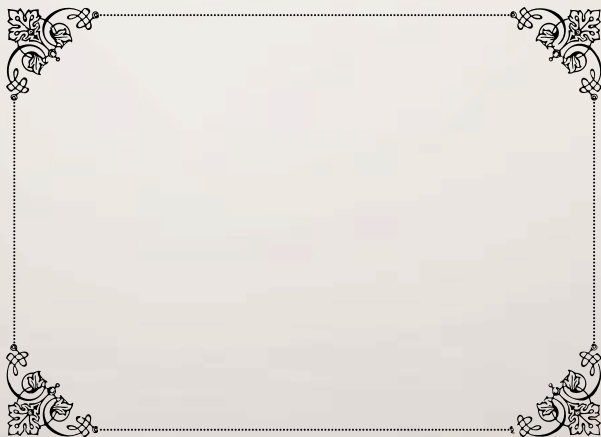
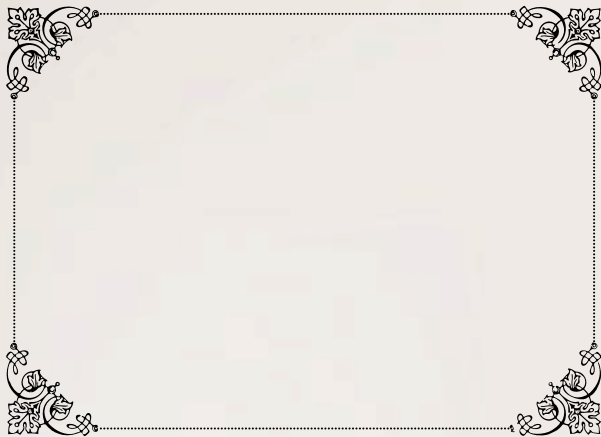
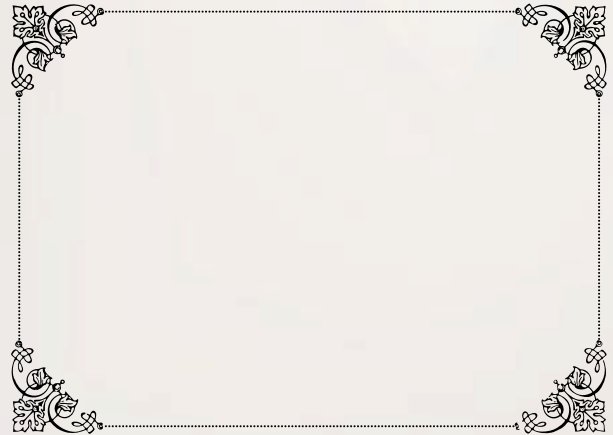
DATE:

DREAM:

SYMBOLS:

Inspiration for your journey

Write down inspirational quotes or poetry that resonate with the moon's energy or your personal journey. These can serve as gentle reminders or sources of inspiration as you navigate the lunar cycles.



New Moon manifestation

New Moon is the time to look forward: it represent fresh beginnings and new possibilities. Use the energy to manifest clarity, abundance and success in your goals.

CLARITY: CLEAR YOUR VISION

GOALS: YOUR ASPIRATIONS

ABUNDANCE: ATTRACT PROSPERITY

Daily planner

DATE

DAILY INTENTION

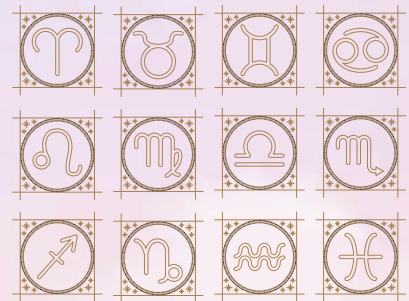
AFFIRMATION

DAILY REFLECTION

LUNAR PHASE



MOON IN ZODIAC



TO-DO

Monthly planner

MONTH: _____

DAY					
	1	2	3	4	5
	7	8	9	10	11
	13	14	15	16	17
	19	20	21	22	23
	25	26	27	28	29
					30



DATE OF NEW MOON: _____



DATE OF FULL MOON: _____

Card Spreads

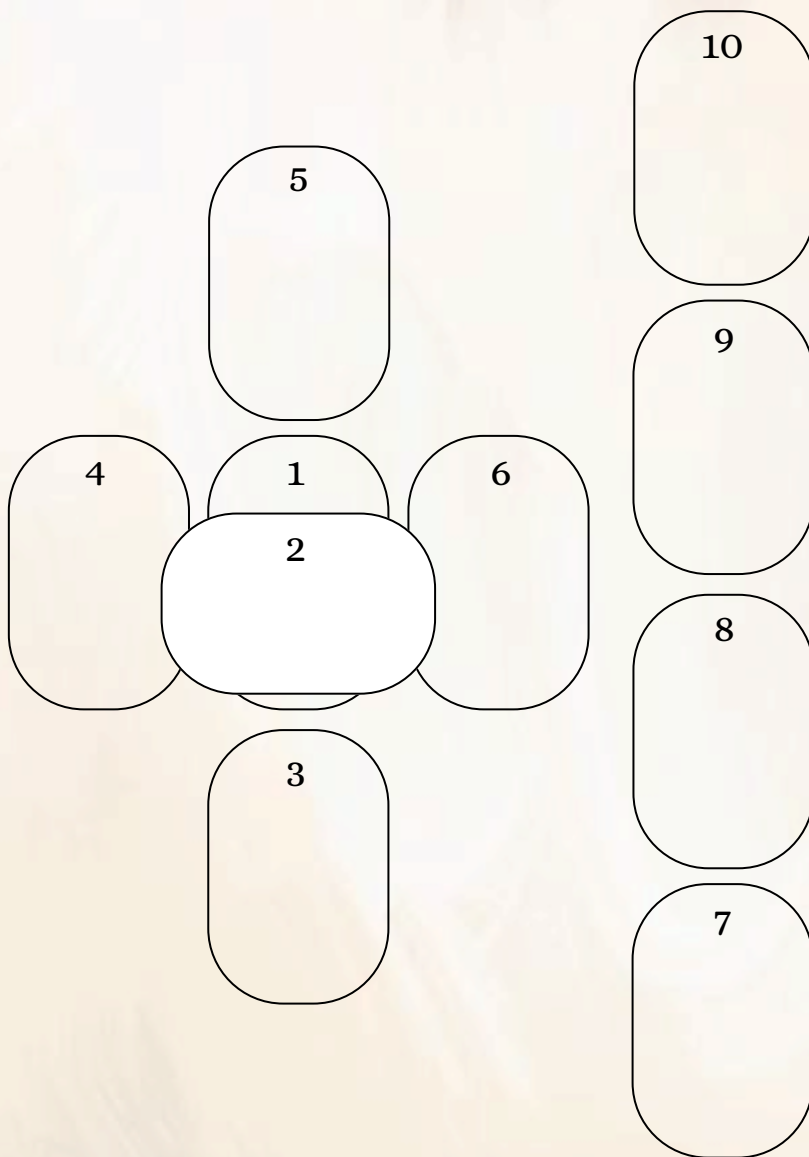
For Moon Phases



The Celtic Cross Table

MOON PHASE:

DATE: _____

☐☐☐☐☐☐☐☐

WHAT IS IT?

The Celtic Cross is a widely used card spread that provides a detailed analysis of a situation or question. You can use tarot or oracle cards. Write the names of the cards on the table and reflect on the next page.

1. Where you are right now
2. Potentials/Challenges
3. What to focus on
4. Your past
5. Your strengths
6. Near future
7. Suggested approach
8. What you need to know
9. Hopes and fears
10. Your potential future

The Celtic Cross reflection

CARDS 1-3

CARDS 4-6

CARDS 7-10

3-Card Table

MOON PHASE:

DATE: _____

☐☐☐☐☐☐☐☐

1

2

3

INSTRUCTIONS

Pick 3 cards with the intention that the first one represents your past, the second your present, and the third your future. You can ask a question from the cards or let them speak to you. Write the names of the cards on the table.

MY FIRST IMPRESSION OF THE CARDS

3-Card Table reflection

THE PAST

PRESENT

THE FUTURE

Thank
You

GLOW LIFE BOUTIQUE

READ MORE LIKE THIS

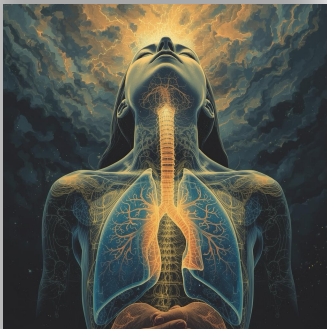
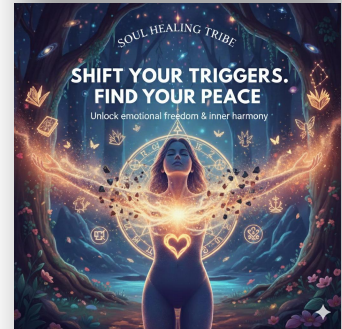
More Resources

POPULAR IN SELF HELP

Releasing Limiting Beliefs

Ready to break free from negative self-talk, overwhelm, and comparison traps? Release your emotional triggers, overcome your limiting beliefs that are holding you back.

[FIND OUT MORE](#)



TRANSFORM

THE EMOTIONAL PATTERNS

CREATE MORE EASE
IN YOUR RELATIONSHIP
WITH SELF AND OTHERS.

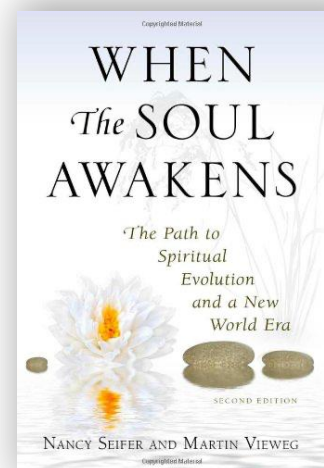
[FIND OUT MORE](#)

One of My Favorites

When the Soul Awakens

*The Path to Spiritual Evolution
and a New World Era*

[FIND OUT MORE](#)



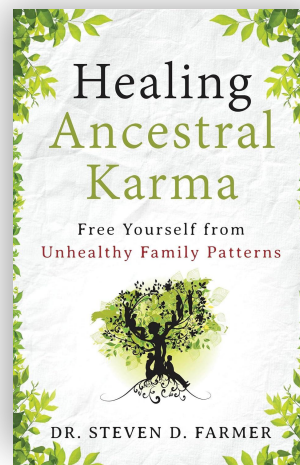
ADDITIONAL TOOLS AND RESOURCES FOR YOUR JOURNEY

Blog

Advanced Shadow Work - an in-depth article on shadow dynamics.

<https://soulhealingtribe.com>

[CLICK HERE](#)



Notebook

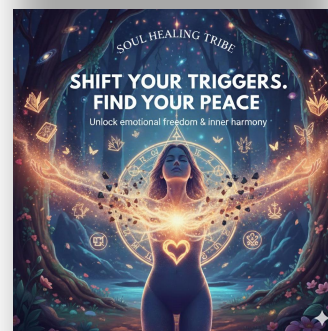
Stay on top of all of your goals, manifestations, and productivity all in one place.

[CLICK HERE](#)

Subconscious Reprogramming

To truly understand how your mind works and how you can reprogram it for success and wealth.

[CLICK HERE](#)



Bonus Section



Below are some of our favorite worksheets and trackers to help you stay on top of your personal development journey.

GOAL SETTING

Use this table to define your short-term and long-term business goals. Make sure your goals are (Specific, Measurable, Achievable, Relevant, and Time-bound).

SHORT-TERM GOALS	LONG-TERM GOALS
(1-12 MONTHS)	(1-5 YEARS)

WEEKLY CHORE CHART

WEEK OF: _____

MORNING	M	T	W	T	F	S	S
Make bed							
Wash dishes							
Make breakfast							
Pack kids lunch							
Pack kids school bag							

AFTERNOON	M	T	W	T	F	S	S
Vaccum							
Take out trash							
Wash dishes							
Check the mail							
Tidy up							

EVENING / NIGHT	M	T	W	T	F	S	S
Put toys away							
Prepare dinner							
Put dirty clothes in hamper							
Clean the bathroom							
Put kids to bed							

Weekly Reflection

Good things from my week:

What I spent most of my time on:

Things that I will continue to work on next week:

Things that I went well for me:

Areas that I need to reflect and dive further in:

I am ready to release and receive guidance on:

Self Reflection

I am someone who loves _____

I am someone who dislikes _____

I am someone who enjoys _____

I am someone who is ready to _____

I am someone who always _____

I am someone who's thankful for _____

I am someone who is knows _____

I am someone who is _____



Energy Amplifiers

Sunlight
Outdoors
Breathing Exercises
Laughters
Cuddling with an animal
Meditation
Reading

Music
Talking to a trusted friend
Journaling
Creativity
Sleep
Self-care
Writing

Energy Vampires

Over-analyzing
Too much screen time
Clutter
Dehydration
Poor diet or habits
Poor sleep
Gossip/drama
Lack of boudaries

People pleasing
Blaming others
Comparison
Disempowering self-talk
Lack of movement
Living in the past Repeating negative cycles
Not taking action

SELF-CARE PLANNER

PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A
BALANCED AND STRESS-FREE LIFE. FILL OUT THE BOXES BELOW
DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS

01

02

03

04

05

05

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



Mood Tracker

DATE:

MOOD: 🥲 😡 😞 😐 😊 😍 😄

TODAY I HAD ENOUGH:

	YES	NO
SLEEP	☐	☐
REST	☐	☐
WORK	☐	☐
EXERCISE	☐	☐
VITAMINS	☐	☐
MEDICINE	☐	☐
FOOD	☐	☐
FRESH AIR	☐	☐
SELF-CARE	☐	☐

Today's
Affirmations

TODAY'S CHALLENGES

TODAY'S HIGHLIGHTS

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS



WEEKLY

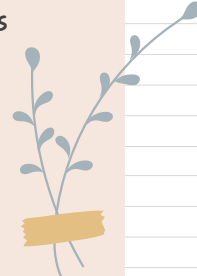
Cleaning Checklist



Everyday

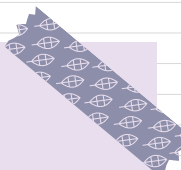
- ☐ wash dishes
- ☐ make bed
- ☐ take out trash
- ☐ wipe down kitchen counters
- ☐ vacuum
- ☐ laundry

Wednesday (bathroom)

- ☐ wipe down mirrors
 - ☐ clean toilets
 - ☐ clean showers and bathtubs
 - ☐ straighten inside of cabinets
 - ☐ empty trash
 - ☐ wash towels
 - ☐ shake out bath mats
 - ☐ sweep and mop
- 

Monday (kitchen + dining room)

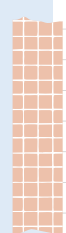
- ☐ wipe down outside of fridge
 - ☐ wipe down sink, counters, table
 - ☐ spot clean cabinets
 - ☐ clean microwave
 - ☐ wipe down appliances and stove
 - ☐ clean windows
 - ☐ wipe down highchair
 - ☐ sweep and mop
- 



Thursday (bedroom)

- ☐ wipe down night stands
- ☐ remove the dust
- ☐ straighten closet and dresser
- ☐ wipe down window
- ☐ wash bed linens
- ☐ organize skincare products

Tuesday (living + playroom)

- ☐ wipe down all counters
 - ☐ remove the dust
 - ☐ restock diaper
 - ☐ clean windows
 - ☐ organize kids toys
 - ☐ disinfect toys
 - ☐ tidy up the books
- 



Friday (random)

- ☐ straighten laundry room
- ☐ iron clothing
- ☐ fold and put away laundry
- ☐ disinfect shower curtains
- ☐ wipe down washer and dryer
- ☐ straighten craft area
- ☐ organize the shoe closet

GOAL SETTING

Use this table to define your short-term and long-term business goals. Make sure your goals are (Specific, Measurable, Achievable, Relevant, and Time-bound).

SHORT-TERM GOALS	LONG-TERM GOALS
(1-12 MONTHS)	(1-5 YEARS)

WEEKLY CHORE CHART

WEEK OF: _____

MORNING	M	T	W	T	F	S	S
Make bed							
Wash dishes							
Make breakfast							
Pack kids lunch							
Pack kids school bag							

AFTERNOON	M	T	W	T	F	S	S
Vaccum							
Take out trash							
Wash dishes							
Check the mail							
Tidy up							

EVENING / NIGHT	M	T	W	T	F	S	S
Put toys away							
Prepare dinner							
Put dirty clothes in hamper							
Clean the bathroom							
Put kids to bed							

MONTHLY REFLECTION *Journal*

DATE:

TIME:

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?



WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.

