

1 OF 6



THE NEW MOON IN LIBRA



RETURNING TO YOURSELF

*A guided ritual for balance,
boundaries, reciprocity, and self-trust.*

*I can create harmony
without abandoning myself.*



THE INVITATION



*Let this new moon be a return to inner balance.
Notice where you overextend, where you stay silent,
and where you are ready to meet yourself
with more honesty.*



- ✦ *Where am I seeking peace at the cost of truth?*
- ✦ *What boundary would restore my energy?*
- ✦ *Which relationships feel reciprocal?*
- ✦ *What would self-trust look like today?*



A large rectangular box with a decorative border and horizontal lines for writing.





CREATE A SACRED SPACE

*Find a quiet place where
you won't be disturbed.
This can be simple and
spacious, with the
intention to slow down,
listen inward, and
reconnect.*

YOU'LL NEED

- ✿ a candle
- ✿ a bowl of water
- ✿ a stone or crystal
- ✿ a journal and pen
- ✿ one meaningful object
- ✿ a few minutes of
uninterrupted time



*I arrive as I am,
I make room for what is true.*



THE PRACTICE

FOUR STEPS FOR THE LIBRA NEW MOON



I

RELEASE

What am I ready to stop carrying?

Take a moment to reflect on the patterns, expectations, or relationships that no longer serve you. You can't create new balance while holding on to what drains you.

2

RECOGNIZE

Where have I been ignoring my own needs?

Notice where you've been compromising yourself, staying silent, or saying yes when your heart wanted to say no. This is not about guilt, it's about awareness.



NEW MOON IN LIBRA



RECLAIM & RENEW

3

RECLAIM

*What part of myself
wants to be welcomed back?*

4

RENEW

*What would a more reciprocal
relationship with myself and
others look like?*



*Choose one gentle action
that honours your answer.*



CLOSE THE RITUAL

*Place your hands over your heart.
Take three slow breaths.
Feel the space you have made.*



*I return to myself with honesty and care.
I choose relationships that meet me in balance.
I create harmony without abandoning myself.*

MY INTENTION FOR THIS LUNAR CYCLE:

