

NEW MOON IN TAURUS RITUAL: CULTIVATING ABUNDANCE AND WORTHINESS

SUPPLIES NEEDED:

- Journal or notebook
- Pen or pencil
- Candle (optional)
- Crystals such as rose quartz, citrine, or green aventurine (optional)
- Comfortable and cosy space

RITUAL STEPS:

1. Find a quiet and comfortable space where you won't be disturbed. Light a candle if you wish to create a cosy atmosphere. Take a few deep breaths to center yourself and ground your energy.
2. Close your eyes and take a moment to connect with the energy of the New Moon in Taurus. You can say a simple invocation or prayer, expressing gratitude for the abundance and worthiness that surrounds you.
3. Begin your ritual by opening your journal to a fresh page. Use the following prompts to guide your reflection:
 - **Reflect on Abundance:** Write about the abundance that already exists in your life. What are you grateful for? How can you cultivate a deeper sense of abundance in your life?
 - **Explore Worthiness:** Reflect on your sense of self-worth and deservingness. What beliefs or patterns may be blocking your ability to fully receive abundance? How can you affirm your worthiness to receive all the blessings that life has to offer?
 - **Set Intentions:** Write down your intentions for this lunar cycle. What do you wish to manifest in terms of abundance, prosperity, and self-worth? Be specific and heartfelt as you set your intentions.
4. Close your eyes and visualise yourself surrounded by a golden light of abundance and worthiness. See yourself receiving all the blessings that you've set intentions for, feeling deeply deserving of each one. Allow yourself to bask in this feeling of abundance and worthiness for a few moments.
5. Express gratitude for the opportunity to set intentions and align with the energy of the New Moon. Thank the universe for its support and guidance on your journey towards abundance and worthiness.
6. When you feel ready, gently close your journal and take a moment to ground yourself once again. Blow out the candle if you lit one, and take a few deep breaths to center yourself.
7. Carry the energy of abundance and worthiness with you as you move forward into the lunar cycle. Revisit your intentions regularly and take inspired action towards manifesting your desires.

Remember, the power to manifest abundance and worthiness lies within you. Trust in the process and believe in your inherent ability to create the life you desire.