

Tap into Nature's Moon Manifesting Power



Manifesting with
the Moon

Plus+ New & Full Moon Rituals
and The 21-Day Manifesting Guide

KG STILES, METAPHYSICIAN

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By KG Stiles, BA, LMT, CBT, CBP
Metaphysician & Coach
www.kgstiles.com

Why is Manifesting with the Moon so effective?

Research has shown that the body's internal biological rhythms are controlled by the powerful cues it receives from the natural world, such as the moon's cycles.

This natural phenomenon of the body to match its internal rhythms with external rhythms in the natural world is known as entrainment.

Thus, your subconscious mind, which controls 95% or more of what you perceive and experience in the world we call reality, responds more readily to your desires and intentions for manifesting when you plant and nourish them like seeds in the fertile at the time of a new and full moon.

VOID OF COURSE MOON

Your New and Full Moon rituals should be performed at the time of the new or full moon unless the moon goes void of course at the time of the new or full moon.

When a moon is void of course it is not making any aspects to other planets. As the moon is a feminine polarity of energy that's receptive to the energies it's in constellation with its aspect to other planets helps to ground your intentions for manifesting.

Wait until the moon goes into the next zodiac sign before performing your ritual for best results. You can consult an ephemeris to find out if the moon is void of course at the time of a new or full moon.

BEFORE THE QUARTER MOON

It's best to do your new or full moon ritual and meditation within one week after the new or full moon before the quarter waxing or waning moon. Once again you want to make sure the moon is not void of course for best results.

WHAT IS A NEW MOON?

The new moon occurs when the moon passes between earth and the sun. Thus blocking the sun's light resulting in a dark new moon.

The new moon is a seed point when the sun and moon unite in a conjunction. This mystical union of the sun and moon in the heavens occurs at 28-day intervals when the moon rises at the same time as the sun and sets when the sun sets.

On the day of a new moon the moon, representing the feminine, receptive and intuitive aspect of your psyche, crosses the sky joined with the sun, her masculine, expressive counterpart.

We can't see the new moon because it's too close to the sun's fiery glare to be visible.

The only time we can see the new moon from Earth is during a solar eclipse. During a solar eclipse the moon passes directly in front of the sun, and the moon becomes fully visible as it is illuminated by the rays of the sun's corona.

A solar eclipse new moon is the most potent time to set your new moon intentions for manifesting your desires. Solar eclipses happen twice annually in the spring and fall. Sometimes solar eclipses are total when the Moon comes between the Sun and the Earth and casts the darkest part of its shadow (the umbra) on Earth.

The darkest point of total solar eclipse is considered the most potent of all new moons for setting your intentions, especially in the areas of the world where the solar eclipse is visible.

A new lunar cycle starts at each new moon. One lunar cycle is called a lunation.

A conjunction in astrology always represents a time of new beginnings and fresh starts. This is a perfect time to set your intentions for what you desire most to manifest. Then nourish them as the moon waxes.

At the time of the quarter waxing moon (1 week after the new moon) you may become aware of any obstacles or adjustments you need to make in order to realize your desires and intentions.

NEW MOON RITUAL

The New Moon energies are an excellent time for planting your seeds of intention for manifesting your heart's true desires.

If you know where the New Moon is located in your astrology chart you can know exactly which area of your life is being most affected.

This is where you will experience the most opportunity for fresh starts, new growth and change. This area of your life is most favored for planting your seeds of intention.

At the New Moon remember to give thanks for your many gifts, and accomplishments in life. Acknowledging your inner gifts and accomplishments will help strengthen and build your confidence for manifesting your intentions into material reality.

Focus your intent upon planting seeds of your most cherished dreams and desires.

Feeling and embodying your dreams with intensity as if they are happening now multiplies the energy available to you now for manifesting exponentially.

Then nourish and cherish your dreams with love and tenderness to consistently elevate your feelings. This elevation of your feelings has the effect of showering you with positive emotional energy that will magnetically attract opportunities for the realization of your dream.

Most importantly you must take action on any intuitive guidance you receive; this activates the universal flow to respond and match your the frequency of your vibrational signals.

NEW MOON MEDITATION

For this meditation you will need:

Clean sheet of paper
White candle

Calm your mind and sit quietly.

There is nothing you need to do now. Go within to your sacred inner space and be still.

Light your candle and focus on the candle flame.

Remember that the light you see is a reflection of the light within you.

Think of all that you would love to experience in your life. See the light of your love renewed as your life overflows with fresh, new imaginings.

Picture your true heart's desires as if you already have achieved them. Savor your imaginings as you gaze into the candle flame.

Write it down!

Writing down your most cherished dreams from any area of your life activates your subconscious, your internal guidance system to go to work on your behalf to synchronistically attract auspicious circumstances for the manifestation of your desires.

What to write down?

Select one or more of these areas of your life you wish to focus your intentions for manifesting.

If you are new to manifesting with the moon I suggest you keep it simple. Focusing on one area that you have intense desire for creating, but little or no attachment will work best.

Areas of your life to consider:

1 - Your health for body, mind, spirit and emotions.

2 - Family, friends, and community life.

3 - Prosperous circumstances, financial resources and wealth.

4 - Rewards and recognition.

5 - Close intimate soul mate relationship.

6 - Creative expression and children.

7 - Helpful people, communication and travel.

8 - Life calling, vocational opportunities.

9 - Self cultivation and wisdom.

Allow yourself to pour your passion into the images you have for yourself.

I recommend you write down your intention(s) in the form of an affirmation(s) and review it daily to energize your attractor factor, or post your intentions as power words, thoughts and images on your dreamboard.

What next?

After writing your most cherished desires for what you intend to manifest in your world write the qualities within your self that will help you to attract and accomplish your dream.

Focusing your character qualities in a plan of action is what elevates your dream to a goal.

List all the qualities you have both large and small.

It is important that you recognize, and appreciate your character qualities and accomplishments as this helps you build your confidence for creating the circumstances needed to manifest your heart's desires.

Concluding your new moon meditation.

After you have taken time to write your list of qualities and accomplishments, fold your paper, and see, feel, know yourself communing with your new intention for manifesting as if it has already been accomplished, and is happening for you now.

Really get in touch with how natural it feels to be the person in the set of circumstances you imagine, working and socializing with particular people and groups of people you wish to attract into your life.

Remember what you desire, also desires you! Open your mind to receive your good now.

Let go of attachment to how things will manifest and allow the process of creation to take you where it will.

If at the end of your New Moon Meditation you feel inspired to take some action, listen to your wise heart, and take action immediately, no matter how small take that first step!

Conclude with this benediction:

*God/Goddess and all that is,
Angels, guides, ancestors,
teachers, and friends,
I call upon all who love me*

*To witness my deep appreciation
for my soul's journey.
Bless my unfoldment
as I plant my seeds of intention
May my true heart's desires
Now be manifest,
And so it is.*

Review your intentions.

Keep your new moon intentions for manifesting, and list of accomplishments in a special place, and plan to review them at the next Full Moon.

WHAT IS A FULL MOON?

At the Full Moon we completely see the day side of the moon.

A full moon looks full because the moon and sun are perfectly aligned with the earth in between them. At that time the earth acts like the mid point between the moon and sun.

At the full moon the sun sets in the west as the full moon rises in the east.

The most potent full moon is at a lunar eclipse. At the full moon lunar eclipse the earth's shadow, opposite the sun, falls on the moon's face casting a shadow and blocking the sun's light.

The most dramatic full moon lunar eclipse occurs when the earth's shadow completely covers the moon and is called a total lunar eclipse.

A total lunar eclipse is the most the most potent time of release and celebration.

The energies of a full moon thus are in contrast and polarity to a new moon.

At both the new and full moon the sun, moon and earth are aligned with each other.

At the new moon, the moon is in the middle position in the alignment.

At the full moon, the earth is in the middle position of the alignment and the sun and moon are opposite to one another in the sky.

Thus at the full moon the sun and moon are opposite one another in the sky.

In astrology this is called an opposition. An opposition more than any other astrological aspect brings about a revelation or illumination of what has been hidden.

With this illumination of what has been hidden you are given an opportunity to celebrate what you have achieved in your life and release any obstacles that may be preventing you from more fully manifesting your desires.

The full moon is an excellent time to celebrate any new awareness of what's been holding you back and perform a ceremony to release any patterns that are blocking you from realizing your dreams.

What is no longer working for you must be relinquished, giving space for new and more appropriate people, places, things and associations to manifest in your life.

It is time to recycle, move on and clear the way for planting new seeds at the next new moon.

FULL MOON MEDITATION

Look at your astrology chart to see where the present Full Moon is located. This is the area of your life where you'll be receiving your biggest rewards, and connecting with the people, places and circumstances needed for fulfillment of your desires and intentions.

This area of your life may also be where you need to release something that is blocking you back from feeling comfortable within yourself about enjoying your life completely.

Your letting go of things that no longer serve you will help clear the way for planting new seeds of desire and intention at the next New Moon, two weeks from now.

The Full Moon is a time to celebrate.

Now is a wonderful time to celebrate the authentic you and all that you have to be grateful for in your life.

Review your list of desires that you set as your intentions at the last New Moon.

Acknowledge and give thanks for all that you've accomplished toward the fulfillment of your desires over the past two weeks.

The Full Moon is also a wonderful time to review your many gifts and accomplishments in your life, remembering to give thanks for the many blessings of your life, and your life experiences.

What you focus on reflects your attitudes, and creates your beliefs and habit patterns. Your beliefs and actions over time manifest as your reality.

Letting go

At the Full Moon let go of anything that no longer works for you.

The diminishing electro-magnetic pull of the waning moon naturally serves to help you to let go of anything, including any struggles you may have within yourself, or with your life situation.

Now is the time to be willing to let it all go!

Clutter clearing within and without renews your soul, and clears the way for you to re-connect with your natural state of authentic well-being.

FULL MOON MEDITATION

For this meditation you will need:

Clean sheet of paper

White candle

Calm your mind and sit quietly.

There is nothing you need do at this moment but be present with your self. Within all of us there is a sacred space. Now is the time to go within to your sacred space and be still.

Light your white candle and focus on the flame.

Remember that the light you see is a reflection of the light within you.

Write it down!

Write your list of all the things you wish to let go of on paper.

Allow yourself to write down everything that does not work for you, as well as any feelings you have about anything that does not work for you, let it all flow onto the paper. Let it flow, let it go!

What next?

After you have taken time writing down your list of what you desire to release, fold your paper, and say aloud:

*God/Goddess and all that is,
Angels, guides, ancestors,
teachers, and friends,
I call upon all who love me
To witness my deep appreciation
For my soul's journey.
Bless my unfoldment
As I give thanks*

*For my many blessings
And accomplishments.
May my true heart's desires
always be manifest,
And so it is.*

Concluding your full moon meditation.

As you end of your meditation, surrender the struggles, and burdens that you've written down on a piece of paper into the flames of a living fire.

Jungian analyst, and mentor, Marion Woodman PhD, uses a Chinese wok for her ritual burnings. You are burning your old ways, habit patterns, and beliefs that no longer work for you to make room for the planting of new seeds of desire at the next New Moon.

Your life is a beautiful mystery and wondrous journey; celebrate it as often as possible.

After completing your Full Moon Meditation you may feel inspired to take some action. If so listen to your wise heart and take action immediately.

21-DAY MANIFESTING GUIDE

It takes only 3 weeks to create a new habit pattern. Setting your intentions powerfully activates unseen forces to operate in your life on your behalf to manifest your desires.

Embark on your vision quest with this “21 Day Manifesting Guide” to support you on your soul’s journey to manifest your heart’s desire.

This is the natural cycle for seeding and harvesting that will help you to manifest your true heart's desires.

Days 1-7 Quarter Waning Moon.

Six days before the New Moon, begin clutter clearing.

During the phase of the waning moon is the most ideal time for focusing on releasing the old that no longer serves you.

You are clearing sacred space, within yourself and your life.

With tender loving care remove the weeds and rubbish from your psychic garden, and prepare the rich and fertile soil of your imagination for planting new seeds of intention to attract your heart's desire.

As you clear your mind and emotions of old clutter, and make a clean sweep of your past, you set a strong foundation for your dreams and most cherished desires to take root and manifest.

You must effectively clear your psychic field of any old attachments, resentment and anger to make room for birthing a new story, and vision for your life.

Allow yourself to relax and nourish your dreams during this phase of the waning moon.

This is an excellent time to begin collecting images and supplies for designing and creating a dreamboard at the New Moon.

Day 7 - New Moon Meditation

Exactly at the time of the New Moon, light a white candle and perform

a New Moon Ritual for setting your intentions and powerfully activating them with your emotions to attract your heart's desire.

If you're designing and launching a dreamboard this is the perfect time for activating it.

Day 8-21

For two (2) weeks continue to focus your emotionalized intentions upon your desired outcome.

During this time be sure to release any feeling of attachment about how things will manifest or the timing of events.

Day 21 Full Moon Meditation

Exactly at the time of the Full Moon, light a white candle and perform a Full Moon Ritual for celebrating the harvest of all that you've accomplished.

Give thanks for the signs, signals, coincidences, and synchronicities that have occurred over the past 2 weeks, as well as for whatever has manifest.

This time of harvest is also when you begin the cycle of letting go and release of anything that may be blocking the full manifestation of your desired outcome.

Happy manifesting!

If you loved this book please tell your friends!

Check out my next book in the 'Healing & Manifesting' series: 'Pranic Rainbow Light Breathing Meditation - Cleanse Your Energy System - Clear Your Mind, Plus+ Open Your Third Eye & Learn Chakra Manifesting Breath,' listed in the back of this book, along with my other titles.

Sign-up now to get notified about new book releases, special offers and events and get a FREE book as a gift: <http://www.kgstiles.com/kg-stiles-author-news-new-book-announcements-sign-up-now-get-a-free-book-as-a-gift/>

PLEASE NOTE: More and more controlled research studies are being conducted on the human energy system and the chakras to understand these subtle energies and the effects of subtle body therapies on the body, mind spirit and emotions, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using subtle energy techniques are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using the energy and crystal healing methods outlined in this book. What works for one may not work for another, so explore and find out what works best for you.

Holistic therapies are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

KG Stiles is the founding director of Health Mastery Systems and PurePlant Essentials aromatherapy company. She began her

professional metaphysical healing arts practice in 1980. Her clients have included entrepreneurs and top executives, and her advice and services have been used by internationally famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers.

“KG Stiles’ 30 years of experience combined with her passion to assist and facilitate the personal growth and wellness of all is unsurpassed!” -*Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, ‘Choices and Illusions.’*

KG Stiles
Health Mastery Systems®
P.O. Box 1124
Ashland, OR 97520
www.kgstiles.com
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Hope you love your LoveNotes as much as I enjoy creating them for you!

Love & light to you,
-KG Stiles, Author
Metaphysician & Coach
Certified Clinical Aromatherapist
Founder Health Mastery Systems