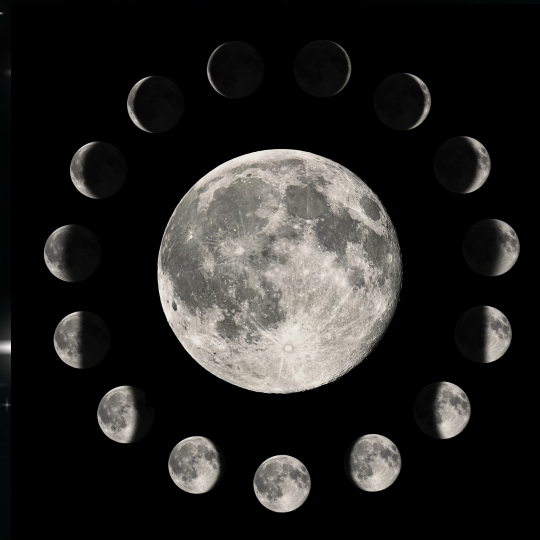


New + Full  
**Moon**  
Resources



# About This Printables Packet

Here are some extra helpful and fun tools for you as you learn to Manifest with the Moon.

I've included the list of supplies and the basic process for each of the moon ceremonies. If you're currently taking our Onward & Upward Manifesting Course, then you have access to the moon ceremony recordings as well. If you aren't yet a student, you can [learn more here](#) or purchase our [New and Full Moon workshops](#) on our website (Take 25% off the price of the Moon Cycle Bundle using code MOMMAMANIFEST)

ENJOY!

*Erin*

Manifesting Coach

Reiki Healer

Crystals + Essential Oils Educator



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Designed by Erin Hollon & Crystal Gilbert

Art by Erin Hollon and Canva

# New Moon Intention Setting



## Recommended Tools for Your Ceremony

- Pen and 4 pieces of paper for the brainstorming portion of your ceremony
- Sage Smudge to cleanse your space before you begin
- **Crystals:** 3rd and Crown Chakra crystals like Amethyst, Clear Quartz or Girasol
- **Essential Oils:** Clarity and Inspiration oils, such as Envision, Clarity, Peppermint, or Northern Lights Black Spruce

Full Moon  
**Releasing**  
 Ceremony

## Recommended Tools for Your Ceremony

- Pen and paper + lighter and fire-safe bowl
- Sage Smudge to cleanse your space before you begin
- Suggested crystals:
  - GROUNDING - Smoky Quartz
  - HEART HEALING - Rhodonite
  - BALANCING - Fire Quartz
  - CLEARING - Clear Quartz
- Diffuse Essential Oils:  
Frankincense, Sage, Release, or  
Grounding

My  
Manifesting  
Affirmation

