



## Super New Moon in *Aquarius*

Aquarius energy brings authenticity and a desire to contribute to the greater good of all. Think humanitarianism and rebel with a cause. It's time to stand up for what you believe in. Quirkiness and stepping out of society's box is the name of the game. Aquarius wants freedom.

YOUR NEW MOON WISHES... I WANT TO MANIFEST THE FOLLOWING 3 THINGS...

IT'S NOT ALL DOWN TO MAGIC! WRITE DOWN ONE THING YOU'LL DO TO GET CLOSER TO EACH WISH. GIVE THE UNIVERSE A SIGN THAT YOU REALLY WANT IT.

AQUARIUS ENERGY IS ABOUT BEING AUTHENTIC AND TRUE TO YOURSELF. CAN YOU THINK OF INSTANCES WHERE YOU'VE IGNORED WHAT YOU REALLY WANT? WHEN HAVE YOU STAYED SILENT WHEN YOU SHOULD HAVE SPOKEN UP?

File this paper and return to it next month to see what you have achieved and whether you need to let anything go.



## Things to do for new moon in *Aquarius*

- Airy Aquarius wants to fly free. Think about where you have felt restricted or trapped lately. Can you change this?
- What do you enjoy doing? Do you do enough of it? Try to align with what gives you a sense of purpose. Do more of it.
- If you had to do one thing for the rest of your life, what would it be? What lights you up?
- Describe yourself in a paragraph, honestly.
- How can you make a difference to the world? Who can you help? Aquarius loves a good cause.
- Think about your quirks or ways in which you are different. How do they make you feel? Can you learn to love them?
- Do you blindly follow rules without questioning them? Question whether you're doing the right thing. If not, then do something about it. Stand up for yourself and others.
- In what areas of your life are you conforming to society's standards? Can you think of reasons why you shouldn't? What would happen if you challenged the status quo?
- Most importantly, take time to think about what you want to grow in your life.
- Smoke cleanse your home/declutter. New moons = fresh starts.

### AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am living a life that is authentic and aligned with my purpose.
- I am free.