

Full Moon & New Moon Ritual Planner

Name:

Date created:

Theme: Release · Recharge · Rebirth

Digital Cleanse & Release

Open a blank note or journal app.

- Title it: **"Full Moon Release – [Month/Year]"**
- Write down everything you're ready to release — fears, limiting beliefs, emotions, or old patterns.

When you feel complete, read what you wrote aloud and say:

"Under the light of this Full Moon, I lovingly release all that no longer serves my highest path."

Now, take a deep breath, and **delete the note** or move it to a "Released" folder. If doing on your phone. Imagine those energies dissolving into moonlight.

If written on paper now burn it, and dispose of it in a fireproof container.

Recharge & Manifest

Open a blank note or journal app.

- Title it: **"Full Moon Intentions"**
- Write down what you wish to **welcome in** — love, abundance, healing, confidence, peace, or clarity.

To amplify the intention:

- Use emoji symbols 🌙💎🌸 that resonate with your energy.
- You can set the text color to **silver, blue, or white** to align with lunar energy.

💡 *Affirmation:*

"I open my heart to receive divine blessings and radiant new beginnings."

Save this note as your wallpaper, screensaver, or lock screen for the moon cycle ahead.

Digital Moon Bath (Energy Cleanse)

If you can't take a real bath — no problem.

Play a "moon water" or ocean sound bath on YouTube or Spotify.

Close your eyes and visualize standing under a waterfall of moonlight.

Each drop clears your aura, refreshes your spirit, and restores your inner glow.

💡 Repeat softly:

"I am cleansed. I am radiant. I am renewed."

If you have a cup of water nearby, infuse it with your intention and sip it slowly afterward.

Close & Ground

End your ritual by placing your hand over your heart.

Thank the Moon, your Spirit Guides, and your Higher Self for the insights received.

🌙 *Closing Affirmation:*

"The Full Moon's light flows through me. I am aligned with clarity, release, and renewal."

Take one last deep breath and feel your energy anchored and grounded.

You are complete



Notes - Moon Journal Space

Take a few moments to record your reflections here. Let your words flow freely — no need to edit or censor. This is your energetic snapshot of tonight's moon work.

What did you release? What intentions did you set? How does your energy feel now compared to when you began?

These notes become your **lunar record**, a map of your growth and magic across moon cycles. 🌙

Digital Download to print at home and
add to your journal or grimoire



Blessed Be!