



New Moon Ritual Bath

Bath rituals are the perfect way to unwind and stay grounded, especially during uncertain times. Follow this three-step ritual to slow down and prepare for any actions you are about to take soon after.

Cleanse yourself

About an hour before the ritual, it is a good idea to cleanse your body and mind. Prepare your bath by dropping a handful of Epsom salt or your favorite bath bomb into your tub and fill it up with warm water. Add some lavender oil essence, as it is known to help you reach a restful state. Light up some candles and incense. While taking your bath, try to stay silent, and focus on what you want to call into your life. Now that your mind is clear and your body cleansed, you are ready for the ritual.

Make your intentions clear

Many people benefit from having a journal dedicated to the New Moon rituals. Having your intentions written down in one place allows you to return to your previous New Moon intents to see how they have manifested and yet to come to fruition. When writing down your objectives, you can focus on one thing or a specific area. For example, if you want to work on your happiness and self-love, your New Moon Intentions might look like this:

- *I matter
- *I am ready to learn and grow
- *I am willing to find happiness within
- *I will choose myself

Start your ritual

Sage your ritual space, light up a candle, and throw on a moon charging crystal to supercharge your intentions. Remember that this is a personal act; therefore, you are more than welcome to create your ritual type.

The main thing is for you to have a tradition to commit to every New Moon, taking a moment to reflect and energize new intents. As an example, you can start by reciting your affirmations. Of course, thank and offer gratitude to the Universe and take some time to visualize ♂ the New Moon's energy, enlightening your intentions. Once you have finished, you may blow out the candle to complete your ritual bath to relax.

Ritual written by Christina4 for Infinite Roots Coven 2020