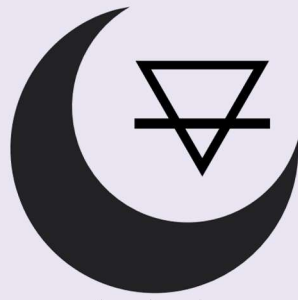


Intention



Setting

★★★
Kyla Jade

Set an intention for the moon cycle that serves your soul & higher self



GROUND to your physical self.
One hand to belly
One hand to heart
Breath deeply



JOURNAL about what is Present
What is your intention?
Write them as if they ARE
(ie. "I am FINDING my self feeling STRONG")

SHARE your intension with Goddess Moon

FOCUS on your intention & allow any guidance from Goddess Moon / your Guides to flow through you

PLACE your intention on your altar with a crystal & herb of your choice for the moon cycle

REPEAT the mantra "AND SO IT IS"

EXPRESS your gratitude to Goddess Moon & your Guides ✨☾❤️

