



New Moon in Aquarius

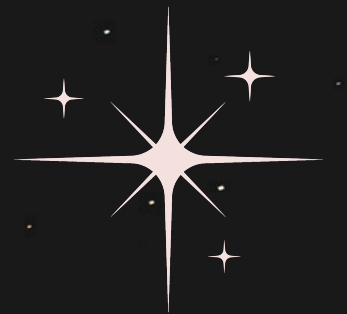
Rhythm & Ritual

January 29 2025



Overview

- New moon symbolism
- Aquarius intelligence
- Breathwork
- Affirmation meditation
- Check-in
- Journaling
- Activity homework



New Moon Symbolism & Teachings

- New moon, first quarter (waxing), full moon, third quarter (waning)
- New beginnings
- Seed planted in the soil
- Pause between death and rebirth
- Time to do less
- Intuition and deep feeling
- Time to set intentions

Aquarius Intelligence

- First new moon of 2025 - setting the energetic tone for the year
- Fixed air sign
- Water bearer - waves of energy
- Archetype of the visionary and the revolutionary
- In service of the collective
- Rule breakers & boundary setters
- Imaginative, creative, heart-centered, unique



Breathwork

- Nadi Shodhana/Alternate nostril breath

Affirmation Meditation

- My uniqueness is my strength
- I have the power to make a difference
- I am constantly evolving
- I trust my intuition
- I value my creativity
- I embrace my authentic nature

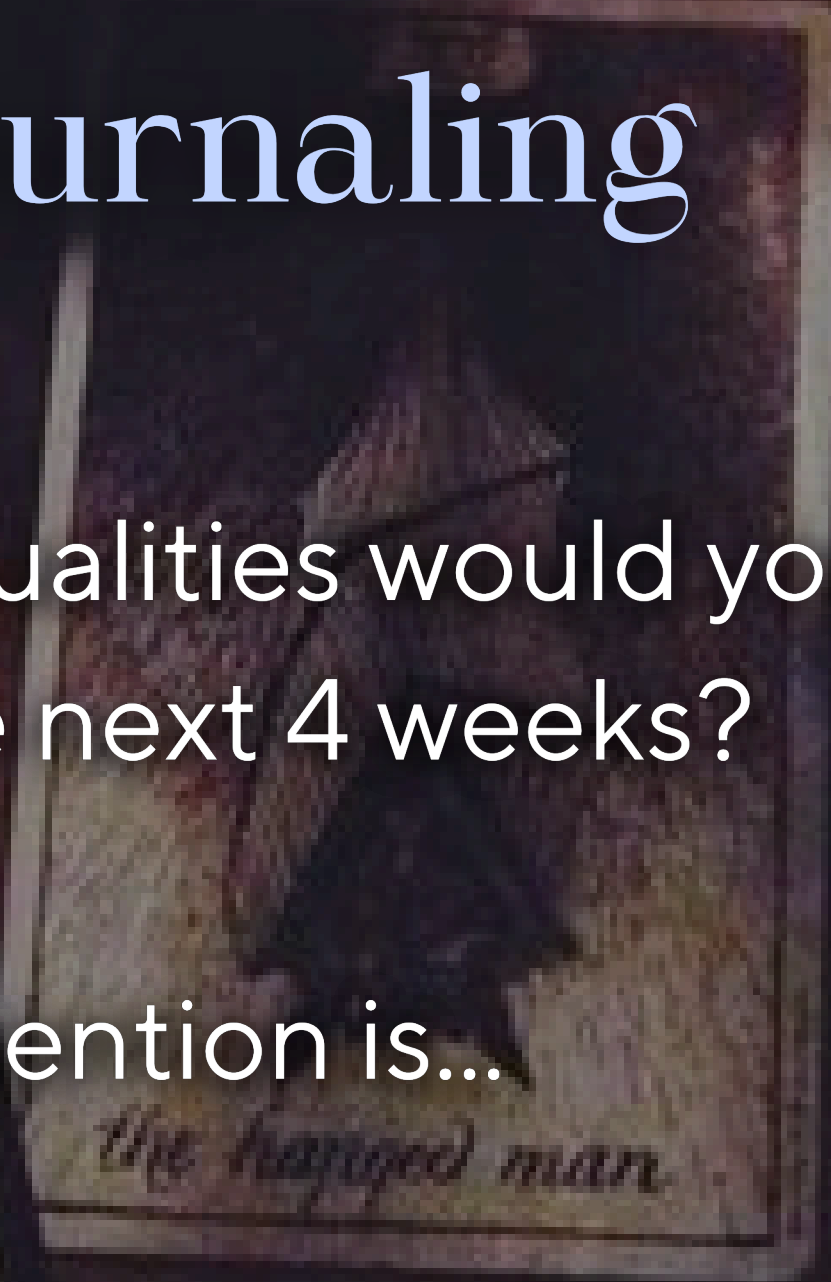


Check-In

Which affirmation resonated
with you?

Journaling

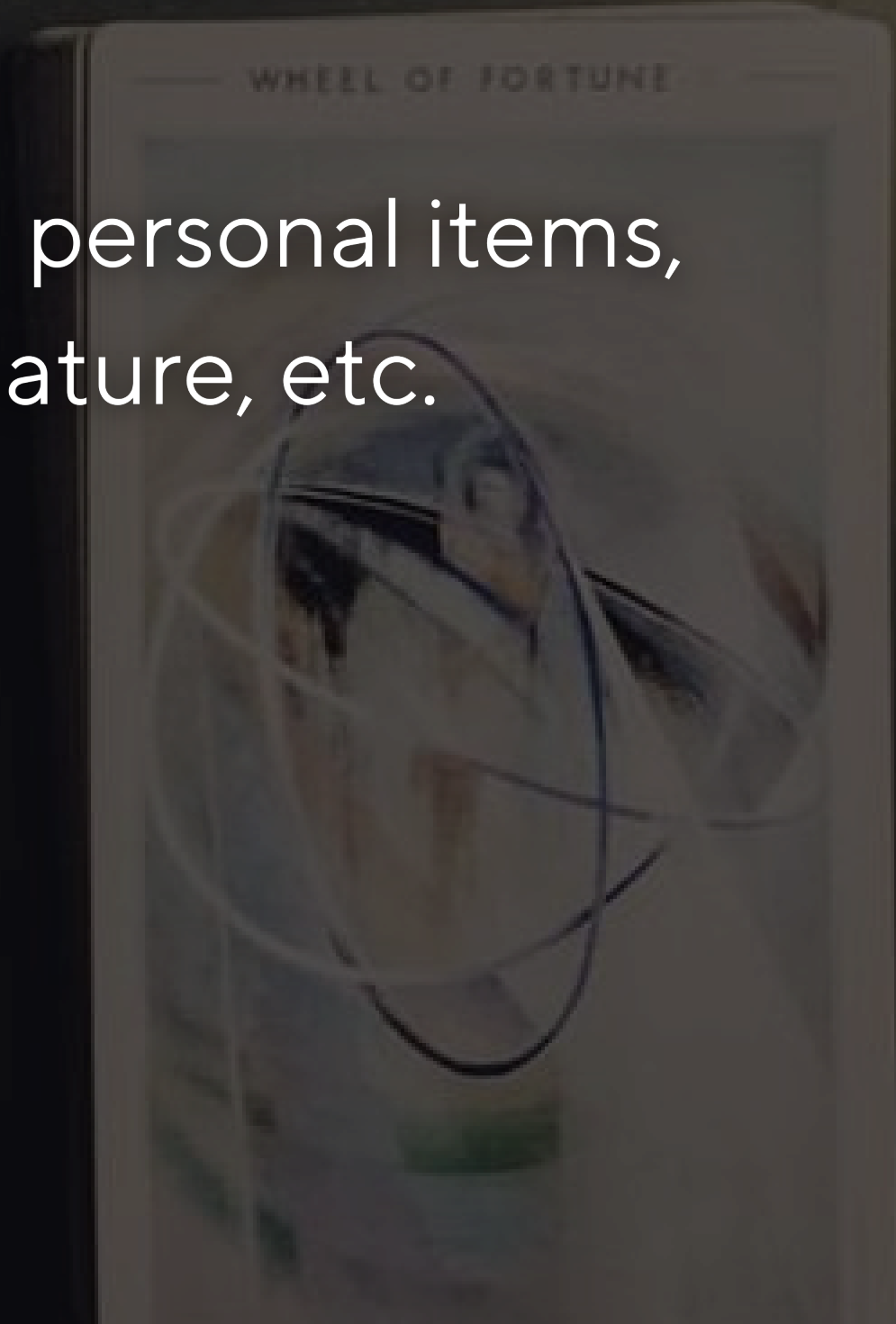
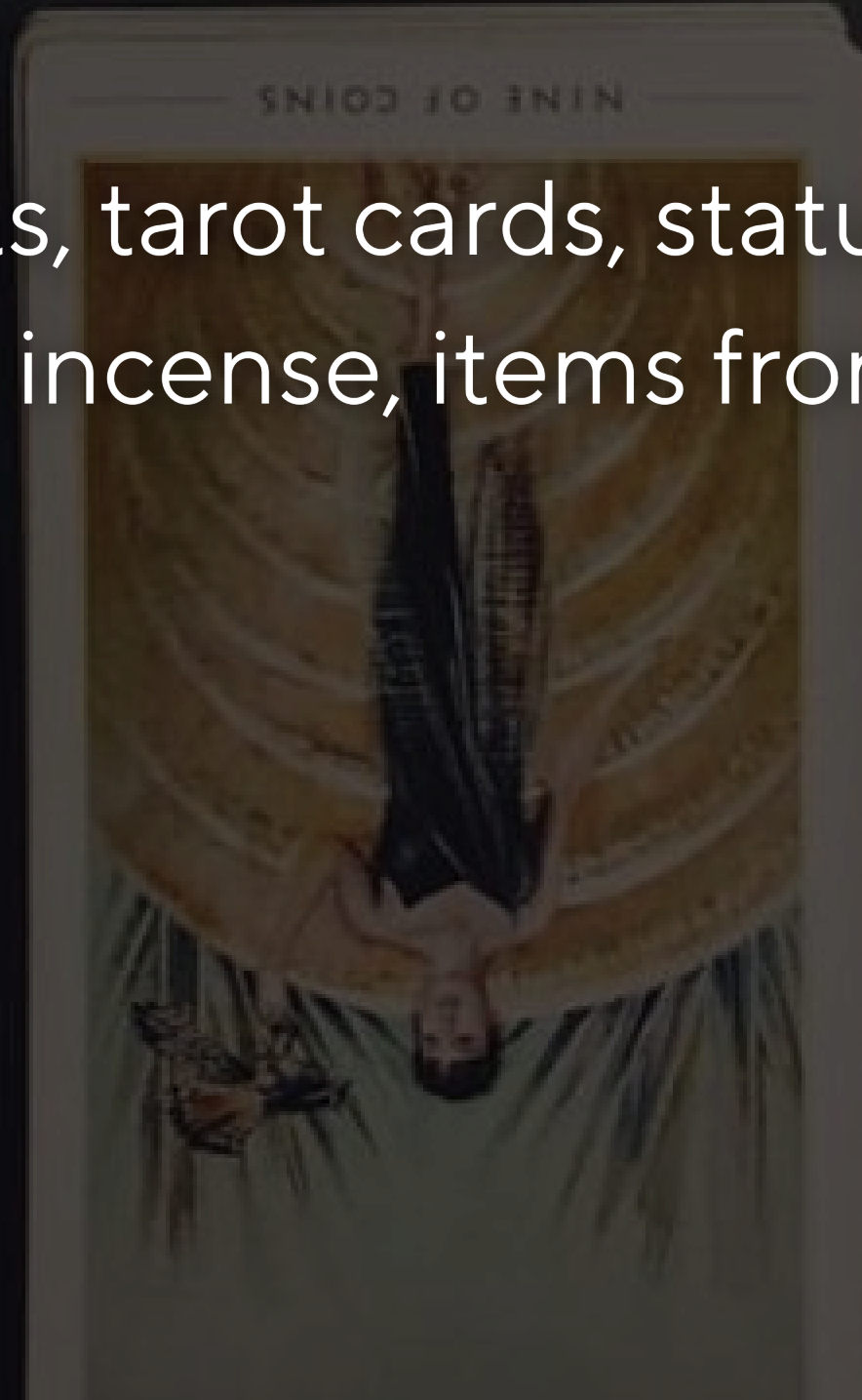
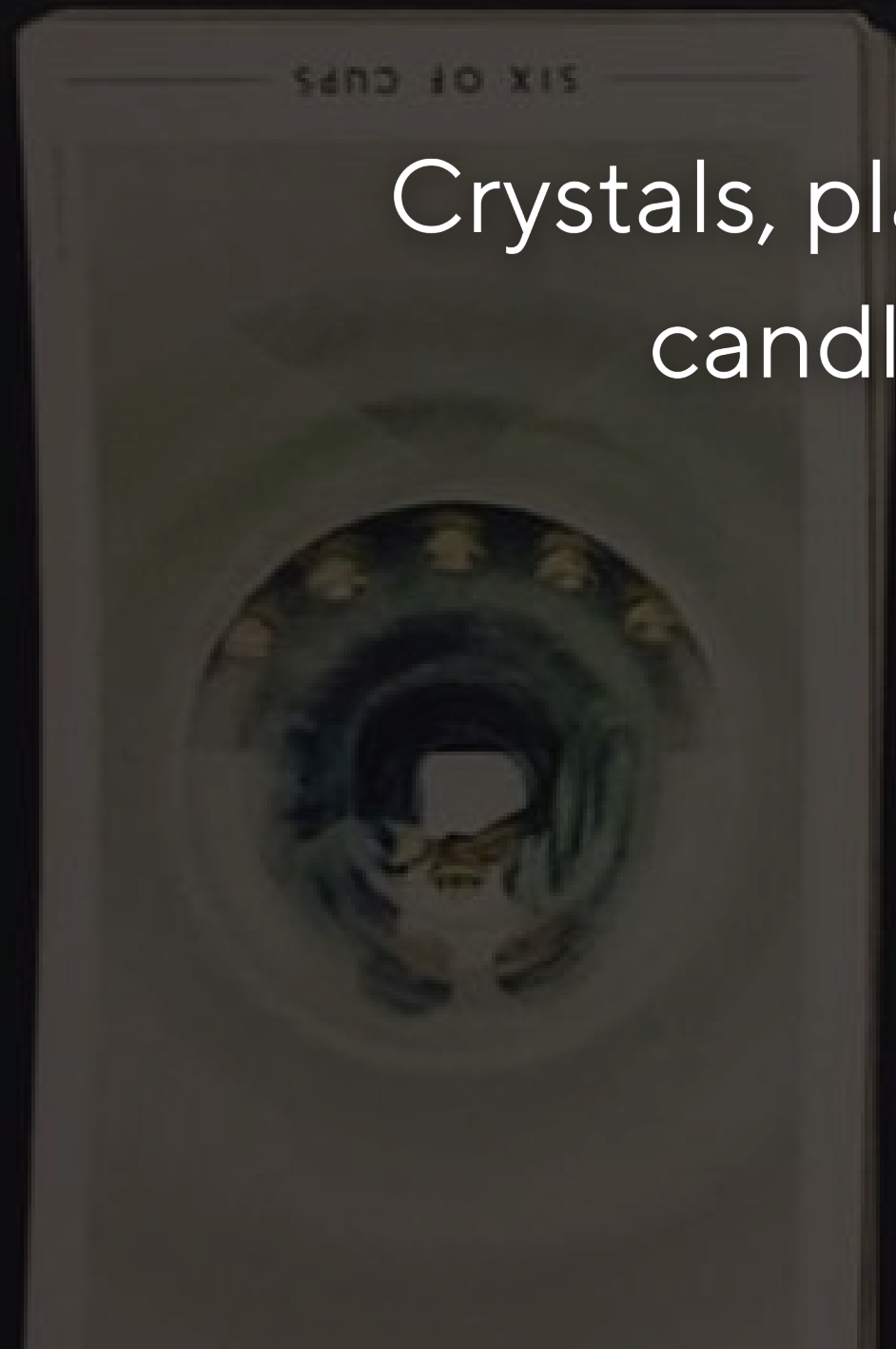
- What Aquarius qualities would you most like to cultivate over the next 4 weeks?
- My new moon intention is...



Activity Homework

Set up your intention altar

Crystals, plants, tarot cards, statues, personal items, candles, incense, items from nature, etc.



A black and white photograph of a woman in a black leotard performing a yoga pose on a wooden deck in a field. She is in a standing forward bend, with her right leg extended forward and her left leg bent behind her. Her right hand is on her right knee, and her left hand is on the ground. Her arms are raised, and she has a serene expression. The background is a field of tall grass and trees.

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Thank You