

BIDDY  TAROT

NEW & FULL
MOON
RITUALS

NEW & FULL MOON RITUALS

Rituals are a beautiful way to connect to your intuition, your pure potential and your Higher Self. Through deep symbolism and soulful intention, they connect you to the Universal energy in a powerful and potent way.

The power of ritual can be amplified by performing the ritual on a new or full moon. Using the lunar cycles allows you to recharge and recalibrate your energy, in alignment with the Universal energies that are flowing around you.

The new moon and the week leading up the new moon is a magical time for setting intentions and manifesting new beginnings. And the full moon is the perfect time for honouring your achievements and releasing what no longer serves you.

To support you in the process, I have created two powerful rituals for you to perform - one on the new moon and one on the full moon.

Each ritual also includes a transformative visualisation, allowing you to connect with your Higher Self and bring the energy of the moon into your daily life.

The key to performing these rituals is to be fully present with an open heart, an open mind and a willingness to be open to all possibilities.

Enjoy!

NEW MOON RITUAL & VISUALISATION

BEFORE YOU START

The best time to do the New Moon Ritual is on the new moon, or in the days leading up to the new moon. Check the lunar phases for your local area at <https://www.timeanddate.com/moon/phases/>.

Download the New Moon Visualisation to your audio player so it's ready to go. [Click here to download.](#)

Find a space where you will not be disturbed for at least 30 minutes. Outside is ideal, but if that's not possible, then inside is fine.

Gather your tools - your Bidy Tarot Planner, your Tarot cards, a pen and notebook, candles, smudge stick, crystals, your audio player (for the visualisation) and anything else you feel called to have with you for the ritual.

CREATE A SACRED SPACE

Create a small altar with your favourite things or lay out a crystal grid - whatever you feel called to do to create a beautiful sacred space.

Light your candles and dim the lights.

Light your smudge stick and gently wave the smoke over the front and back of your body, as you clear and cleanse your aura.

DO THE NEW MOON MANIFESTATION TAROT SPREAD

Take out your Tarot cards and do this simple, yet powerful spread:

1. What have I released since the full moon?
2. Where am I now?
3. What is emerging within me?
4. What do I wish to grow?
5. How can I bring my goals and intentions to fruition?
6. What additional resources are available to me as I manifest my goals?

Record the reading in your notebook and write down your key insights.

SET YOUR INTENTIONS

Holding the energy of your New Moon Tarot Reading, write down your intentions for the next lunar cycle. What do you want to create this cycle? What new opportunities do you want to tap into?

DO THE NEW MOON VISUALISATION

Find a comfortable position. While laying down may feel most comfortable, if you are prone to falling asleep during a visualisation, then I recommend sitting upright.

Play the visualisation through your audio player. It will take 10 minutes.

After the visualisation, write down your experience and any intuitive insights that you received.

CLOSE OUT THE RITUAL

At this stage, check in with yourself and your intuition if there is any other activity you need to do before closing out the ritual. For example, you may feel called to say a personal affirmation out loud three times, or spend some time chanting, or even start dancing to your favourite song. Go with your instincts on this one.

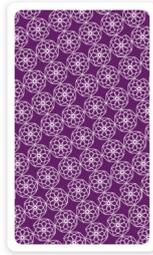
When the ritual feels complete, then close the circle by giving thanks to your guides and your intuition. Say out loud, "And so it is done!"

Blow out the candles and gently turn the lights back on, returning to your everyday life once again.

NEW MOON MANIFESTATION SPREAD



1. WHAT HAVE I RELEASED
SINCE THE FULL MOON?



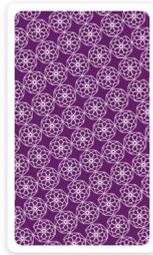
2. WHERE AM I NOW?



3. WHAT IS EMERGING
WITHIN ME?



4. WHAT DO I WISH
TO GROW?



5. HOW CAN I BRING MY
GOALS AND INTENTIONS
TO FRUITION?



6. WHAT ADDITIONAL
RESOURCES ARE
AVAILABLE TO ME AS I
MANIFEST MY GOALS?

▷ INSIGHTS

FULL MOON RITUAL & VISUALISATION

BEFORE YOU START

The best time to do the Full Moon Ritual is on the full moon, or in the days leading up to the full moon. Check the lunar phases for your local area at <https://www.timeanddate.com/moon/phases/>.

Download the Full Moon Visualisation to your audio player so it's ready to go. [Click here to download](#).

Find a space where you will not be disturbed for at least 30 minutes. Outside is ideal, but if that's not possible, then inside is fine.

Gather your tools – your Bidy Tarot Planner, your Tarot cards, a pen and notebook (and a separate sheet of paper), candles, smudge stick, crystals, your audio player (for the visualisation), matches, a fireproof bowl and anything else you feel called to have with you for the ritual.

CREATE A SACRED SPACE

Create a small altar with your favourite things or lay out a crystal grid – whatever you feel called to do to create a beautiful sacred space.

Place your fireproof bowl on the altar with the matches nearby.

Light your candles and dim the lights.

Light your smudge stick and gently wave the smoke over the front and back of your body, as you clear and cleanse your aura.

DO THE FULL MOON TAROT SPREAD

Take out your Tarot cards and do this simple, yet powerful spread:

1. What have I created and manifested since the new moon?
2. Where am I now?
3. What is coming into my conscious awareness?
4. What is no longer serving me?
5. How can I release and let go of these energies?
6. What additional resources are available to me as I release and let go?

Record the reading in your notebook and write down your key insights.

HONOUR YOUR ACHIEVEMENTS

Reflect on the intentions you set during the previous new moon. What did you create and manifest? And what new opportunities emerged?

Write these down, honouring each achievement as you go. Give thanks for what you have created and learned along the way.

DO THE FULL MOON VISUALISATION

Find a comfortable position. While laying down may feel most comfortable, if you are prone to falling asleep during a visualisation, then I recommend sitting upright.

Play the visualisation through your audio player. It will take 14 minutes.

After the visualisation, write down your experience and any intuitive insights that you received.

RELEASE AND LET GO (OPTIONAL)

In the Full Moon visualisation, you'll be invited to release and let go of that which does not serve you. If you feel complete after the visualisation, then skip this step. But if you feel that you have more to let go of, or it would be helpful to do the Release and Let Go Ritual in the physical realm, then go ahead with this step.

Write down what is no longer serving you and what energies you want to release. Give yourself a good amount of time to fully express yourself, until it feels that there is nothing else left.

Then, tear this piece of paper out of your notebook (or use a separate sheet). Over the fireproof bowl, light the piece of paper with a match. As it burns, say out loud:

"I release and let go of any excess energy that no longer serves me. Through Divine Will and unconditional love, so be it."

Once the paper has finished burning, affirm out loud, "I release you. I am done."

Take a moment to fully experience this feeling of release.

CLOSE OUT THE RITUAL

At this stage, check in with yourself and your intuition if there is any other activity you need to do before closing out the ritual. For example, you may feel called to shake off any residual energy, to write a letter of forgiveness, or meditate with your favourite crystal. Go with your instincts on this one.

When the ritual feels complete, then close the circle by giving thanks to your guides and your intuition. Say out loud, "And so it is done!"

Blow out the candles and gently turn the lights back on, returning to your everyday life once again.

FULL MOON TAROT SPREAD



1. WHAT HAVE I CREATED AND MANIFESTED SINCE THE NEW MOON?



2. WHERE AM I NOW?



3. WHAT IS COMING INTO MY CONSCIOUS AWARENESS?



4. WHAT IS NO LONGER SERVING ME?



5. HOW CAN I RELEASE AND LET GO OF THESE ENERGIES?



6. WHAT ADDITIONAL RESOURCES ARE AVAILABLE TO ME AS I RELEASE AND LET GO?

▷ INSIGHTS