

PISCES NEW MOON RITUAL



Journeys
WITH JEANA

NEW MOON IN PISCES

This New Moon in Pisces carries a deep, potent energy, holding both endings and beginnings.

With Pisces being the final sign of the zodiac, and this New Moon at 28 degrees, this is not your typical “set intentions and go” New Moon.

This is a moment of release... a dissolving... an invitation to let go of what has run its course so something new can emerge.

I created this workbook and these rituals to support you in navigating this Space Between... the space where something is ending, and something new is quietly beginning.

Jeana



ABOUT ME

I'm an energy healer, intuitive guide, and your Woo BFF who will love you fiercely, tell you the truth, and walk beside you as you navigate your healing and growth.

I believe your mess is your magic... and that the parts of you ready to be released are the very spaces where something new is waiting to emerge.

SET UP YOUR SPACE

Gather the following:

- Candle (soft light)
- A bowl of water (Pisces element)
- Journal
- Any crystals that call to you

Optional (whatever feels good):

- Soft music
- Cozy blanket
- Window open or fresh air

.This is not formal, this is sacred comfort - there is no wrong way to do this.



EMBODIMENT

Close your eyes and ask:

“What does this version of me feel like in my body?”

Then:

- Take a deep breath
- Let your shoulders drop
- Soften your jaw
- Feel your nervous system settle

This is **IMPORTANT**:

You are not chasing this life...

You are becoming the frequency of it



CLOSING

Place your hand on your heart and say:

“I trust the life I am creating.
I move with ease, flow, and intention.
I allow my days to support me.
I am already living what I desire.”

Take a deep breath...

And just sit for a moment in your new frequency.



BEFORE YOU GO

Take a moment to honor yourself.

For showing up.

For releasing.

For allowing yourself to move through this ending and into a new beginning.

This work isn't always easy... but it is powerful. And you did it.

If you are feeling the pull to go deeper? I've got you.

I offer intuitive sessions with energy healing, cards, crystals, and loving, honest guidance to help you release what's no longer aligned and move forward with clarity.

Come find me on socials and send me a DM... we'll take it from there!

Follow me:

Instagram: @journeys_with_jeana

Facebook: journeyswithjeana

*With Love and Magic,
Jeana*

