



# Wolf

full moon  
13th January

*Moon, shine bright that I may always find  
food to feed my body, mind and soul.  
I give thanks for your nourishing energy.*

High Vibe Crystal & Moon Water, Mantras & Affirmations,  
Essential Oils, Ritual of Clarity & Illumination, Yoga Moon Salutation



A full moon is positioned at the top center, partially enclosed by a torn, aged paper border. Below the moon, the face of a black cat is visible in profile, looking towards the left. The cat's fur is dark and textured, and its yellow eyes are partially visible. The background is solid black.

# High Vibe Crystal & Moon Water

## WHAT YOU'LL NEED:

- All your crystals (or just your favourite crystals)
- Glass jug, jar or bottle of filtered, drinkable, clean water

♥ Place your pitcher, bottle or jug of water outside or on the windowsill facing the full moon (make sure it's covered!). Keep it there overnight.

♥ You may place crystals inside your water to give it an extra boost of crystal energy. Just be sure to only put crystals in the water that are non-toxic and water-safe. You can find a list of crystals that should not be put in water online. Consider adding crystals to your water that match your intentions.

♥ If you're wary about putting crystals into your water, just place the crystals outside and around your container of water. If you have any crystals with points, you can place the points to face the container of water, sending the direction of the energy of that crystal to the water. Make the intention for your crystals to infuse your water with energy. You can say your intention or write it down on a piece of paper and place it under your water container.

♥ Your water will soak up all the energy not only from the Full Moon, but from the recharged and energized crystals you surrounded it with. You can drink your Full Moon water throughout the next day(s), or use it to water plants, add to your bath, or anything else you'd like!

Historical significance: The cold and dark January leaves nature's food sources in scarce supply. Howling, hungry wolves are said to be the inspiration for the name of January's Moon.



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# Mantras & Affirmations

*I cleanse, clear and  
release anything that does  
not serve my highest good.*

*I let go of the old and  
transform with the new!*

*I embrace and allow  
healing of my body, mind  
and spirit.*

*I am confident, I am  
worthy, I am loved.*

*I am open and ready to  
receive my desires and  
dreams into manifestation.*

*I am living my  
dream reality.*

*I am the highest and best  
version of myself.*

*I am abundant in so  
many ways.*

*I integrate my inner Moon  
Goddess and Divine  
Feminine to work with me  
and through me.*

*I trust and expand my  
intuition.*

Believe that you are worthy of your wishes.



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# Essential Oils January

***Tangerine:*** A tangy, sweet-smelling aroma. To utilise the cleansing and purifying properties of tangerine oil, consider using it in homemade cleaning agents.

Adding a few drops of Tangerine to your homemade all-purpose spray will leave countertops and surfaces in the home fresh and clean.

***Rosemary:*** Known for its distinctive fragrance that is characterized by an energising, evergreen, citrus-like, herbaceous scent, Rosemary Essential Oil is derived from the aromatic herb *Rosmarinus Officinalis*, a plant belonging to the Mint

family, which includes basil, lavender, myrtle and sage.  
Used for: Protection, love, lust, mental powers, purification, healing and sleep.

The moon is the reflection of your heart and moonlight is the twinkle of your love.





# Ritual of Clarity & Illumination

## WHAT YOU'LL NEED:

- Your favourite crystals (suggestions: Clear Quartz, Moonstone, Selenite, but any of your favourite crystals will do)
- Pen or pencil
- Print out: Ritual of Clarity & Illumination
- Incense, Sage and/or Palo Santo
- White candle(s)
- Lighter or matches
- Optional: Fire-proof bowl or pan with a thin layer of water



### **Create a sacred space**

Find a quiet space to sit and arrange your crystals, incense, candles, pen and paper etc.



**Cleanse your space.** Light your candles and burn your incense, sage or palo santo. Use the smoke from the sage or palo santo to cleanse your body energy and space. Surround yourself with your favourite crystals for energy amplification.



### **Sit in quiet meditation for a moment and connect to your breath.**

By connecting to your breath, you open your consciousness. Make the intention to bring your Higher Self forward and align your energy with a higher frequency.



**Fill out the 'Ritual of Clarity and Illumination' print out from the next 2 pages.** The idea is to align your energy with a positive, higher frequency to call in your intentions and goals you made during the New Moon and prepare yourself energetically for manifestation.



**Be clear.** Clarify what it is that you want and call it in from a place in which you already have it.



**Repeat your mantras and affirmations.** Use your mantras and affirmations as a way to re-program your subconscious thoughts and mind. To manifest anything, you must first believe you already have it. If your subconscious thoughts and beliefs contradict what it is you desire, then it does not allow it to manifest (i.e. you want more money but you have subconscious thoughts of lack, shift your focus...). Repeat your mantras and affirmations several times in your mind until they feel real and believable for you.



**Bring feeling forward.** As you repeat your mantras and affirmations and re-read what you have written in your 'Ritual of Clarity and Illumination' print out, be sure to align with the emotion of already having it. Bring forth emotion and feeling of passion and empowerment as if you already have that which you are wanting. This is important! You cannot simply repeat your mantras with no emotion and expect anything to happen.



**Visualise.** As you read your declarations, "I AM" statements, mantras, affirmations and ideas for action in the 'Ritual of Clarity and Illumination' print out, close your eyes and visualise the scenarios as well. Visualise feeling empowered, receiving your goals, and carrying out the actions. See yourself playing everything out in your mind. As you do, bring forth feeling and high frequency emotions which will further bring believability and realness for you.



# Ritual of Clarity & Illumination

DECLARE YOUR INTENTIONS TO THE UNIVERSE  
AND SO SHALL IT BE. I DECLARE...

*Create “I declare” statements to align your energy  
with clarity instead of confusion or doubt.*

I CHOOSE TO **ALLOW** THE FOLLOWING  
**POSITIVE THINGS** TO FLOW INTO MY LIFE

NEW PERSPECTIVES  
AND IDEAS...





# Ritual of Clarity & Illumination

WAYS TO TAKE ACTION AND MOVE FORWARD  
WITH MORE CLARITY

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*Amplify your energy by repeating positive mantras and focusing  
on ideas and ways to take action towards your goals.*

"I AM" STATEMENTS, MOTIVATIONAL MANTRAS,  
AFFIRMATIONS TO RAISE YOUR VIBRATION

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# Moon Salutation

The Moon Salutation, known in Sanskrit as "Chandra Namaskara" (SHAHN-drah nah-muh-SKAR-uh), is a series of poses performed in a particular sequence to create a cooling flow of movement. Like the popular Sun Salutations (Surya Namaskara), each pose in a Moon Salutation is coordinated with your breathing: Inhale to

extend, and exhale to bend. But unlike Sun Salutations, which are heating and stimulating, Moon Salutations are cooling and quieting. They are used to calm the mind and draw your awareness inward. Moon Salutations are useful when energy or temperatures are high and a tranquil, quiet presence is required.

