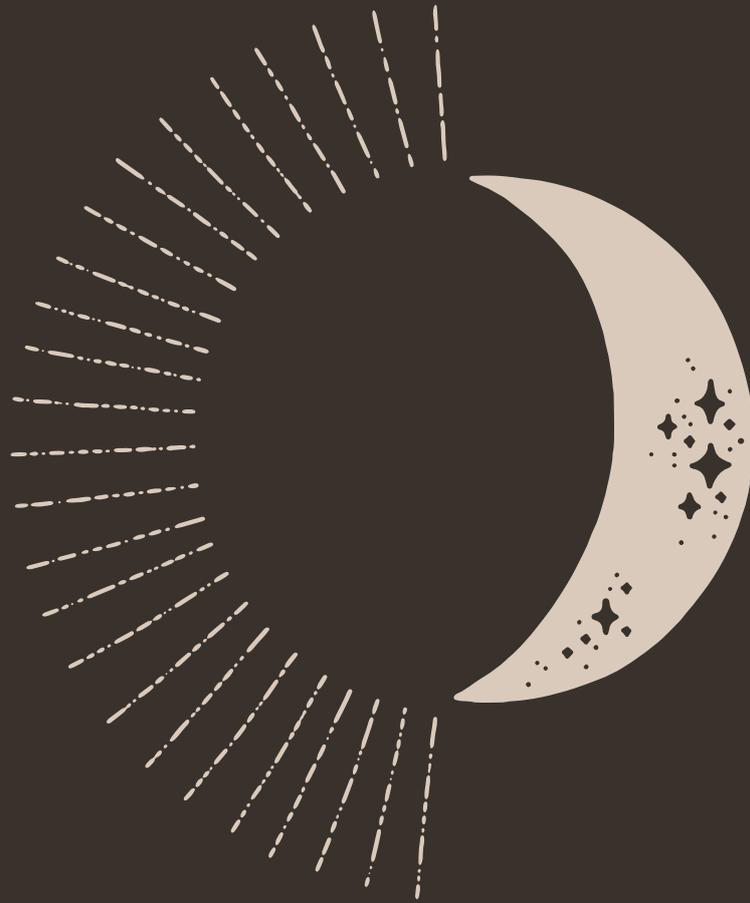


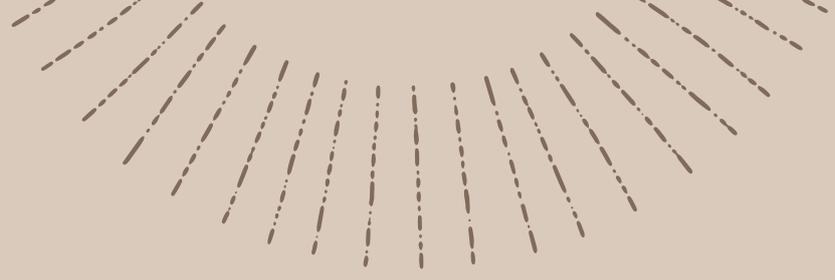
HAPPY HIPPIEZ



MOON RITUALS

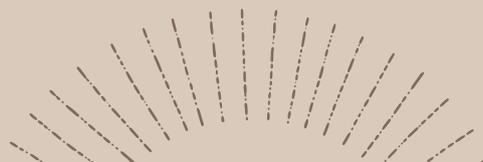
FULL MOON & NEW MOON

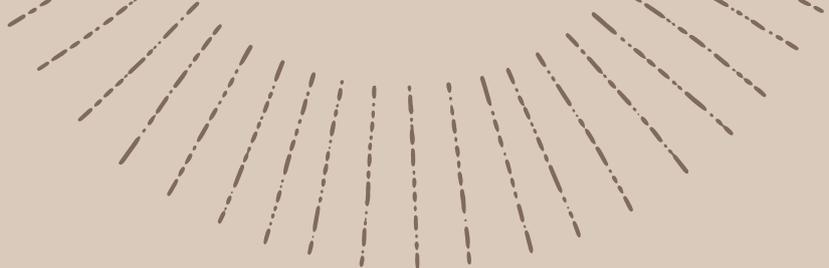




THREE THINGS
CANNOT BE LONG
HIDDEN: THE SUN,
THE MOON, AND
THE TRUTH

BUDDHA



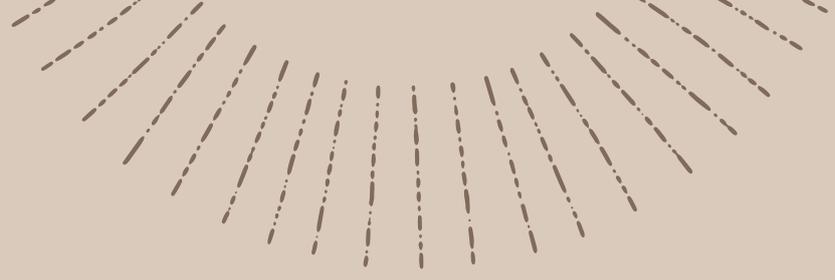


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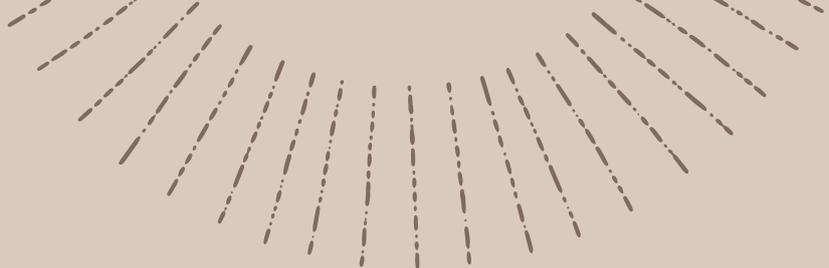
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HI! I'M *Desirée*



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YOGA TEACHER, CREATIVE TYPE, PLANT BASED FOODIE

Aloha, my name is Desirée. I am a true sun child who lives for warmth, health, and happiness. I am a daydreaming creative type who loves to travel and make beautiful memories along the way. Sunshine, amore and being around positive and beautifully spirited souls makes me the happiest. I guess you can say that I am one very happy hippie.

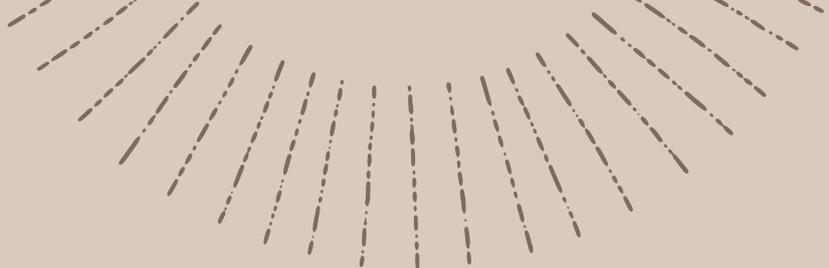
I have founded my company Happy Hippiez in 2020 and have loved every minute of it. Growing up I always felt a deep connection to the moon, and was super interested in learning more about its magic. The moon affects the body, mind, and emotions greatly. Moon days bring spiritual energy along for us to tap into. During these days we can take the time to get rid of old energies and habits, allowing ourselves to create a new set of habits and therefore a new future. It is the perfect time for cleansing mind, body, and soul.

I hope you truly enjoy all the information provided in this E-Book. Feel free to send me a message via email (happyhippiez@outlook.com) or on Instagram:

@happyhippiezyoga 

With love,
Desirée





MOON RITUALS

FULL MOON & NEW MOON

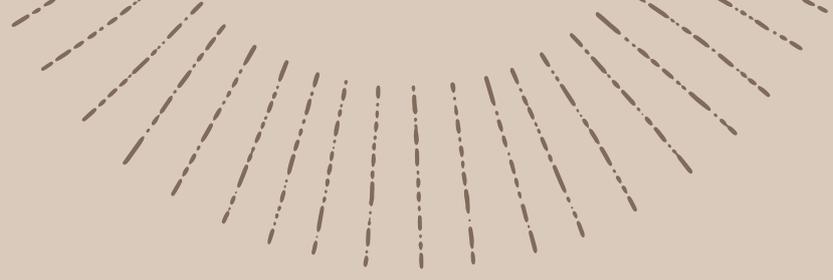
In the tradition of Ashtanga Yoga, the days of the Full Moon and New Moon are considered 'yoga holidays'. We do not practice Ashtanga Yoga on those days. During moon days the sun and moon are aligned in such a manner that they exert a greater gravitational force on the planet.

The best example of the effects that the moon cycles have on our planet and our planet's waters can be seen in high and low tides. These are caused by the moon. Since our bodies are made up of approximately 60% of water it only makes sense that the moon has a huge effect on us as well.

That is why, in Ashtanga Yoga, we choose to live in harmony with the rhythm of nature, and take a rest day on both full and new moon days.

The moon affects the body, mind, and emotions greatly. During the New Moon the body is less flexible because it attains less moisture. On the other hand, during the Full Moon the body is more flexible because it attains more moisture. This has a lot of influence on our joints and muscles, and can cause injuries. That is why we are more





careful with our practice on those days, and choose to take a rest day.

The moon days bring spiritual energy along for us to tap into. During these days we can take the time to get rid of old energies and habits, allowing ourselves to create a new set of habits and therefore a new future. It is the perfect time for cleansing mind, body, and soul. We do this by reflecting on our current reality, and then we can set intentions for the life we desire. Writing down what these intentions are and journaling on these moon days is the perfect way to raise our vibrations and improve our lives. Let's seize these moments of personal development and transformation.

It is the time to set goals and intentions, find out why we desire to reach them, and find ways to achieve those goals. At the same time, we also want to consciously get rid of old patterns and habits that have gotten us to where we are today, but no longer serve us. With gratitude we can move ahead.

Let's dive into the rituals, find out how to set the perfect vibe, and see how you can create your very own moon day ritual. We will go through some of my favorite moon day rituals in more detail, so grab a cup of tea and let's get into it.



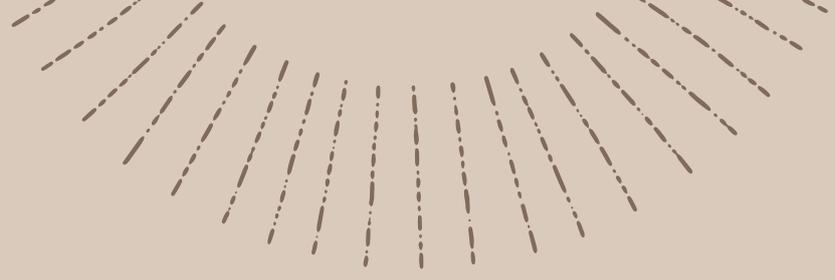


Setting the perfect vibe for your moon ritual is very personal and can be totally adapted to your own preferences. I always love to light candles and an incense stick. This immediately gets me into a comfortable mood, and it is what works really well for me. Basically what you want to do is create the perfect ambience for you to feel calm, at ease, and comfortable.

I love to really take my time and space to do my moon rituals, so my set up is usually around a table, where I can be free to write in my journal with ease. I like to take a large meditation cushion to sit on, if I am writing on a table close to the floor. It's important to get really comfortable. Put on some comfy clothes, set yourself a cup of tea, turn off your phone, and get any distractions out of the way.

If you prefer to, you could also draw a nice and warm bath, light some deliciously scented candles there, and get to writing in the tub. Personally, writing in a journal is what works best for me, but you can also choose to write a journal entry on your phone. Again, see what works best for you and for your personal needs.



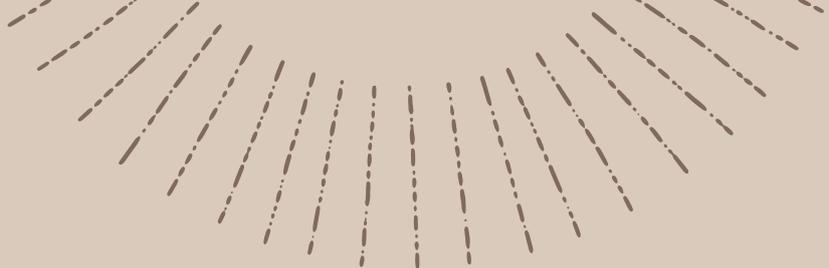


You could opt for some calming and soothing music to set the mood even more.

Another very important part is to really take your space. Not only to create a comfortable space around you, but also finding peaceful and quiet time for yourself. Let the people around you know that you'll be taking a moment for yourself and that you cannot be disturbed during this time. Or even better, ask them to join you! Moon rituals are so much fun when shared.

Get ready, let's get started!





NEW MOON

The New Moon is the first part of the lunar phase. During this time the moon is between sun and earth which results in the fact that the side of the moon that is facing the earth is not illuminated on a New Moon.

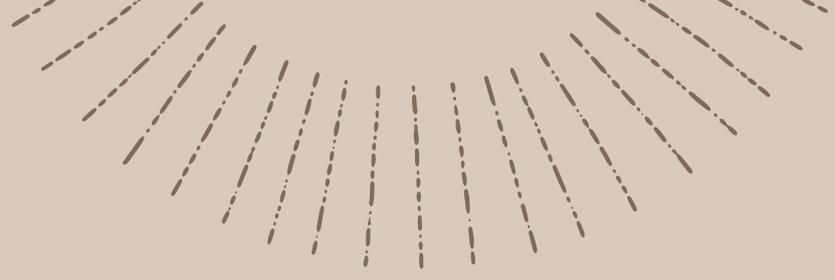
As mentioned before, the moon affects the body, mind, and emotions greatly. It has a tremendous effect on our energy and our moods. We can use these moon days perfectly for personal growth and development.

First thing we want to do is understand how this works, and what energies these moon days bring along with them. As you can imagine, both the New Moon and the Full Moon have very different energies and purposes for us to take advantage of.

By now we know that the lunar cycle begins with the New Moon. A new cycle means new beginnings, new opportunities, a fresh start, and chances for personal growth. Since the side of the moon that is facing the earth is not illuminated on a New Moon, this naturally means that the night is darker. This allows us the perfect setting for taking some quiet time for ourselves, and for going inward.

We can raise our vibrations, aligning with the energy of the New Moon, feeling fresh and new. It allows us to





recharge, and gives us time to focus on what we want to be, do, and achieve next. We can use this new beginning to set goals for ourselves, and figure out how to achieve these goals. I also love using this time during the New Moon to let go of things that no longer serve me, old patterns, old habits, you name it. Bring in the new, the growth, and let go of the old.

On the following pages I will take you along my New Moon Ritual, where we will plant a seed for growth and love. Once we figure out what our goals are, we can touch them, visualize them, feel them, meditate on them, create momentum, and bring them into fruition.

Keep in mind that this is the way I perform my New Moon ritual. Feel free to add anything you desire or even leave some steps out. The point is for you to create your very own personalized ritual that works perfectly for you and your wishes, and hopefully my ritual can be of some inspiration.





1 CREATING SPACE

Take a moment to create some space for yourself in a quiet part of your home, where you can sit in silence, meditate and journal. Grab everything you need for this ritual. Get comfortable, have a cup of tea, and relax.

2 MEDITATE & BREATHE

Let's start by doing a short meditation. Closing the eyes, really allow yourself to go within. You can opt for a guided meditation, or sit in silence. The meditation can be as long as you like, but opt for a minimum of 5 minutes, so you can really arrive into the space that you are in, and into your body. Sitting in silence and focusing on your breath can also be a great way to do this. In that case make sure you equalize every inhalation and exhalation. One of my favorite pranayama (breathing) techniques I love to use is called the 'Sama Vritti Pranayama', also known as box breathing. This also works great for stress and anxiety relief. If this sounds interesting to you I definitely recommend looking into it.



3 PLANTING A SEED OF LOVE AND GROWTH

In the next part of this ritual we plant seeds of love, so we can grow. I want you to take a moment and answer the following questions:

- ☾ Think of 3 things you are grateful for today. These can be anything you like, big or small. Allow yourself to feel grateful, to feel joy. What other feelings are coming along with it?
- ☾ Fill out the following sentence, using one or more positive words: I am ...
- ☾ Next, repeat this sentence like a mantra that you create for yourself, repeating it several times. You can always come back to this mantra and turn it into your own positive affirmation.
- ☾ Take a moment to think of one thing you are proud of about yourself, again allowing yourself to feel this pride.

By doing all these things we create a positive environment, beautiful energy, and some warmth and love for ourselves, which sets us up for great success and is very helpful during the next steps of this New Moon ritual.

4 ASKING QUESTIONS

Now it's time to start figuring out what you want, by asking some deep questions. Take a pen and a piece of paper or a journal, and start writing down the answers to the following questions:



- ☾ What are the goals you want to achieve between now and the next New Moon?
- ☾ What are some longer term goals you'd like to achieve, and can work towards between now and the next New Moon?
- ☾ What would you like to manifest into your life?
- ☾ What are your intentions for this New Moon?

5 JOURNALING

After knowing the answers to the questions you just asked yourself, you can continue journaling. What I usually do when I start this part of the ritual, is to write down something I'm grateful for, and expressing my gratitude to the Universe for the wonderful and beautiful life I am currently living. We want to already start from a place of abundance and gratitude.

Next just start writing down anything that comes to mind. Write about your goals, your dream life, and about the fact that you are grateful and open to receiving anything you desire. I usually write down my goals and intentions, all my wishes, desires and dreams, and I often write these parts as if they were written by my 'future self', a future in which I have already attained these goals and wishes. I will also write down how this makes me feel, to have attained them.



6

DETACHING FROM THE OUTCOME

Now, detach from the outcome. Give it up to the Universe, and let it take over. It is not up to you to figure out how you can make it all happen. Your part is figuring out what you want, and feeling it, believing whole heartedly in it. Allow it to come to you.

7

AFFIRMATIONS

This is a very fun part of the ritual, in which I write down and create my very own affirmations that go along perfectly with the dreams and intentions that I have set for myself. I turn some of the lines I wrote down while journaling into these positive affirmations that I will (silently) repeat to myself so I can really wire my brain for this life that I am creating. The things I write down are very detailed and clear, so I can really "paint" a picture of this dream life, and visualize it. Sometimes I literally draw pictures and images of what this life might look like!

8

ROUND OF "YES"

This is another 'mantra' part of my ritual that I love so much! Sit or lay down comfortably, close your eyes, and start repeating the word 'Yes' in your mind. What does this do with you? What do you feel? I find this a great way to raise my vibrations, before starting the next part of the ritual.



9 VISUALIZATION

While you are still laying down or seated in a comfortable position, take some time to visualize everything you wrote down that you'd like to manifest. How does it look when you have these things (material things or even being happy)? What does your life look like when you have those very things you desire? Try to picture it very clearly, and very detailed, or at least as detailed as you can be.

10 FEEL IT

This is the second part of bringing your dream life into fruition: feeling it. You have now established what you want, what your goals are, and what your dream life looks like. Next step: how does it make you feel? If you have all those things you desire, how do you feel? Really take some time to sit still and allow those feelings to come into your body, really feel it.

11 LETTING GO

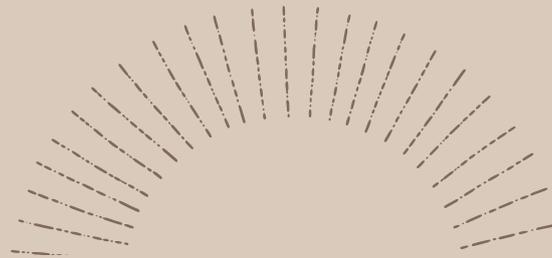
This last step of the New Moon ritual is a very fun step in my opinion. It is a little 'burning ritual', in which we can let go of what no longer serves us.

Take some pieces of paper to write down what you will be leaving behind for this new moon. Since this is a time of new beginnings, it also allows us to leave things that no longer serve us behind us. Anything that is important to you and that you want to leave behind you can go onto those pieces of paper.



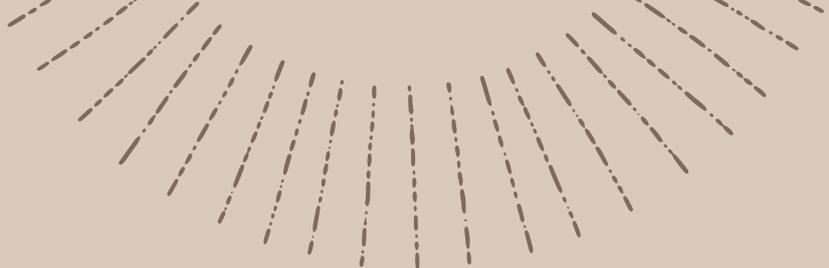
Take a look at the things you wrote down, read them to yourself, and then tell yourself that you will be letting go of these things and habits, making space for beautiful new habits.

You can then either cut the paper into very tiny pieces and throw these pieces in the trash, or even more symbolically, burn the paper. That really allows you to leave it behind you.



And that is it for the New Moon ritual. You have just created a brand new start for yourself, set beautiful new goals and intentions, and are allowing the Universe to let those amazing things come to you. Know that you can come back to the pages you wrote whenever you like, and feel free to read the affirmations you created daily, to get into perfect alignment with your dream life.





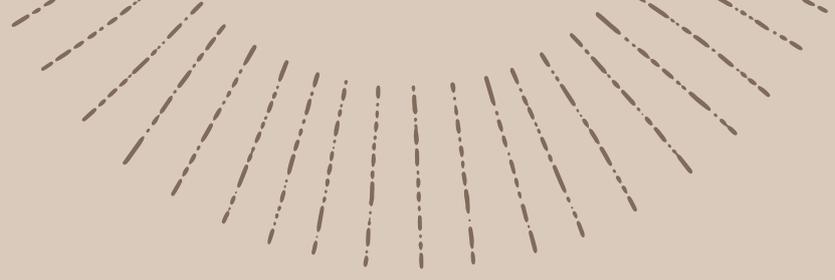
FULL MOON

Many people experience that the lunar cycle is of definite influence on us, our bodies, minds, and even our sleep. A study done in 2013 at the University of Basel, Switzerland, suggests that there is a correlation between our quality of sleep and the full moon. The study was done by professor Cajochen and colleagues, and he said: "The lunar cycle seems to influence human sleep, even when one does not 'see' the moon and is not aware of the actual moon phase."

The full moon is the middle point of the lunar cycle, and during this time the moon is behind the earth. That means that the moon and the sun are on opposite sides of the earth. During this phase the moon is fully illuminated by the sun, resulting in the perfect moment for illumination in our lives as well. We can see things more clearly, and feel guided and supported. The sun illuminates the moon, and this light is being reflected onto the earth. That is why the full moon also stands for reflection.

This clarity we gain during a full moon is exactly what we need to reflect and to re-set our course if needed. On the following pages you will find the Full Moon ritual I have created exactly for this purpose. Again, feel free to adapt it to your own needs and desires.





In this ritual we take time to reflect, adjust, and remind ourselves of the journey we are on, and of the goals and intentions we have set out for ourselves during the New Moon ritual. We will continue to release the old patterns and habits we have decided to let go of during the New Moon ritual, and we will give ourselves some extra quality time for self nourishment and love. Allowing the light to shine on our lives, let's get into the steps.





1 MEDITATE

Just like we've done in the New Moon ritual, meditation is a great way to get into the Full Moon ritual as well. We truly 'arrive' into our own bodies and out of the outside world and the mind. Opt for a guided meditation, or sit in silence. Incorporate pranayama (breathing) exercises if desired.

2 CRYSTALS

If you have a collection of crystals, now would be the perfect time to bring it out and set it up close to you. One of my very favorite crystals to use during my Full Moon ritual is the rose quartz, the beautiful 'heart' crystal that radiates loving energy. It is the crystal of love and has a feminine energy, bringing with it peace, compassion, healing, comfort, and nourishment. It is the crystal that is in perfect alignment with the heart chakra. We use this beautiful crystal for all round love in our lives, in every aspect of it. From finding true love and a partner to share this life with, family love, and of



course self love. Collect some of your favorite crystals that have special meaning to you, ones that align with your goals, and lay them out close to you during this Full Moon ritual.

3 REFLECT

In the next part of this ritual we want to continue to grow, by reflecting, adjusting, and reminding ourselves of the journey we are on, and of the goals and intentions we have set out for ourselves during the New Moon ritual. I want you to take a moment to answer the following questions:

- ☾ Where are you now?
- ☾ What is going well?
- ☾ What would you like to change at this point?

4 SELF CARE

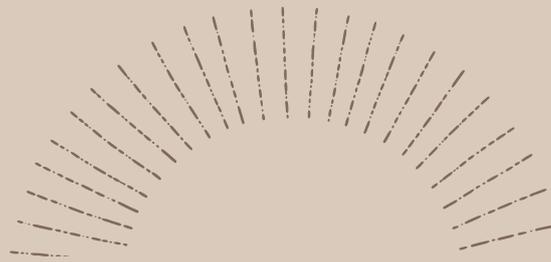
Take a nice Full Moon bath or hot shower, light some candles, maybe even bring a cup of tea, and take the time to truly take care of yourself. Give yourself some love by allowing your mind and body to completely relax. If you have any essential oils use them in the bathtub.



5

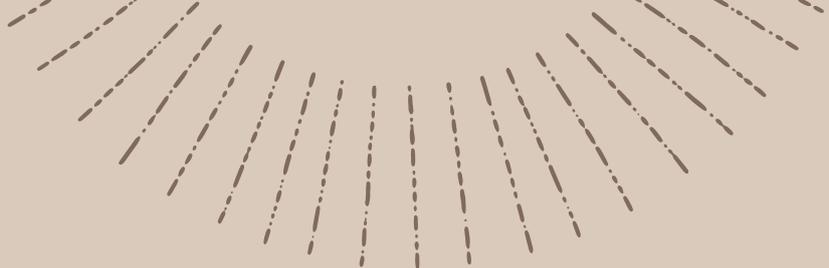
FULL MOON MANTRA

More magic happens in this lovely step of our ritual. While you are enjoying your time taking a warm, cozy, aromatherapy bath, use the time to recite a loving mantra to yourself, out loud or in your head. This mantra can be any mantra you like. I always love using the words: "All is truly well. I allow beautiful things and opportunities to come my way. I am open to receiving an abundance of health, wealth, love, joy, and prosperity. I am beyond grateful for the life I am living. I am here, I am present, and I am filled with love.'



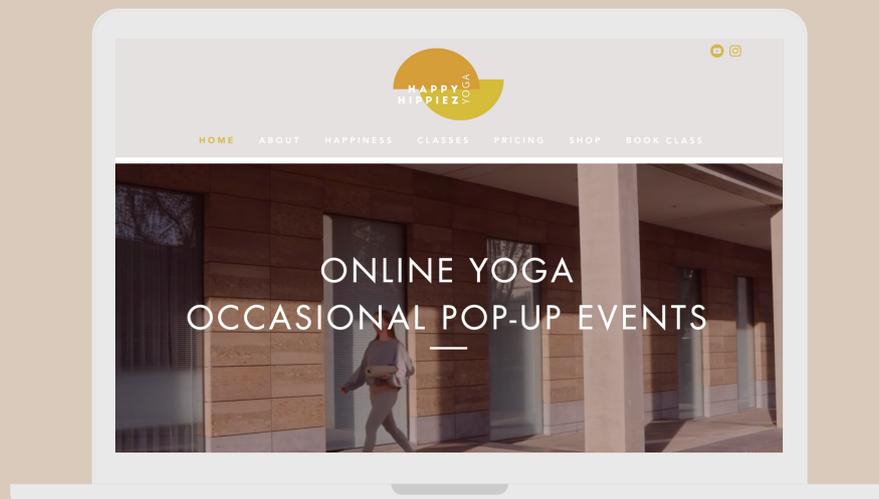
And that is it for the Full Moon ritual. Set an intention and commit to practicing these rituals every month, and you will be very likely to see a big difference in your life, in the most positive way.





THANK YOU

Thank you for taking the time to read through this Moon Rituals E-Book. If you want to practice with Happy Hippiez, check out our website to see our full schedule. We offer in person, online, and private classes.



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