

Make your Wishes Come True

How to use the New Moon to Manifest What You Desire



by Alicia Ying

Yes to the Ying © 2017

New Moon Wishing

A Step-by-Step Guide

What is a wish?

Wishing for what you want has become a thing only children do. As you get older, wishing for what you wanted has only produced results sporadically. Sometimes it works, sometimes it doesn't. Which can be SO frustrating!



So, how do you actually make your wishes come true??
(Don't worry— I've got you, boo!)

First, let's look at what exactly is a wish. The definition of a "wish" is:

WISH (noun)

- ~ a desire for something to happen or be done
- ~ a feeling of wanting to do or have something
- ~ an object of desire
- ~ an expressed will or desire

(Merriam-Webster Dictionary)

A wish is a **desire**. And a desire is a **strength of feeling with strong intention and aim**.

In order to make a wish, we must **desire** that thing with **strong intention** and **aim**.

What is it that you strongly desire?

I have found that making wishes on the New Moon has **allowed me to manifest what I desire so much more rapidly**.

Because of wishing, I have:

- ~ **met my soulmate**
- ~ **traveled all around the world**
- ~ **found a job I LOVE**
- ~ **increased my income twofold**
- ~ **repaired relationships with my parents**
- ~ **scored luxurious outfits I desired**
- ~ **met the most amazing life-long friends**
- ~ **and so much more!**

Why wish under the New Moon?

Ancient civilizations have been using the moon as a guide to bring prosperity to their people. For example, farmers would plant seeds for their new crops during the new moon. They believed that as the moon grows, their crops would also grow and flourish. The New Moon symbolizes new beginnings, a chance to “plant seeds” of what you want to grow in your life. The new moon offers us nowadays a chance to use its energy to set our intentions and release any negative habits that may be impeding us from getting what we desire. Let go of the old to make way for the new, as the old saying goes. It’s a great time to check in with your heart’s desires and really see what needs to be done in order to bring those dreams into a reality.

STEP 1: Prepare for the New Moon

The first thing to do is find out when is the New Moon. A New Moon occurs about once a month. And each New Moon is ruled by a specific zodiac sign. You can google when the next New Moon is. I like to use the website: moongiant.com or calender-12.com. OR— you can look at the list below.

Here are the New Moons for 2017:

January 27 Aquarius

February 26 Pisces

March 27 Aries

April 26 Taurus

May 25 Gemini

June 23 Cancer

July 23 Leo

August 21 Leo

September 20 Virgo

October 19 Libra

November 18 Scorpio

December 18 Sagittarius

Second, gather your supplies. You will need:

- ~ **paper** (any notebook will do. You can also find a journal that you want to keep all your wishes in)
- ~ **pen or colored markers**
- ~ **sage**
- ~ **candle**
- ~ **crystals that call to you** (I recommend at least a quartz crystal)

STEP 2: Write down your wishes

The night of the New Moon, write your wishes down.

1. Set up your sacred space.

Use the sage to cleanse your space that you will be using to write down your wishes. Light your candle and lay out your crystals out in front of you. Place your paper (or journal) and pen next to you.

2. Take a deep breath in and out.

Center yourself to connect to your heart. Inhale. Exhale.

3. Close your eyes and ask yourself: What do I truly desire in my life right now?

Think from your heart, not your head.

4. Write down the first things that come to you.

Do you wish for more money? True Love? Prosperity? Better health? All of the above? Try to tap in to what your heart desires the most. The more your focus on that one thing, the more energy will go towards making those wishes come true.

5. Write up to 10 wishes to set your intention. Skip a line between each wish so they do not touch each other.

Now that you know what your heart truly desires. Write them down in wish form on your paper. For example, *I wish to be aware of which people make ME feel good and loved, and consciously choose to spend time with people who love me and lift me higher.* OR— *I wish to easily find myself saying the right words to my clients that result in their recommending me to their friends.* Allow each wish to breathe and have it's own space. Each one contains power within it. Give that power some space to do its magic.

TIP: if you want to focus your energy on one specific subject (i.e. love or business or money), write 10 similar wishes about that area.

6. Set your intention in your crystal.

Take your favorite crystal that embodies the energy of your wish. I like to use a quartz crystal because it amplifies whatever intention I set regardless of the subject. Clear the crystal with sage. Then put the crystal in your hands, close your eyes, and say your wishes into the crystal. Feel the positive emotions and your intentions go from your body into the crystal. Once you feel it charged, put it in a place where you can see it everyday.

7. Burn and release what is blocking you from making your wishes come true.

Take another piece of paper and write down all the things that you want to release that are blocking you from making your wishes come true. Ask yourself, “*If I want _____ to come true, what limiting belief or old pattern do I need to release?*” For example, if you are wanting to increase your income, then you might want to release limiting beliefs that you are not deserving of money or that money will make you greedy, or that money is evil, or that you can never make enough to meet your needs. Write them all down. Once you are finished, take your candle and light your paper on fire in a safe place (bathroom, kitchen or outside). As you see the flames eat up your limiting beliefs, say out loud, *I NOW RELEASE THESE LIMITING BELIEFS AND BLOCKS TO THE UNIVERSE TO HEAL AND TRANSFORM INTO LOVE*. Repeat this until the paper is all burnt up. Throw the remnants in the trash or outside into the wind.

How do I word my wishes?

Tip #1: Be specific and straight to the point.

Remember that definition of “desire”? You must have a strong intention and **aim**. Think of aiming an arrow at a bullseye. What is it that you truly desire? Enough money to pay off all your credit cards? A new high paying job where you get to do what you love? Get specific and straight to the point. The clearer you are with your wish, the clearer it will manifest into your life.

For example, if you desire a better job that you love with higher pay and you only say, “I wish for a new job,” you might get offered a new job as a sales associate that pays only minimum wage instead of that executive position at your current company that you had been coveting. You got what you wished for (a new job), but it wasn’t what you truly desired.

Tip #2: Make sure it FEELS GOOD when you say it.

Word your wishes in a way that makes you feel **good and inspired and empowered!** Again, a wish is a desire. And a desire is a **strength of feeling** with **strong intention** and aim. If you wish for something, but you don’t feel 100% sure that’s what you want, it’s not going to come true. Why? Because the lack of strong intention. There is a weakness in your feelings about it. The weaker the feeling, the less likely your wish will come true.

Here’s how to determine whether your wish feels good and has enough strong intention behind it:

1. Say your wish out loud.
2. Ask yourself: did it make me smile?

If it didn’t make you smile, it probably didn’t feel that good. Even if it makes sense logically for you to wish for that thing, don’t write it down. There’s a fear or limiting belief behind it that will prevent your wish from coming true the way you want it to. I am telling you from experience: the wishes that have manifested the quickest for me have been the ones where I couldn’t help but smile from ear to ear when I said my wish out loud. Test it. Write a few different versions of your wish. Which one makes you feel good? Which one makes you smile the most? Trust your gut. And listen to your heart. Your intuition will always steer you in the right direction.

STEP 3: Allow Yourself to Receive

Now it's time to give yourself permission to allow yourself to receive! Let go and let God. You wrote your wishes and you made sure you felt good about them. You've put your strong energy into this. You have done the work. Now it's time for The Universe to do its part and bring magic into your life.

1. Write at the bottom of your wish list:



You are co-creators with The Universe. Have faith that The Universe is working magic behind-the-scenes for you!

2. Visualize your wishes

Every morning, spend 5-10 minutes visualizing your wishes as if they have already come true! What does it look like? How does it feel to have what you wished for? What are you doing? Who are you doing it with? How are you celebrating?

Envision it until you feel that wonderful, exuberant feeling glow inside you. Then go about your day knowing that The Universe is making this happen. Don't worry about **how** it is going to happen. Just keep reminding yourself that it **is** going to happen.

3. Take inspired action

The Universe will start to give you signs as to what actions you need to take. These signs will come in the form of ideas that pop into your head and repeated words or phrases that you see or hear. If the idea makes you feel like, *Wow! That would be so much fun!*, then go follow through with putting that idea into action. If it is someone giving you advice and it feels like, *she sounds like she knows what she is talking about, but I don't really feel like doing it.* Then don't do it. Do the actions that bring a smile to your face and create that joyful feeling inside you that your wishes make you feel.

4. When your wishes start coming true, give thanks.

Saying thank you is telling The Universe, "Yes please give me more of this!". So, always give thanks and gratitude to The Universe for delivering your wishes to you. It truly wants you to live happily ever after!

Hooray! You are on your way to making your dreams come true! Now you have your wishes set for this New Moon and can write different wishes for all the New Moons to come!

I hope you have enjoyed this New Moon wishing ritual!

Please share your successes and wishes on my [Facebook page](#).

If you have any questions, feel free to contact me at: yomatter@yestotheying.com

Much Love,
Miss Yes-to-the-Ying,

Alicia

Success starts by saying YES to YOU!

www.yestotheying.com