

New Year Intention and Manifestation Ceremony

Rather than the traditional New Year's Resolution which tends to be based on "away from" strategies, here is the manifestation and intention ceremony that I do each Winter Solstice. Winter Solstice is the beginning of the celestial New Year and the end of the long nights. To mark this passage I use this time to set my intention for the New Year. I make a bundle of sacred objects that hold my intent in a way that I can continuously remind myself of this milestone.

This ceremony will guide you to create an Intention Bundle that can be used throughout the coming year to remind yourself of your intent. I recommend that it is placed somewhere that you will see it every day like hanging from the rear view mirror in your car or in your bathroom.

The following instructions will guide you through the wheel of the year and the steps for each direction. Create the time and a space where you can focus without distraction or interruption. Remember to focus on what you *do want* rather than what you *don't want* when creating your intention.



Use those things that make your bundle sacred to you, these are only suggested items to use in the creation of your bundle. What you need:

White tissue paper

Red or green tissue paper

Writing instrument

Felt, cloth or leather to hold your intention bundle

String, ribbon or twine to bind the bundle closed

Seeds, stones, sage and Tabaco or other sacred objects to hold your intentions in the

bundle

Feathers, beads or other items to decorate your bundle

Candle

A few guide questions to get you started!

- *Is the first step to achieving your outcome specific and achievable?*
- *Is there more than one way to achieve your outcome?*
- *What stops you from having your outcome now?*
- *What are you already doing to begin to achieve your outcome?*



NEW YEAR INTENTION AND MANIFESTATION CEREMONY

1. START -NORTH- Release that which no longer serves you, by setting your intention to let go of those things that are conscious and unconscious. Releasing the shadow of the longest night. Much as the tradition of the “New Year’s Resolution” is based on what we don’t want, this is the releasing of that which no longer serves us for the coming year.

A. Take 3 centering and clearing breaths

B. Focus on the things you intend to surrender.

Using WHITE paper writes those intentions and releases them into the Yule fire (Burn the paper in the center caldron.)

2. EAST- Honor the return of the Light within your own life. Rather than the “New Year’s Resolution” of what you don’t want, identify what you DO want for yourself and for others through this coming year.

A. 3 centering and cleansing breaths

B. Allow your hopes and dreams to communicate through you at this time.

C. Once you are fully in communication with what you desire and intend, write this on a RED piece of paper.

3. WEST- All the things you are already doing and all the resources that you already have available for achieving (making manifest) your dreams. The west is also about your lineage and ancestors that have created the pathways for where you have been and where you are going, outside and through time.

A. 3 centering and clearing breaths

B. Using a piece of felt, place your intention for the coming year (the red paper) inside.

C. Gather the items from the sacred bowls in the circle that will help you in obtaining your intention.

D. Place those items inside the felt bundle along with the red paper.

Salt: Cleansing

Tobacco: Communication with Spirit

Corn/Rice: Planting the seeds that nourish us

Sage: Purity of intention

Stones: Honoring the ancestors that have and will guide us

4. SOUTH- Represents your travels through the wheel of the year and reminds us of all the things we do inside of time, while time continues to pass around us. This is where you bring your intentions and your resources together to remind yourself of this intention declaration by completing your intention bundle and adorning it.

A. 3 centering and clarifying breaths.

B. Select from the materials available a tie for your bundle. Gather all your resources and intentions together and seal it within the felt.

C. Adorn your bundle with beads and feathers to amplify your individual power of manifestation for the coming year.

Upon completion, pass these instructions to the next person so they may also set their

INTENTION IN MOTION!