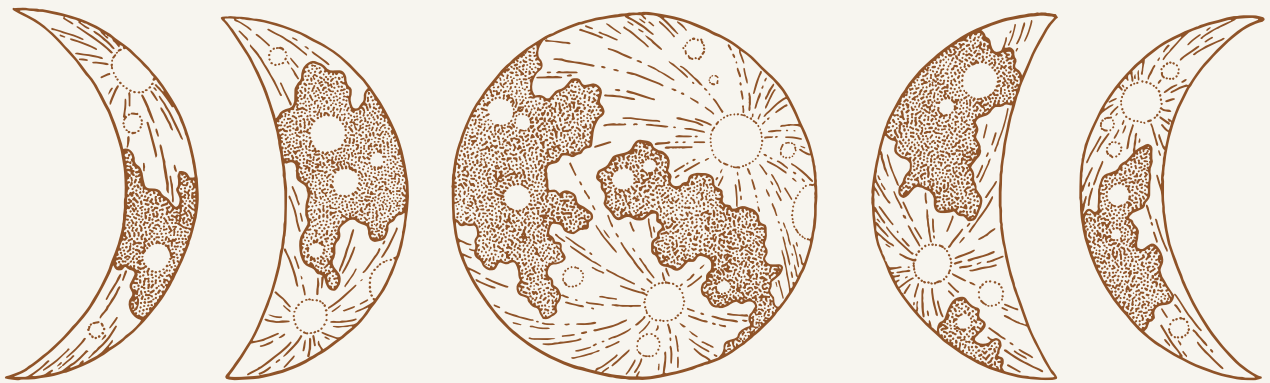


RADIANT REBOOT MOON CYCLE RITUAL GUIDE

*Reclaim your feminine rhythm. Awaken
your inner light. Flow with the moon.*



Radiance Reboot

RADIANT REBOOT MOON CYCLE RITUAL GUIDE

Create Your Radiant Ritual Space!

- *A journal or notebook dedicated to moon reflections*
- *A candle or crystal that feels grounding*
- *A quiet place where you feel safe to connect with yourself*



SHINING BRIGHTLY FROM INSIDE OUT—EXPLORING
WELLNESS, WISDOM, AND WONDER IN MIDLIFE.



NEW MOON

The Sacred Pause + Planting Seeds

The Theme: Intention, New Beginnings, Clarity

The Ritual:

- Light a white candle and sit in stillness.
- Place one hand on your heart, one on your womb.
- Ask: What am I ready to create? What lights me up?
- **Journal Prompt:**
 - "This cycle, I intend to..."
 - "I am calling in..."
 - "My soul whispers..."
- **Practice:** Write your top 1-3 soul-aligned intentions for the next 28 days. Keep them visible.



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WAXING MOON

Taking Inspired + Aligned Action

The Theme: Growth, Energy, Momentum

The Ritual:

- Create a 10-minute daily Radiance Action list.
- Celebrate progress, not perfection.
- **Journal Prompt:**
 - “One small step I can take toward my dream is...”
 - “What support do I need to stay inspired?”
- **Practice:** Track your progress gently. Let your action come from joy, not pressure.





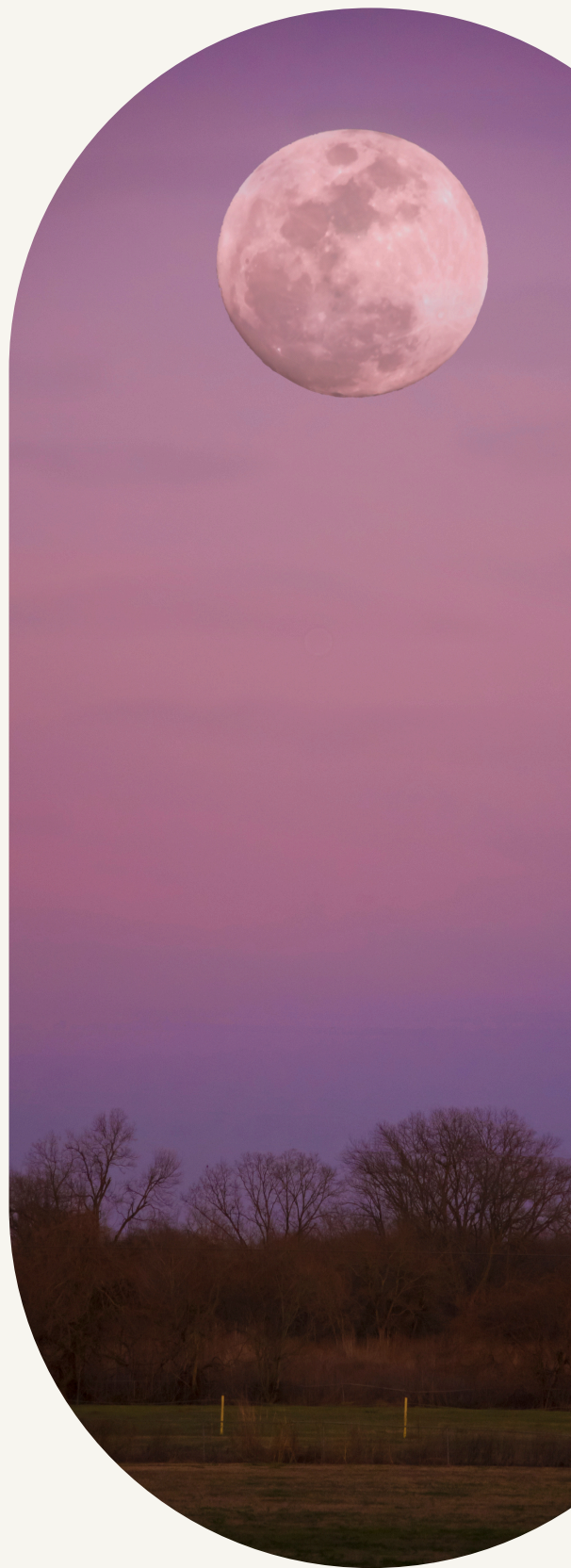
FULL MOON

Illumination + Letting Go

The Theme: Release, Truth, Healing

The Ritual:

- Create a full moon bath with Epsom salts + lavender.
- Burn or bury what you're ready to release.
- **Journal Prompt:**
 - "What is no longer serving me?"
 - "I forgive myself for..."
 - "I am releasing..."
- **Practice:** Write a Release Letter. Burn it safely or bury it as a ritual of surrender.



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WANING MOON

Reflection + Restoration

The Theme: Rest, Integration, Wisdom

The Ritual:

- Declutter one small space.
- Rest without guilt.
- **Journal Prompt:**
 - “What did I learn this cycle?”
 - “Where can I soften?”
 - “I give myself permission to...”
- **Practice:** Indulge in soul-nourishing self-care. Read. Walk. Breathe. Be.

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