

A decorative header featuring a central sun with rays, flanked by various moon phases (crescent, half, gibbous) and small stars. The entire scene is framed by ornate leafy branches.

THE NEW MOON

PRACTICE COMPANION

Celebrating Your Inner Child





WELCOME



I'M SO GLAD YOU'RE HERE.

Thank you for showing up this New Moon in Leo. For yourself, your inner child, and for all of us. Part of growth and the medicine of Leo is simply being seen in your innocence, exuberance, and simplicity and being a light to others in our willingness to be seen.

It's a genuine honor to step outside of life for a little while and explore ourselves a little more deeply. I hope that you enjoyed the ceremony. I am always open for feedback and questions. This integration workbook is to help you take what you learned and weave it into every day life.

As a reminder, I'm Kristen Kalisee. I founded Spiral of the Star School for Transformagic, where we study the many paths to feeling connected to the divine, ourselves, and our community.



WHAT YOU WILL FIND HERE

- The playful playlist link
- Journaling Prompts
- Integration Practices
- How to deepen this work



A LITTLE LEO REMINDER



Your voice and expression are a gift.
Playing is good for the nervous system.
Laughter is good medicine.

NEW MOON IN LEO

THE INNER CHILD



Leo is the playful child, and also the good king, of the zodiac. The New Moon in Leo brings us an opportunity to throw off the adult prudences we've learned as adults and remember the playful light of our child nature.



GOING DEEPER

The truth is, we are not children anymore. Part of the spiritual path of the Tree of Life is gathering the wisdom of the elder, while keeping the open hearted purity of a child. Much of what we've learned that holds us back as adults are stories we were told as children that we believed. Part of the adult developmental journey is to challenge the stories we had no control over hearing--and parse which we want to continue carrying and which we can let go of. To begin this work, you can as yourself:



What stories did I hear about social status, money, love, family, romance, work when I was young?



Which of these stories do I now know don't serve me? What can I take from them and what can I leave?



Which stories continue to serve me? How have they helped me along my life path?

"The young do not know enough to be prudent, and therefore they attempt the impossible, and achieve it, generation after generation."

-Pearl S. Buck



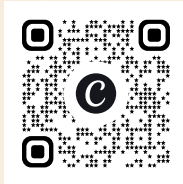
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PLAYFUL Playlist

This playlist was curated to be silly, playful, and
dancey. Get up, get wild.
Do you baby-boo!

*Get out of the mind,
and into the body*

SCAN TO
LISTEN



OR VISIT:

[Playful Playlist](#)

MAY YOUR INNER CHILD FEEL SEEN, SAFE & FREE.



JOURNAL / REFLECTION



* *What was my inner child's message to me?*

* *What actions can I take to heed the message of my inner child?*



* *What feeds my inner child? (dance, running, painting, baking cookies, etc)*



* *What adult thoughts have been weighing me down?*



INTEGRATION PRACTICES

Take a little time to anchor what your inner child wanted to tell you in your everyday life.

SEED THIS ENERGY



1 INNER CHILD MESSAGE

* Draw, paint, or color the message of your inner child to yourself. Keep this reminder somewhere you can see it for the next 14 days, until the Full Moon. Bonus: Take a picture of your art and make it the background on your phone.



2 DANCE, PLAY, START YOUR DAY.

* Every day until the Full Moon, start your day with dance or play. See how this shifts your whole day.



3 REVISIT THE INNER CHILD MEDITATION

* If you feel separate from your inner child, listen to our drum journey. A link will be sent to your email after ceremony.



4 SET A CALENDAR REMINDER

* For every full moon until the Leo Full Moon in February 2027, set a reminder to feed your inner child. (Bowl, laser tag, swim, etc, whatever you wrote down on page 5!)



"Play is the highest form of research."

ALBERT EINSTEIN

Continue THE SPIRAL

Thank you for opening your heart, playing, and celebrating your inner child.

Want support in challenging the stories you were told and believed before you had agency?

GO DEEPER

Spiral of the Star School for Transformagic offers energetic bodywork, channeling sessions and mentorships to clear the lies we picked up as children, so we can step fully into our magic and wisdom as adults.

GET IN TOUCH



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YOU ARE BEING INITIATED INTO
THE MYSTERY OF YOUR OWN
SOUL.