










Moon Phases

-  New Moon - Reboot, rebirth, cleansing
-  Waxing Crescent - Setting intentions
-  First Quarter Moon - Action
-  Waxing Gibbous - Refine
-  Full Moon - Harvest
-  Waning Gibbous - Grateful
-  Last Quarter - Release
-  Waning Crescent - Surrender

The above just shows how the Moon's phases generally can help us, but you don't have to remember it or think about it. Next, we will go over each task in your to do list in more detail.

I first heard about this technique a few years ago. In this little book I won't talk much about how this works but will give you directions and steps that you need to take in order to get at least one of your dreams to come true. All you will need to do is to complete this little to do list. Good luck on your journey.

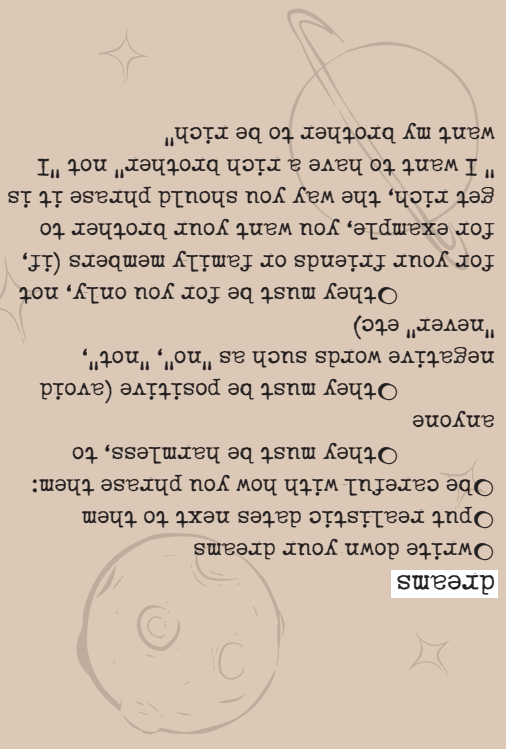
to do:

- ☐ clean up & cleanse 
- ☐ work on your fears 
- ☐ make a list of your dreams 
- ☐ manifest 
- ☐ let go 

Those little Moon signs next to each task, show you which phase the Moon should be in, when you start and complete the task.

make your dreams come true

with the Moon's help



clean up & cleanse

- throw away 30 things from every room (not put away. If you can have those things back even in years, this won't work. You have to get rid of them)
- don't forget your bag, laptop, pockets, phone, your desk, tablet, memory banks etc

fears

- write them all down, at least 30, the more, the better. Even silly ones, because if they came to your mind, then you have that those fear. Make sure you have some space left on your paper
- now write "these are just my dreams, they aren't real"
- now burn it, but make sure you're being careful and safe

fears stop you from achieving things. You have to identify them and work on them. Just let the Moon help, it'll make it easier

manifest

- go somewhere quiet
- now for each dreams you need to imagine a situation where that dream is already a part of your reality
- make sure that you also feel boring and mundane parts, whatever will make you feel like you're living that moment
- also try and "see" that date that you wrote next to your dream

example: if your dream is to have a car by the 7th of July, you can imagine that you're having a coffee with your friend, as usual, and saying that it wouldn't be a problem for you to drive her to her brother's house tomorrow for his birthday (which is, you know, on the 7th of July)

Let go

You now have to let go of your dreams, forget about them and never think about them again. Even manifesting them one more time might seem like a good idea, but it's not. For some reason, the more you think about and the more meaning and pressure you put on it, the less likely it will work. It probably somehow cancels it out, when you do it more than once. So yes, you now need to do the hardest part.

Let go, never think of them again. You will remember about this, the moment they start coming true. And by the way you will start noticing little coincidences and miracles, that means that it started to work

good luck
and remember
to not let your
fears to stop you
from getting what
you want