



RED TENT *global*

NEW MOON JOURNAL

By Greta Grace

www.redtentglobal.org

THE RED TENT MOVEMENT

As long as women have marked the cycles of the moon, they have gathered in tents to share their stories, wisdom, laughter, pain, and celebration. The Red Tent Movement is about remembering, discovering and embodying that tradition. In Sisterhood, we connect with our Womb Wisdom, our Wild Nature, our Fire & our Fragrance. In Red Tents all over the globe, women join in circle at the New Moon honoring the Women's Mysteries, Red Rhythms, Sacred Pleasure, and Sisterhood.



SiSTARS!

It is my honor to welcome you to Red Tent Global, where we celebrate the moon cycles as symbolic of the Divine Feminine within our bodies.

As women, we are Creative, we are Life Giving, we are Magic!

Each New Moon, we slow down, become more embodied, and are more available to access the Wisdom, Power, and Healing available to us.

At Red Tent Global we weave together three energies: Embodiment, Empowerment, and Ecstasy.

This New Moon Journal is a resource of Empowerment. We invite you to use it as you consciously create your life over the next 13 Moons.

How to use this workbook

You are invited each month to use this New Moon Journal as you visit the four stages of reflection:

Celebrating what was gleaned from last month.

Shedding and letting go of what no longer serves.

Being with Stillness to access the Oracle of the Womb.

Setting Your Intention for the next Moon Cycle.

Some of you will be receiving this booklet in the middle of the year, in the middle of the month, days away from the new moon. Start wherever you are. There is no right or wrong. Simply listen and tune into the messages from within that support and guide your journey.

Take a breath, and become aware of your body. Allow pleasure to be your guide. There is space for you to journal your musings on each question — date each one so you can watch your journey over the course of one lunar year.



**MENSTRUATION IS
SACRED BEAUTIFUL
LUNAR ANCIENT HOLY
FEMALE POWER.**

— *Nuit Moore*

Celebrating

What became visible, illuminated, and/or expressed?

What did you celebrate at the full moon this month?

What are you celebrating from this last month?

What was completed or fulfilled?



To gently land in this process, I invite you to begin with a process of acknowledgment and CELEBRATION.

Tune into the gifts, growth, and gains harvested within this last month.



This could be:

"I kept my word"

"I finished organizing my office"

"When stressed, I honored my feelings and listened to my body"

"I planned a boudoir photo shoot with my girlfriends"

"I created a healthy boundary in my relationship"

"I risked and spoke my authentic truth"

Date: *type date here*

(Type your thoughts and feelings here...)



Shedding

This is an invitation to dive deep within yourself.

Connect with your breath.

Drop down into your hips, into your womb.

Honor whatever comes up for you without any judgment.

Remain fully present throughout your body.

Ask yourself the following questions:



Shedding

What are you letting go of? What in your life is no longer serving you? This may be a pattern (your inner critic judging you with fear, self-doubt, impatience), clutter and disorganization, or regrets that keep you from moving forward.



Date: *type date here*

(Type your thoughts and feelings here...)



Being in Stillness

The New Moon is an invitation to return to our lunar nature. Amidst change and chaos, everything is in harmony at its root. Here we are invited to cycle inward, and go within, to presence our womb, connecting with the dark, the mystery, and the magic within.

In ancient times, when our blood was sacred, women would receive dreams and visions with vital information about planting crops, herbs for healing and messages for the tribe. Turn inward now to access your Temple of creative potential and healing powers within.

You are entering Sacred Space. The womb is a place where something is created from nothing.



Being in Stillness

Slow down

Stretch

Dance

Rest

Nurture

Listen

Receive



Date: *type date here*

(Type your thoughts and feelings here...)



Setting Your Intentions

Intention is a force in action, our fuel that powers feelings and thoughts to consciously create our life. The new moon is an optimal time for new beginnings supporting all forms of growth.

Farmers, for centuries, have known to plant their crops by the cycle of the moon to harvest the greatest yield. By planting seeds at this powerful time, we can harness the energies to support making our dreams a reality.



Setting Your Intentions

What seeds are you planting?

What is your positive vision for yourself?

**What specific feelings, thoughts & actions are you choosing to
manifest your vision?**



Date: *type date here*

(Type your thoughts and feelings here...)





Where do you want support from your sisters?

At the Red Tent, empowerment, confidence and resiliency are amplified through reclaiming our menstrual blood as sacred. When sisters reach out and connect with each other, we are cheered and championed, strengthened and expanded. We believe that each one of us deserves to manifest our dreams, unleash the wild, erotic goddess within, and be of service to our world.



"I feel like I have come home... to my body & my tribe with amazing new ways to work with my moon cycle."

"The satin Red Tent wrapped us in the womb-like sanctuary while we experienced processes of playfulness, depth, and expansion! I felt so supported and empowered, and enjoyed being surrounded by the sisterhood."



A circle of women may be the most powerful force known to
humanity. If you have one, embrace it.
If you need one, seek it. If you find one, for the love of all that is
good and holy,

DIVE IN. HOLD ON. LOVE IT UP.

Get naked. Let them see you. Let them hold you. Let your reluctant
tears fall. Let yourself rise fierce and love gentle.

YOU WILL BE CHANGED.

The very fabric of your being will be altered by this, if you allow it.

PLEASE, PLEASE ALLOW IT.



From Southern Belle to Seminary to Sexual Educator

Greta Hassel Grace is a licensed Marriage and Family Therapist, Intimacy Coach and Sexual Educator. Her Master's Degrees in Divinity and Psychology are the foundation for an education that includes the lifelong study of Modern Psychology, Ancient Wisdom and Sacred Sexuality.

Greta is creator of the group "Good Girls Do: Healing Sexual Shame", and facilitates "The Red Tent Temple" for women around the world. We weave together the Red Thread of Playfulness, Passion, and Pleasure, with the wise use of Power for the benefit of All. She is featured on Fox, CBS and a variety of radio interviews.

Greta has worked with women and couples for over 25 years and has a private practice in Marina del Rey and Los Angeles, California.

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***Would you like to explore the work you've done in this journal on a more personal level?
Individual sessions are available. On a boat, the beach, or in office. Call Greta at +310 820 2727***

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