



APRIL NEW MOON



Grounded Renewal



*A gentle companion for inner authority, rooted growth,
and clear new beginnings.*

*The Moon sets the rhythm, and the seasons provide the landscape -
sometimes named, sometimes simply felt.*

Alison Foster



Arrival



This New Moon arrives at a time when life may feel as though it is gathering pace.


Spring is opening more fully now. The light is wider, the season is more visible, and there can be a sense of movement building beneath the surface of things. In times like these, it can help to return to yourself.

This companion is offered as a quiet place to pause, to breathe, and to listen for what feels true beneath the noise.


You may sense fresh energy beginning to rise. You may feel that something within you is asking for room, attention, or care. You may also notice the presence of older stories still lingering at the edges — stories shaped by hurt, self-doubt, or ways of being that no longer feel fully yours.

This can be a gentle threshold of renewal, a time to come back to your own inner authority. Time to trust what you know more deeply and to feel the strength of the roots you have already grown, letting your new shoots begin to rise from steadier ground.

You're welcome to meet this companion slowly, in your own rhythm, taking only what feels supportive.



A Weaving of Wisdom



Since January, this year has been unfolding through stillness, clearing, balance, and the first strengthening of forward motion.

This April New Moon feels like the next natural stage in that arc. Here, renewal begins to gather more clearly from within. Something that has been quietly rooting now begins to show signs of life.

This moon invites steadiness as that movement grows. It calls us back to the body, to inner guidance, and to the quieter truths that can easily be missed when the world feels loud or uncertain.

It may also illuminate old narratives that no longer need to shape the path ahead. Some patterns have done their work. Some ways of seeing yourself may now be ready to loosen.

Spring offers its own wisdom here. Growth rises from what is already rooted. New life asks for care, presence, and relationship with what sustains it.






You may wish to simply stay close to what is true, nourishing, and feels alive for you at this time.



Reflections for the Dark Moon



You may wish to write, sit quietly, or simply notice what arises as you read these reflections.

-  What feels true for me now?
-  What no longer fits the life or way of being that is asking to emerge?
-  Is there an old story I am ready to set down gently?
-  What supports steadiness in my body and nervous system?
-  What wants to grow from here, in a way that feels rooted and honest?

*You do not need to answer these all at once.
You may simply notice where there is a quiet sense of recognition.*



A moment to Pause



This moon feels as though it asks for honesty and tenderness together. It invites courage through careful listening, protecting your energy, choosing what nourishes you, and allowing an older version of yourself to loosen its hold.

There may also be value in noticing where gratitude, beauty, and simple moments of pleasure are already present.

These things can steady us.

They can soften the nervous system.

They can help life feel inhabitable again.

They can remind us that what is life-giving deserves our attention too.

*An accompanying 10 min guided audio meditation **Returning To What is True** is included with this companion.*

[Listen to this meditation here](#)





Embodied Practice

Returning to What Is True

This practice can be done seated, standing, or outside with your feet on the earth if that feels available.

Let the body be supported. Let the jaw soften. Let the breath move freely. Place one hand on the heart and one hand low on the belly, or rest both hands somewhere that feels grounding.

Take a few slow breaths and simply feel the body. Notice the contact beneath you. Notice the weight of your body. Notice one place that feels steady enough in this moment.

Then gently bring to mind the question:

What feels true for me now?

There is no need to force an answer. Simply listen. Then ask:

What am I ready to set down?

Again, let the response be simple. A word, an image, a feeling, or a sense may be enough.

Then bring your awareness to the base of the body and the feet. Imagine roots beneath you, steady and alive in the earth. From those roots, imagine one small green shoot rising upward — tender, clear, and quietly committed to life.

You might close by saying inwardly:

I return to what is true.

I trust what is steady within me.

I allow new life to rise in its own way.

If you would like to extend the ritual, you could write down one old story you are ready to release, and one simple truth you want to stay connected to in this lunar cycle. You might place the old story into a fireproof bowl and safely burn it, tear it into small pieces, or bury it in the earth as a gesture of completion. Then place your new truth somewhere visible, or keep it tucked into your journal.



Seasonal Note

The second half of April carries a sense of quickening.

Growth is easier to see now. The world feels fuller, brighter, and more alive. At the same time, spring asks for care with what is still tender.

Roots hold. New shoots rise. Life keeps unfolding in relationship with what sustains it. As things gather pace, you may choose what you stay close to. You may protect your attention and keep returning to what helps you feel steady, clear, and connected.

Beauty can help.

Nature can help.

Rest can help.

Small rhythms of care can help.



Seeding the Cycle Ahead

As this cycle unfolds, it may help to keep things simple.

Stay close to what feels true.

Stay close to what nourishes you.

Stay close to the rhythms that bring you back to yourself.

This New Moon opens the ground for what will continue to ripen as we move toward the Full Moon at Beltane on 1st May — a seasonal threshold that often carries a stronger sense of vitality, fullness, and outward expression.

For now, you may only need one small step.

One clear choice.

One moment of returning.

*May this New Moon meet you gently.
May you trust what is true within you.
May you feel steady in what is growing.
May you stay close to what nourishes and restores you.
And may this next part of the path unfold with quiet courage
and renewal.*

With warmest wishes,

Alison

~x~

