

Full Moon in Cancer

Inner Child Healing Ritual



Light a candle. Place a bowl of water in front of you. For 3 minutes, center yourself with breath: inhale (4 counts), pause (2 counts), exhale (8 counts). Then say, *"I open now to feeling, to healing, and to remembering who I am."*

Gaze into the water. Let it reflect your emotions. Ask yourself:

- *"What is rising within me right now?"*
- *"What do I need to feel, but have been avoiding?"*
- *Allow tears to flow. This is healthy release.*



On paper, answer:

- *"What emotional weight am I ready to let go of?"*

Then, tear up the paper and place the pieces in the water as a symbol of emotional cleansing.

Hold a soft item or a photo of your younger self. Place your hand over your heart and say: *"I see you. I hear you. You are safe with me now. How can I nurture you more deeply moving forward?"* Listen for what comes up.



Gently blow out the candle, and pour the water onto the earth, into a plant, or down the drain with gratitude. Say:

*"I release what I no longer need.
I choose softness. I choose wholeness. I return to the heart."*