

# CREATING FULL MOON RITUALS

River's Journey Wellness, LLC



Since I was a kid, I was always quite curious about astrology and how the changes in the skies impacted our lives. For thousands of years our ancestors, were so connected to the cycles of Nature and therefore were probably so much more in-tune with the Moon's lunation cycle. Often, it appears to be viewed as "new age" or "woo woo" to follow the Moon, the stars and planets and Nature's cycles. But for me it felt like a re-awakening to ancient knowledge. Somewhere back in the collective consciousness, back in my lineage, there were ancestors who found this knowledge insightful and guided them to make well-informed choices.

Several years ago, I began listening, learning, and observing how the cycles were impacting me. The more I learned, the more I wanted to know. The more I learned, the more I wanted to use this new insight to assist me in creating positive change in my life...one lunation at a time.

I know we are impacted by the changing energies. By learning how to honor the changing energies of the lunations, we also honor our evolving personal growth and change.

I hope you enjoy practicing New Moon and Full Moon Rituals as much as I do!



Happy Manifesting!

Mary

## “TOOLS” FOR A FULL MOON RITUAL

I find it helpful to gather my tools before I sit down for ritual and meditation. Not only am I prepared, but it gives me time to begin to think, feel, sense, and know more about the energies for the particular lunation and the specific areas of my life that I am looking to create change or see a positive shift.

### Essential oils associated with the Full Moon:

Rose, Bergamot, Chamomile, Frankincense, Sandalwood, Cypress, Lavender, Vetiver, Ylang Ylang, and Eucalyptus

- You can also search “Moon specific” essential oils by searching the oils associated with specific astrological sign that the Full Moon is in during each lunation. Or any oil you are drawn to using!

### Crystals associated with the Full Moon:

- Black Obsidian (good for transformation, gently grounds, helps repair energetic field and keeps energy clear)
- Selenite (clears and purifies energy, promotes peace/calm, brings mental clarity, releases negative/lower vibrational energy, connects to divine inspiration)
- Clear Quartz (represents harmony, clarity, psychic/ intuitive knowing, energy)
- Moonstone (represents happiness, hope, abundance, new beginnings, ancient wisdom, harmony)
- Labradorite (represents transformation, increasing psychic/ intuitive abilities, calming, sparks imagination)
- Amethyst (represents protection, soothing/calming, balanced, increases spiritual connection)
- Lapis Lazuli (balances mind, ideas and thoughts, illuminates truth/wisdom, connects us to our psychic abilities)
- Again, you can also search “Moon specific” crystals associated with the specific astrological sign that the Full Moon is in during each lunation. Or any crystal you are drawn to using!

**Other supplies for creating a ritual at home:** pen/ pencil, notebook or journal, candles (please, carefully burn candles), sage/ palo santo (again, burn safely 😊) or smudge spray, any incense you are drawn to or is associated with a particular astrological sign, your favorite deck of oracle cards or tarot, objects from Nature (such as fallen leaves or small branches, stones, rocks, shells, and berries or other fruits).

### Positive Affirmations for the Full Moon:

- I open my heart to transformation with grace, ease and courage; all for my highest good.
- I now release what no longer positively serves me. I am now open to receiving my highest good.
- I am a powerful creator. I have the power to change my life for my highest good.
- I am ready to step away from old patterns that have kept me stuck.
- What I desire, already exists. I am open to receiving all that I desire.
- I trust my intuition and honor my personal truth; it will serve me well on my journey.

Creating Full Moon Rituals, 2022 River’s Journey Wellness, LLC. [www.riversjourneywellness.com](http://www.riversjourneywellness.com)  
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## CREATING A RITUAL AT HOME:

**Step 1—Setting the stage.** If it is nice outside, it is wonderful to follow the steps outdoors. Nature is very grounding and all about renewal and change. If you are inside, find a quiet space in your home.

Create an “altar” on any hard surface, like a table or desk or sturdy shelf. You can lay a special cloth or fabric over the surface. Place fresh flowers, herbs/plants, or other elements from Nature (leaves, shells, pebbles, etc.), or crystals on the altar as well.

Put up any meaningful pictures of ancestors who have passed, Ascended Masters, Archangels, Goddesses, a small figurine, or even pictures, words or phrases that will support your goal.

Diffuse oils or light candles.

Play some relaxing music. Have your notebook and pen/pencil ready.

(Please be very careful when lighting candles or burning anything! If it is unsafe to light anything you can use battery powered tea lights or candles instead)

**Step 2—Clear your energy.** Take a few grounding and relaxing breaths. Begin letting go of worries and stress.

Center your attention on the present and your intention to clear the energy of your room and your energy.

Using sage or smudge spray or incense, imagine you are clearing away any negative or low vibrational energy. Close your eyes and imagine releasing any energy that does not support your highest good.

Again, using sage, smudge spray, incense, or your candle, invite your Guides, Ancestors, Ascended Masters, Archangels, Goddesses, or any other source of Divinity to support you during this time. Express gratitude for their support and guidance.

**Step 3—Write it out.** Take a few minutes and journal about you intend to release from your life.

Write down on your paper what you intend to let go of or release. What limiting beliefs do you want to be free from? What patterns, relationships or situations are no longer serving you? What emotions or other parts of you need to be healed and forgiven? What is calling to you? What has your intuition been whispering to you? What needs to be released for you to make room for your goal?

**Step 4—Plant your seed.** Breathe deep into your heart space and say out loud (or to yourself), “I am ready to let go of (or release) .....” or “I trust my intuition to shine the light on.....” or create another declaration of your intention for an ending.

Create an affirmation that encompasses your intention and say it out loud (or silently). Write down the affirmation in your journal or on a post-it so you can review it again in the future. If you are using any elements of Nature, breath the energy into the item.

**Step 5—Meditate on the new energy.** Sit in silence. Meditate.

Make space for your new intention. Allow the new thoughts/feelings/energy to sink in. If any old fears, worries, or stress arises; practice releasing them. Send forgiveness to yourself or others if needed.

Read your affirmation out loud (or silently).

Ask for any assistance you may need on your new journey (signs, support, protection, wisdom) and express gratitude to the Universe or your Guides, Ancestors, Ascended Masters, Archangels or Goddesses.

Thank you, Gracious, Aho, Wado, Miigwech, and So it is, so it will be.

