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Super Blue Moon Rituals

Introduction: Understanding the SuperBlue Moon **by Angela Holter**

On August 19th, 2024, the night sky will host an extraordinary event—a SuperBlue Moon. This is a rare and potent combination of two lunar phenomena: a Blue Moon and a Supermoon. Each of these events on their own is powerful, but together they create a unique opportunity for deep spiritual work, manifestation, and transformation.

What is a SuperBlue Moon?

- **Blue Moon:** A Blue Moon occurs when there are two full moons in a single calendar month. While the phrase "once in a Blue Moon" suggests rarity, a Blue Moon actually happens approximately every two to three years. Despite this, it's still considered a special event, as it offers a second chance within the same month to work with the full moon's energies.
- **Supermoon:** A Supermoon occurs when the moon is at its closest point to Earth in its orbit, known as perigee. During this time, the moon appears larger and brighter in the sky. The proximity of the moon amplifies its gravitational pull on Earth, which can heighten emotional and physical energies.
- **SuperBlue Moon:** When these two events coincide, we experience a SuperBlue Moon. This rare alignment happens only a few times in a century, making it a powerful time for intention setting, releasing old patterns, and drawing in new energies.



The Significance of the SuperBlue Moon

The SuperBlue Moon is more than just an astronomical event; it holds deep spiritual significance. The moon, a powerful symbol of intuition, emotion, and the unconscious mind, exerts an even greater influence when it is both full and close to Earth. During a Supermoon, the moon appears about 7 percent larger, amplifying its impact on these aspects of our lives. We are fortunate to witness this rare event, as a blue moon typically graces our skies only once every two to three years, according to NASA. However, August 19th, 2024, brings us not just one, but two rare occurrences on the same night—a Supermoon and a Blue Moon. While it's possible to experience this combination within a single month, such SuperBlue Moons typically occur once every 20 years, with an average of one per decade.

This particular SuperBlue Moon is a time to:

- **Amplify Manifestations:** The combined energies of a Blue Moon and a Supermoon create a powerful vortex for manifestation. Intentions set during this time are supercharged with the moon's energy, making it easier to bring your desires into reality.
- **Deep Emotional Release:** The heightened lunar energies can bring unresolved emotions to the surface, providing an opportunity to acknowledge, heal, and release them. This clearing creates space for new experiences and energies to enter your life.
- **Reconnect with Intuition:** The full moon is a time when the veil between the conscious and subconscious is thinnest. A SuperBlue Moon enhances this connection, making it an ideal time for divination, meditation, and connecting with your inner wisdom.



How to Work with the SuperBlue Moon's Energy

To fully harness the power of the SuperBlue Moon, consider incorporating the following rituals and practices into your routine. These rituals are designed to help you align with the moon's energies, amplify your intentions, and manifest your desires.

1. Setting Powerful Intentions

- **Ritual:** Begin by finding a quiet space where you can sit comfortably. Light a candle or incense to create a sacred atmosphere. Take a few deep breaths to center yourself, and then write down your intentions for the next lunar cycle. Be specific about what you want to manifest, and write your intentions in the present tense, as if they are already happening. For example, "I am attracting abundance and prosperity into my life."
- **Amplifying the Energy:** After writing your intentions, hold the paper in your hands and visualize the SuperBlue Moon's light infusing your intentions with energy. Imagine the moon's light surrounding your paper, making your desires glow with potential. Feel the emotions associated with your intentions coming true.
- **Closing:** Once you feel the energy is strong, place the paper under a crystal or in a safe place until the next full moon, when you can revisit or release it.



2. Moonlight Bathing

- Ritual: On the night of the SuperBlue Moon, spend time outdoors in the moonlight. This could be as simple as sitting in your backyard or going for a walk under the moon's glow. As you soak in the moonlight, visualize the moon's energy washing over you, cleansing and purifying your aura. Feel the moon's light releasing any negativity or blockages and filling you with positive, healing energy.
- Water Element Connection: If you have access to a natural body of water, such as a lake or the ocean, consider taking a moonlight dip. Water is a powerful conductor of energy, and combining it with the SuperBlue Moon's light can enhance the cleansing and rejuvenating effects.

3. Crystal Charging and Moon Water Creation

- Ritual: Place your crystals outside or on a windowsill where they can absorb the SuperBlue Moon's light. As they charge, set an intention for how you'd like each crystal to support you in the coming lunar cycle. For example, you might charge a rose quartz crystal with the intention of attracting love or a citrine crystal with the intention of manifesting abundance.
- Creating Moon Water: To create Moon Water, place a jar of water under the SuperBlue Moon overnight. The water will absorb the moon's energy, making it a powerful tool for cleansing, healing, and manifestation. You can drink the Moon Water, use it in baths, or sprinkle it around your home to bring the moon's energy into your space.



4. Full Moon Release Ritual

- Ritual: The SuperBlue Moon is also an ideal time to release anything that no longer serves you. Write down any limiting beliefs, fears, or negative patterns you wish to let go of on a piece of paper. Under the moonlight, read each item aloud and then burn the paper safely in a fireproof container. As the paper burns, visualize the energy of these limitations dissolving and being transformed by the moon's light.
- Integration: After the release ritual, take a moment to sit in silence and feel the new space you've created within yourself. This is an opportunity to integrate the healing and make room for the new energies you are calling in.

Conclusion: Manifesting with the SuperBlue Moon

The SuperBlue Moon on August 19th, 2024, is a rare and powerful event that offers a unique opportunity for deep transformation and manifestation. By aligning with the moon's energies through these rituals, you can amplify your intentions, release old patterns, and invite new possibilities into your life.

Remember, the moon's energy is always there to support you on your journey. By working with the SuperBlue Moon's rare alignment, you can harness its power to create the life you desire.





Instructions for Arranging Crystals Under the SuperBlue Moon

1. Choose Your Crystals: Start by selecting the crystals you want to work with. Consider which energies you'd like to amplify or cleanse. Below is a list of crystals that particularly benefit from the SuperBlue Moon's energies.
2. Cleanse Your Crystals: Before placing your crystals under the moonlight, it's important to cleanse them. You can do this by rinsing them under cool water, smudging them with sage or palo santo, or placing them on a selenite plate. Cleansing removes any residual negative energy and prepares the crystals to receive the moon's light.
3. Select a Charging Location: Choose a spot where the moonlight will directly touch your crystals. This could be an outdoor area, such as your garden or balcony, or a windowsill where the moonlight streams in. Make sure the spot is safe and undisturbed.



4. **Arrange Your Crystals:** Lay your crystals out in a pattern that feels meaningful to you. You might arrange them in a circle, which symbolizes unity and completeness, or in a grid pattern if you're working with specific intentions (e.g., abundance, love, protection). Allow space between each crystal so that they can fully absorb the moonlight.
5. **Set Intentions:** As you place each crystal, hold it in your hand and set an intention for what you want it to help you with. For example, "May this rose quartz help me attract unconditional love," or "May this clear quartz bring clarity and focus to my mind." Speak your intentions aloud or silently in your heart.
6. **Leave Them Overnight:** Allow your crystals to bathe in the moonlight overnight. The longer they are exposed to the SuperBlue Moon, the more energy they will absorb. If possible, leave them out from dusk until dawn.
7. **Collect and Store:** In the morning, collect your crystals. They are now charged and ready to be used in your spiritual practices, meditation, or to simply carry their enhanced energy with you. Store them in a special place, or arrange them in your home where they can continue to radiate their charged energy.

Crystals That Receive Great Benefits Under the SuperBlue Moon

1. **Clear Quartz:** Known as the "master healer," clear quartz amplifies energy and thought. Under the SuperBlue Moon, it can be charged to enhance clarity, focus, and the power of your intentions.
2. **Moonstone:** A crystal of intuition and inner wisdom, moonstone resonates strongly with lunar energy. Charging it under a SuperBlue Moon heightens its ability to connect you with your subconscious mind and emotional body.



3. Amethyst: Amethyst is a stone of protection, spiritual growth, and purification. The SuperBlue Moon's energy will amplify its ability to clear negative thoughts, enhance spiritual awareness, and promote inner peace.

4. Rose Quartz: Associated with love and compassion, rose quartz benefits greatly from the nurturing energy of the SuperBlue Moon. Charging this crystal can deepen self-love, attract romantic love, and heal emotional wounds.

5. Selenite: Selenite is a powerful cleansing crystal, often used to clear other stones. Under the SuperBlue Moon, selenite's purifying properties are magnified, making it ideal for spiritual work and energy clearing.

6. Labradorite: Known for its protective and transformative properties, labradorite can be charged under the SuperBlue Moon to enhance intuition, psychic abilities, and protect against negative energy.

7. Citrine: A stone of abundance and manifestation, citrine thrives under the SuperBlue Moon. Charging it will amplify your ability to attract prosperity and success.

8. Black Tourmaline: This protective stone absorbs negative energy and grounds spiritual energy. The SuperBlue Moon enhances its ability to protect your aura and maintain spiritual balance.



