



Moon Girl Gathering April Waxing Crescent 2022

Welcome

I am so pleased you found Moon Girl Gatherings! Moon Girls is to are open to all women of all ages to help inspire, connect with and renew one's inner goddess. Moon Girl Gatherings are led by Jill Sarick Santos, founder of RHEA Coaching, Consulting, and Communications. RHEA is not only an ancient Goddess of the Earth, daughter of Gaia, the acronym stands for **Rebuilding Humanity through Eco-spiritual Awareness**. Jill works with individuals, community-based organizations, private businesses, and anyone who seeks to build a more inclusive, equitable, and resilient future for themselves and all of humanity. Moon Girls Gatherings started in my backyard many years ago with a few girlfriends, good food, copious amounts of wine and a lot of laughter. During the pandemic, some friends expressed feeling isolated and anxious. I hosted a few virtual Gatherings and came to the conclusion that this was not some silly little activity I did with my girlfriends, but rather, I was on to something transformational. I have developed a coaching program I call LiT and it comes down to a DIY-sort of way of managing your life that relies less on others around you and more on what your heart yearns for. And what my heart yearns for is to share my love of life with others: the simple beauty in a butterfly's flimsy first flight, the precious giggles my son emits when playing with our puppy or the deep, meaningful conversations with the ones I love. With that, let's get into our first Moon Girls Guide. The rest of this guide is meant to help you form your first invocation (if you have never done one), establish some kind of daily or weekly or monthly ritual, and construct an altar. These three things will help you build the energy and set the tone for your "work."

Introduction

When trying to manifest a desire, invoking or opening a gathering (of any kind really) and/or as a means to develop a ritual, a routine or a regular practice, it is good to ground, cast a circle of protection and/or call the five directions/aspects to join you. This grounds you and signals to the energies, ancestors, angels, spirit guides, essences and qualities you seek to raise, call forth and tap into that you are opening up to receive wisdom. For a quickie, you can also concentrate on deliberately crossing thresholds, physically shaking energy off your body back into the Earth and visualizing a protective aura around you. I am melding many different traditions, spiritual practices, and scientific principles into what I am calling “spell work”, but you can name it anything you like. I am fully aware of how triggering words like spells, magic and witchcraft can be for some people. I am not intending to offend anyone. I am only trying to share something that has seemed to make sense to me so much more so than any other self-care or self-help type transaction; most especially, any sort of help that I have paid for in the past. I have, unfortunately, concluded that there are more snake oil salesmen (and women) than there are authentic healers. In the end, we are the only ones who have the greatest influence over our personal well-being. Lit is meant to be a personal practice and Moon Girls Gatherings give us a space to celebrate our personal transformations in community.

So – how do you transform parts of your life to match your heart’s desires?

Have patience. Nothing happens overnight except for natural disasters or acts of God. So, do yourself and everyone around you a favor and chill the flux out. When you find yourself standing around, scratching your head and asking, “what now?” feel grateful to know that this is when schtuff gets real. Establishing a daily practice is the key, in my opinion, to keeping the energy moving. A daily ritualized practice will be like the birthing a child. Only a few can do it and the result is transformative.

Listen and observe yourself, your intuition, your surroundings, and any coincidences that arise during days leading up to execution. Focus and be very clear what intention you are releasing to the Universe. Is it in alignment with your higher self? Does it support your values? When it manifests, will you be ready to receive it?

Drop into an interconnected heart-mind-body state. This is where I tend to use meditation and journaling. I will sit with my journal nearby as I meditate. The meditation I do is simple, and I usually receive a clear message within just ten minutes of silent breathwork and releasing thoughts as they arise. Then, I will open my eyes and do a simple pros/cons list. Or I will free-write a bit about what came up for me during the meditation. All of this is

not to stall or delay your work, but to enhance it. Being able to articulate your desire clearly, on paper is a great way to start.

Practice and memorize your affirmation, prayer, or intention. Take great care in selecting the words to use and the altar offerings. Be alert when out and about, as random items may present themselves as offerings. Shiny things, shells, feathers, bits of string and such make great altar offerings, especially when they seem to call to you from out of nowhere.

You may choose to make an amulet, a sigil, a vision board, or some other form of creative expression. The act of making it builds energy just as much as the outcome inspires. Attend a workshop, class, or community event related to the subject matter in question. Read a book, listen to a podcast, watch a video or throw Tarot cards or runes. All these activities are building up the energy.

Gather, clean, prepare, repair, and arrange your tools. Placing them under the moon cleanses them. Placing them under the sun charges them. Review the intended flow of events, clarify your purpose, the invocation and benediction. Identify what phase the moon will be in and plan to execute during the most appropriate phase. In general, waxing is for growing and scaling up and waning is for letting go and forgiveness work. Make the final touches to your altar, set out your offerings, and finalize the logistics.

The day of, make it special. Don't be rushed. This is a great time to incorporate a seasonal home cleaning and self-care rituals. Make a special meal and/or sweet treat. Brew some detox tea. Avoid hedonistic acts, no overindulging. In fact, this is a good time to cleanse. Throw the Tarot or runes one more time to portend conditions for execution. Execute!!

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Invocation & Opening

Invocations are used at the beginning of ceremonies, religious rites and other events. I used to become very nervous when I was asked to lead the invocation as a Practitioner with the Center for Spiritual Living. And if anyone ever watched me call in the five directions and work the magic in my backyard, I believe I would be just as nervous and very embarrassed. But now that I've freed myself from the restraints of "how it is supposed to be done," and instead, feel the invocation flow through me, trusting in the energy I've built up from my daily and weekly ritual practice, and allowing the words to cascade out of my mouth and into the Universe. In the moment, God (whomever you choose to name) and I are one. An easy outline for any good invocation would contain the following elements.

1. State a purpose or intention.
2. Call in resources – God, God qualities, spirits, angels, ancestors, aspects the Divine, and magical energies of the five directions (East, West, South, North and Center).
3. Unify with the Divine by assimilating those aspects into your heart and mind.
4. Restate your desire – in the present tense, as if it already has happened. Own it. Believe it. If at first you sense any doubt, go back to the beginning – meditation, working the magic, and creating a vision. This is your seed you are planting into the Universal Law.
5. Express gratitude for this moment, for your intention, for the work, for whatever you are grateful for.
6. Release your prayer or intention. Let it go. Detach from expectations and perceived required outcomes.

Trust that as you place your intention (seed) into the Law (soil), your prayer will set the tone and activate the Universal Truth (ecological function) and when the time is right, your intended desire will begin to take form (a new seedling will spring forth from the soil). This will take time. The end result will likely not look exactly like your desire. Work with the outcomes not with dogmatic expectancy but instead with open receptivity. Think of tuning a old radio to the desired station; the daily practice and ritual are like turning the knob to find just the right spot on the FM dial.

Now that you've got an intention, you practiced your invocation, affirmation or pray and you are ready to conduct your ritual, spell or set the manifestation into action, let's look a little deeper into purpose.

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Why?

Why cast a circle? Why pray and meditate? Why raise energy? When to do it? Who to do it with? How often? These maybe some of the questions coming to mind for your right now. That is totally normal. For a long time, when I first started practicing Wicca, I would focus my attention in “getting something I currently did not have.” The body, the boyfriend, the job, the boss, the money, etc... All of these desires are things that I think will make my life better and maybe one or all of them would.

But...

Let's break this down by choosing one of the aforementioned *desires* from above. Say it is a job. A new job, a promotion, a new career, etc. When I focus on what's not working in

my current job, my energy marinates in scarcity. This brings my physical energy down, because I am focusing on what I do not have, comparing myself to someone else who appears to have what I want, and I limit my creativity to solving the crisis of lack. And guess what shows up a lot in that scenario? Lack.

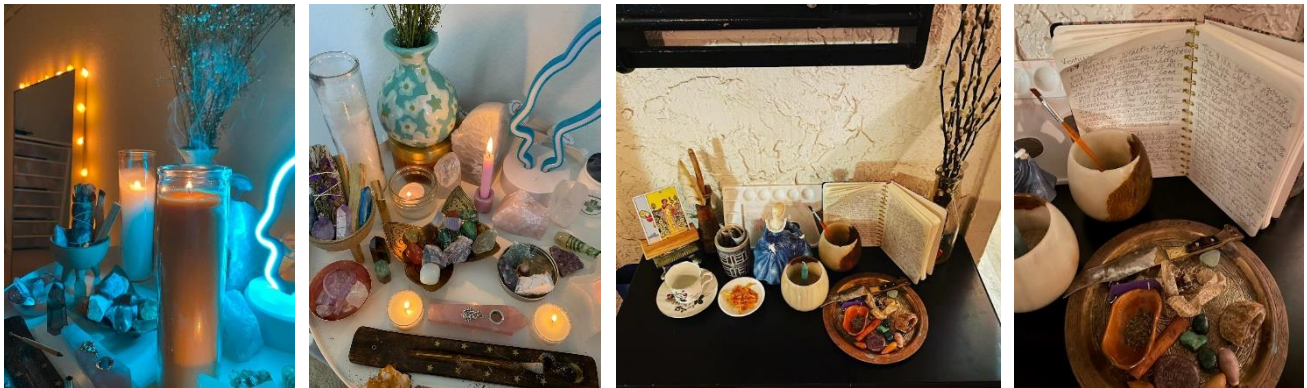
Instead, lately, I've been focusing on grounding and releasing "anxious" energy around my desire and opening up to and raising the intensity around possibility. As I am preparing to ignite and execute my ritual, spell or manifestation, I work with my personal energy almost hourly. I am living mindfully as much as humanly possible and realistically giving myself a break for missteps due to our hectic lives. Forgive your mistakes and keep the process real for you. Do not try to be something you are not. I like to use an 8—20 rule. If I am making progress 80% of the time, I feel like I am doing just fine.

Now, practice writing your own invocations!!

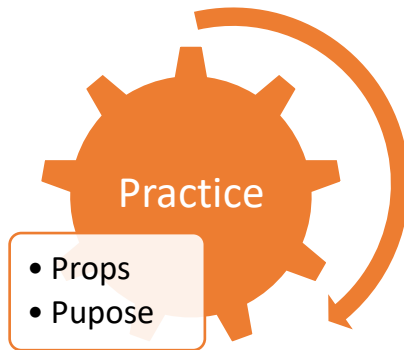
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Developing Your Practice

Setting up an Altar



The first in-person Moon Girls Gathering was held at Caffrodite Community Collective in April. Historically, full moons in April were often called the "fish moon" by some Native American tribes, especially those who lived in coastal areas, like the Chumash. April's full moon is midway between Ostara (Easter) and Beltane – when the energy is rising. Additionally, we are entering into a period of an eclipse, where, again, the energies get all amped up, like static on wool socks. Lots of debauchery was common during this time of year in the Middle Ages. This was also, traditionally, the time when new witches were called to practice their newly developed craft.



Since you've been building energy through meditation, crafting amulets or sigils or other magic, and collecting items for your altar over the last few days, all you need to do now is align your Purpose with the Props. Pick one purpose and one prop to focus on at a time. As you collect offerings over a short period of time, also meditate and reflect on your purpose. The offerings collected will serve as motivators and visual aids to help keep you on task. Don't rush it! Work with the energy and take your time. The actual ritual does not have to be elaborate or complex. It can be as simple as a prayer said out loud or written down and then burned. The good news is that you are in charge and there is no wrong way to accomplish your goal.

Props	Purpose
Tools	Space, shelf, table, cloth, candles, incense, sage, knife, cups, plates, bowls, tarot, books, online resources, journal, charms, amulet, sigil, vision board, worry box, worry dolls,
Seasons	Yule, Candlemas, Winter, Ostara, Beltane, Spring, Litha, Lammas, Mabon, Summer, Samhain, Fall
Values/Words	Acceptance, Hope, Faith, Courage, Honesty, Willingness, Humility, Helpfulness, Compassion, Kindness, JEDI, Perseverance, Unity, Connectedness, Service, Forgiveness, Desire, Mindfulness, Intention, Gratitude, Patience, Peace, Self-Regard, Love, Release, Surrender, Detachment, Responsibility, Practice, Purpose, Awareness, Commitment, Grace, Clarity, Focus, Satisfaction, Joy, Grounding, Centering, Inspiring, etc.
Senses	Smell, See, Taste, Touch, Hear, (Intuition)
Emotions/Feelings	Happiness, calmness, appreciation, satisfaction, contentment, joyful, confident, patient, triumphant, delighted, hopeful, optimistic,

	intimate, love, compassion, passion, tender, vulnerable, sad, nostalgic, melancholy, low self-esteem, helpless, hopeless, heavy, dark, morose, gloomy, awe, amazement, reverence, anxiety, terror, shy, withdrawn, guilt, shame, disease, timid, doubtful, suspicious, skeptical, overwhelmed, contempt, envy, repulsive, disappointment, judgmental, avoidant, contempt, hateful, indignation, unstable, annoyed, frustrated, resentful, pessimistic, invasive, amusement, excitement, anticipation, creative, disbelief, wonder, confusion, instability, startled, balanced, stable, whole, secure, steadfast, grounded, persistent, tenacious, determined, reliable, dependent, consistent
Self-Care Rituals	Bath, exercise, gathering, prayer, meditation, massage, rest, retreat, writing, skin care, cleanse, charge, burning bowl
Offerings	Flowers, buds, seeds, rocks, stones, gems, feathers, shells, shards, jewelry, memorabilia, leaves, hag stones, food, beverage, etc.
Actions	Spring cleaning, cleanse, release, journaling, creating art, music, dancing, singing, chanting, making love, celebrating, gathering, learning

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Benediction & Grounding

The benediction, closing and grounding process is easy. You can repeat much of the sentiment expressed in your invocation. The key here is to release it. Let go for a bit. Trust. Give it a few days and keep alert for signs. Adjust your daily ritual as needed. And the good news is, that this is just the beginning.

Thank you!! For more information, visit my website RHEA Coaching, Consulting and Communications

<https://rheacoachingandconsulting.com/>

and you can also learn more at Moon Girl Gatherings

<https://moongirlgatherings.com/>

or find and follow me on

