

## Full Moon Ceremony

The focus of this full moon will be the lessons of the Full Moon in Aquarius and releasing what no longer serves us.

MDT is 6:29 am August 15th 2019

At the Full Moon, the energy is powerful and intense. Energy is what matters come to a head, and awareness is heightened. The full moon brings clarity of vision. This is a perfect time for releasing something that no longer serves you; or letting go of something that you no longer need in your life; or an opportunity to let go of an aspect of yourself that you have outgrown. You can get rid of the old that no longer serves for your higher good. By stepping out of an old way of being like an old identity, behavior, belief, and relationships.

The light of the full moon offers illumination on those things that are interfering with our spiritual growth. Once we can see the what is blocking us it's easier to let go.

Crow has so much meaning to me this month, it has been coming to me for the last 4 weeks to say to me **“Stay in your power, Stay in your Voice.”** Crows Caw is so powerful that you can hear it from a block away. It's distinct sound that draws your attention, you never question when you hear a crow cawing. So you may be asking how is this related to our journey together with this moon's ritual. It's about stepping into your personal power and staying strong in your true heart self. Recently I lost my voice and some of my personal power to a person. I gave it away knowingly. Anger and unrealized expectations developed a new energy in my field that has not housed there before. All this anger and pain coming flooding to the surface.

I am the only person to blame for this because I was the one who allowed this energy to house inside my space, I was the one that gave it energy to grow and become stronger. So why did I allow this? I am human, I wanted to connect to and be with a like-minded person, to learn and to grow. **The lesson I learned with this person was another's wounding is not my self reflection or worth.**

We all know and see these lessons on intellectual level but when you're shown this type of lesson on soul level. It can be all consuming. I felt anger, resentment, sadness and mostly confusion about why. I couldn't understand it during this whole process but crow kept cawing at me **“Stand in your power, stand in your voice.”** I kept repeating this over and over in my head as I faced this person. My guides told me to be in the highest vibration and grace and this was to go to a place of gratitude. At first I have to admit I did not have loving words for my guides, they were something in the range of \*%#! They just laughed and told me all will be well. Boy it sure did not feel well inside.

They showed me that when you are feeling angry and hurt that you must step into gratitude for the person and or experience. So I did what I do all the time when I have gratitude for people I care about! I love to give gifts or words of appreciation. So I thanked this person for being in my life and the lessons they taught me. I called in Archangel Jopiel to help me find the words of true heart centered grace. I was able to do it and I walked away with a stronger sense of who I am and my path became more solidify. I know I am a strong beautiful, smart, loyal, intuitive and caring person. I don't need someone else to validate this for myself, just me!

So my guides asked me to share this rough walk I had on my path recently. We all have bumpy rough spots but need to embrace these as an adventure and not let it define us when we are feeling beaten up or pushed aside. So how can you stand in your power and voice? By doing the same thing, say your truth from a place of grace and gratitude. It has a higher loving energy and attracts a higher vibration to you. I want you to think of a situation or relationship that you felt your power was taken or your voice was stepped on. This could be your children, your spouse, your parents, your coworkers, your boss, teachers, partners, siblings and or anyone you felt this way with.

So I asked for the tools to help me unstick this energy goo that was in my energetic space from this relationship and situation. **I did not want** this in my field, in my life, and in my thoughts anymore. I needed to shift the energy around this and let it go.

This does not mean that this was an easy process to do. It took me 3 weeks to finally surrender to a place of grace and forgiveness.

First forgiveness to myself because no matter what I was the one who engage and allowed this to happen. We have to look at the part we played in any given relationship or situation.

**Start of releasment Ritual** When your deciding which chakra to choose. Think where does this feel in my field? Do you feel it in your chest? Then its heart chakra related, Do you feel it in your abdomen right in the pit of your stomach? Then that your solar plexus your seat of personal power, Do you feel your throat getting scratchy or tight? Then its is in your throat. If you feel it deeper or lower around your hips and your legs or your back then that's your root chakra.

First choose one chakra you felt was blocked the most by this situation or relationship (choose only 1)

**Throat chakra** to speak and express your truth: Blue candle, Herb: Sage or Peppermint

**Sacral chakra**: Orange candle, Herb: Cinnamon or Orange

**Heart chakra**: Green candle, Herb: Lavender, Rose

**Sacral chakra**: is your seat of personal power: Yellow Candle, Herb: Calendula, Jasmine

**Root Chakra**: is foundation: Red candle, Herb: Rosemary, Cayenne

Tooth pick, Lighter, and bowl to gather ashes. Print out a picture of self and the others you felt took your power and voice

Set sacred space. Then get the 1st picture and write the following sentence on the back “I forgive you and I release you. I forgive myself for giving my power to you. I am calling back my voice for I now have the power to speak my inner truth and I'm taking back my energy essence from you and this situation.” Then go to place of gratitude. “Thank you for the lesson you taught me (write out that lesson)..... I now see my value and I am stronger for these lessons. I wish you the best on your soul journey.” Remember only go to a place of gratitude as it raises the vibration even though it may not be something you feel right then and there as your writing. Trust me you're changing the vibration in the dynamics of the relationship by you going to a higher vibration of gratitude you're able to shift and release the energy. Sign and date with your name.

Now gather the candle and other supplies that resonates with the chakra you feel it has blocked. For me I did my solar plexus because I felt a sense of loss of my personal power my personal space of who I am. I gave my validation of myself to others. Then carve the word forgive or let go. It seems like such a simple word but its one of the most powerful words you can express and embrace. Light the candle in a safe area.

Now folded up the picture and note and add a little bit of rose for love and sage for releasment. I also added the herb associated to that chakra (list above). I burned each one individually and I gathered the ashes in a bowl and I did this for each of my pictures and letters.

I had this overwhelming sense of power and love of self surround all around me as I did this. I let the candle continue to burn until it could burn no more, I took the ashes and I buried them in my garden with my ceremonial rosebush. I gave gratitude to spirit working with crow but mostly to myself for finding myself again and embracing my personal power back.

**Don't be attached on how to do this, just let the universe support you and know how cherished you are!**

Enjoy!

Trina Zaragoza~Altered Haven~[www.alteredhaven.com](http://www.alteredhaven.com)~303-472-2910

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