

# Full Moon Ceremony

**June 17th 2019–02:30 am MST**

**Full Strawberry Moon.** June's Full Strawberry Moon got its name because the Algonquin tribes knew it as a signal to gather the ripening fruit. It was often known as the **Full Rose Moon** in Europe (where strawberries aren't native). **This month's intention is connecting back to Mother Earth and self pampering.**

**Mother earth craves the love and connection from you and an easy way to do this is through your feet!** You can create balance between you and Mother Earth by being aware of your connection with her. To create this connection to her loving spirit you need to do a process called "Earthing". Earthing is connecting to the Earth's subtle surface energy field and it will bring electrical stability to our bodies. When we or other items are in contact with the Earth, this energy will naturally transfer to any conductive object—whether it is a metal rod, a wire, a tree or a plant, an animal, **or a barefoot human**—and we become "**grounded.**" The effect of Grounding can provide amazing healing, calming and balancing effects on our physical, mental and emotional bodies.

When we feel connected the feelings of fear will dissolve and the feeling of separation, and disconnection fades away. I have been struggling with anxiety and having overwhelming feelings of things not feeling settled. The first thing my guides have me do is connect to Mother earth....I will go to Mother Cabrini, my garden and sow in the soil with no gloves and just walk in the grass barefooted several times a day.

Her nurturing spirit sends electrons from her core into my body and helps bring balance to my center. This is exactly what I needed. I am now able to look at the core issues of why these feelings were emerging and working on shifting and releasing the emotions instead of them having power over me.

Spirit would like everybody to pamper our feet for this month's Full Moon ritual so you connect fully to her. She wants to support each and every step we take on this journey. She loves everything about you and that includes your feet. So Love your feet! They are the foundation of your body and connection to earth and spirit. **If you can't do this then go get a pedicure.**

**Always set sacred space with any ritual.** Before you begin, you'll want to remove any unwanted energies from the space where you'll be working or mediating. One of the best ways to do this is to light a sage stick (a bundle of dried sage leaves, tied together), loose herb sage or stick of sage incense. Allow the smoke to waft about the space, thinking the intention "Only light and love is allowed in this space." Do this until the air/area is cleansed and grounded. You can also choose to ring a bell, drum, or sound a gong to shift the vibrations in your sacred space. Your area is ready to begin.

**Directions:** is make the below foot scrub, have a tub of water and towel right next to you. After doing the scrub rinse your feet off in the tub and dry off. Then go walk in the grass and connect to mothers Earth loving energy! Caree and I loved this so much we also did our hands.

## Strawberry Foot Scrub

5-10 strawberries

1 TBSP spoon olive oil

1-2 spoons coarse sea salt

Vit E if you have it (just a few drops)

Wash and blend the strawberries. Add the oil and salt. Mix it well and apply to feet (I left on for 1 min) Enjoy your baby feet! *Suggestion: after use, keep the remaining foot scrub in the refrigerator.*

Love and Light,  
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