

HARVEST FULL MOON SEPTEMBER 13TH 10:32 PM

Because the energies of this full moon are going to be quite intense, that it is falling on a Friday the 13th for some of you this might feel eerie but actually its a powerhouse for positive change and safe place to tackle our inner fears. It is a magical night for connecting and releasing during this celestial event that will only give you more added energetic support.

The Harvest Moon is named for harvest moon because it shines bright enough to allow farmers to work late into the night bringing in the final harvest of the year. The full moon is the perfect time for creating change or shifting of your spirit just like the shifting of the seasons. It's a time to reach deep into your core and harvest your truth, and let your voice ring out. Close your eyes and feel where deep down the area of focus you want to change. Now is the time to prepare and embrace for that spiritual shifting.

This ritual can be done in a group or just with yourself. This should be done outside. Fall nights are the start of the crisp cool air kissing your cheeks and whispering sweet nothings into your ear. We will embrace the harvests and the joys that are in your life. This is a big gratitude ceremony with a little bit of manifestation sprinkled in. Think of what you want to manifest or harvest into your life. Do you hope to manifest financial independence? Develop your intuitive connections? Or do you perhaps wanting to grow your relationships in your life? Now is the time to think of that magnified intent.

Supplies

Candle for the light inside

A cup of wine or cider (yum!)

Apples, Corn, Gourds or small pumpkins

Colorful leaves

5 directions poem

Open the ritual by opening sacred space. You will 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.

Now set your intention of the bounty you would like to harvest into your life. You can infuse your intention on either an apple, small pumpkin or gourd. I would be crafty with this and paint or use colored markers. Remember the more time you sit with your intention the more you infuse it with spiritual energy force.

Set and light the candle and call in the four directions and lay the colorful leaves around them. (see below Pic)

Now face the East and recite the below poem.

(Face East)

I call in the direction of the East the home of air

I ask that your winds infuse me with your wisdom and knowledge.

For the winds to carry my dreams and intentions to the universal source

(Face south)

I call in the direction of the south the home of Fire I ask for the shining light of the moon to illuminate my way through the darkness of life.

I ask that my souls desire be relit so that it is strong and with direction

(Face West)

I call upon the direction of the West the home of water I ask that your cool autumn rains wash away the fear and pain that keeps me from moving forward. To help me embrace the coolness of life challenges and to step into my truth.

(Face North)

I call in the direction of the North the home of Earth, I ask the Earth to Bless the soil that I tend with love, and prosperity

So I may harvest abundance and joy into my life.

I give gratitude to you grandmother moon.

I find comfort in your embrace of light.

I come to celebrate the change of seasons and rejoice in the shifting of my spirit. May the change in tides also bring me love, compassion, abundance, and love of life. I cherish you moon above and love you earth below. Gratitude is always in my heart for your guidance and support.

Take a drink of the wine or cider, feel the liquid move through your body as you embrace its substance. Earth and the moon has made it possible to take it this liquid force from a seed to an plant to harvest... just for you. This is one of the cycles of life where we forgot even the drink we take in has a cycle of life and energy. Be in gratitude for even these small gifts of substances and when you do you will see a shifting and change come into your life that you cannot deny.

Blow out the candle and place the item you wrote your intention in an area that you will be reminded of the harvests in your life, from the food you always have, money in your pocket, a warm home, caring friends, loving family and most of all the special wonderful spiritual energy that is you!

Remember you can do this ritual 24 hours before or after the Full moon to get the full energy amp. But if you miss the time frame its no biggie its always about the intention!

I would love to hear stories of how the moons loving and healing energy have been assisting you!

Please share with like minded souls

Trina Zaragoza

~Altered Haven~

