



FULL MOON RITUAL – or any ending/release

At the full Moon, the energy builds and builds.... as the moon grows brighter and brighter. All of nature grows and glows at the full Moon. This energy offers you an opportunity to act on behalf of the intentions you set at the new moon, with a simple stepping ritual or a ritual of purification using the element of fire.

It's a powerful time to release, let go of, or purge, what isn't working for you!

A Full Moon *Stepping ritual* might be as simple as taking one big step, symbolic of how far you have come over the last two weeks, a step in a new direction celebrating your emergence, looking up to the moon with gratitude for her support.

A Full Moon *Fire ritual* might include a candle or a bonfire, writing down on paper or a stick, what you are releasing and, while offering it to the fire, imaging that what you are releasing is carried by smoke up to the moon, your collaborative partner!

I practice this privately every month, either with a candle or a bonfire and I like to keep them to myself and the moon until I feel it's all complete. At times I will also have a group fire ceremony or attend one live, keeping much of my vision, again, to myself and the moon.

Full Moon Release Ritual

- 1. Create a Sacred Space** with candles, sage smudging, palo santo and setting up an altar with powerful totems. Be sure the candle holder is safe to burn pieces of paper in. Or bring to a fire pit, creating a sacred altar space by the fire.
- 2. Sit under the Moon** – even within a covered space. Remember, even if you can't see her, she is there. Allow yourself to feel a direct relationship to her, as a mover of the living waters of the Earth and within our own bodies.
- 3. Do a grounding exercise**, to bring you fully present in ritual space. Feel the earth under your feet and shake out the tension in the body.
- 4. Write what you are releasing** either on a piece of paper or a stick. It's not important that it shows up, just that the intention is there.
- 5. Light the candle or prepare the fire.** Place the paper or stick into the flame or fire. Declare aloud or to yourself what you're releasing.
- 8. Allow yourself to feel** the transfer of what you're releasing to the fire all the way down to your sacral chakra. To really tune in to the sense of release.
- 9. Let the flame or the fire burn for a bit**, as the smoke carries your intention the moon, knowing that she's got your back! Take some time to write in your journal what you are feeling and sensing, paying attention to any wisdoms that came through for you; wisdom from your soul and the moon!