

## FULL MOON RITUAL

The Full Moon is a time of culmination. Whatever seeds were planted in your subconscious at the time of the New Moon may now become clear to you. On the night of the Full Moon, it's easier to see and understand the shadowed landscape of your subconscious. It's an opportunity to make sense of things, like taking a flashlight into a closet to see what's on the shelves.

At the Full Moon, the Sun and Moon sit opposite each other in the sky, occupying opposing signs. Under this influence, we're asked to integrate energies that may seem like oil and water (like being independent while being in a relationship, or having who you are on the inside match who you are on the outside).

In the two weeks following a Full Moon, you'll be weaving what you've learned or discovered into your daily life. Full Moons offer a great opportunity to take stock, acknowledge, seek wholeness and decide on practical steps for integrating what you've learned or discovered about yourself.

To conduct your Full Moon ritual:

- 1. Prepare a space.**

- If you have an altar, greet your altar and honor your sacred items in the manner that feels right to you. If you don't have an altar, find somewhere comfortable where you won't be disturbed, and gather a few items to make your ritual special (such as a rug or pillow, items to represent the four elements, crystals, stones, etc.).
- Light a candle.

- 2. Perform a cleansing ritual.**

- Burn sage or diffuse essential oils to clean your space (good choices are sage, rosemary, lavender, orange, frankincense, hyssop, spikenard and palo santo).
- Play high vibrational music, strike a crystal bowl or bells, or tone with your voice.
- Consider taking a ritual bath beforehand and dressing in white.

- 3. Create sacred space.** Connect with Mother Earth and the Divine Feminine by sending love from your heart down into the earth. Connect with Father Sky and the Divine Father and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens.

If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space](#) ritual, speak them now. As you speak each invocation, consider lighting a candle to honor each balancing point. If you haven't written your own invocations, try these:

- *I call upon light and the element of air at the east, the direction of springtime and the rising sun, and all of its guardians and protectors.*
- *I call upon light and fire at the south, the direction of summer and the noon-day sun, and all of its guardians and protectors.*

- *I call upon light and water at the west, the direction of fall and the setting sun, and all of its guardians and protectors.*
- *I call upon light and earth at the north, the direction of winter and midnight, and all of its guardians and protectors.*

4. **Speak your intentions.** Recite a poem, prayer or acknowledge why you've come (such as "I come today to gather gifts, to witness, and to commit to integrating what I've learned in order to become more whole. I do this for myself and for the highest good of all concerned.") Connect with the moon by sending a line of light from your heart up to the moon.

5. **Gather your wisdom.** Spend some time looking back at the last few weeks of your life. Journal or meditate on what has changed and what you've learned. (See below for an example of a Full Moon oracle spread to help guide you, if you like.)

6. **Integration and commitment.** Think about how you might be able to integrate this wisdom into your life. Try to identify one small, practical step you can take or one thing you can change to honor what the Full Moon has shown you. Imagine what it would feel like if you took this step. This should feel empowering, but also a little challenging. Be gentle with yourself. Find the balance. When you feel clear, place your hand upon your heart and make a solemn promise to yourself to take that step. Write down your intention and place it on your altar or somewhere else you'll see it often.

7. **Offer thanks.** Thank the elements and the directions, the earth, the moon, your guides, guardians, and ancestors. Extinguish your candles and end by offering your blessings "for the highest good of everyone."

**Card 4**

This card represents what you're working towards – the big dream.

**Card 3**

What lessons are you exploring?  
What gifts have you gathered?

**Card 1**

This card represents you and where you are right now.

**Card 5**

What steps can you take?

**Card 2**

What do you need to release?