

An introduction to  
**Moon Rituals**

The moon is an ancient symbol of wisdom, intuition and the Sacred Feminine. It reminds us of the cyclical nature of human existence. The moon is connected with water. Moon cycles control the tides and as the majority of the human body is made of water it makes sense to conclude that we are impacted bodily and energetically by the moon's cycles.

## WHY CONNECT WITH THE MOON?

Ceremonies and rituals associated with the moon have been with us thousands of years and provide rhythm and reflection to our lives.

There are many different versions of these and we have just given you one that you can try. The beautiful thing about any moon ceremonies or rituals you try are that they invite you to be quiet, to reflect and connect with our natural environment. You may also want to use these times to celebrate your successes, dance, and practise gratitude.

## YOU'LL NEED

A candle	Plain A4 paper
Matches	Pen
	Salt
fireproof pot or bowl	Your favourite herb
Sage stick or Palo Santo	

## THINGS TO TRY

**FULL MOON CEREMONY -**  
to release that which no longer serves us and transform stagnated energy into light.

Cleanse the space by 'smudging' – burning Sage or Palo Santo.

Become calm and still by taking a few conscious breaths.

Light a candle and call forth the energy of the moon - 'I call forth Grandmother moon in her maximum brilliance to join me in this ceremony today'.

Set your intention and speak it out loud - 'I set my intention to let go of the old to create space for the new'.

Spend some time tuning into yourself to feel, see and know what you want to surrender and release from your life so you can feel lighter and more spacious.

## THINGS TO TRY

**FULL MOON CEREMONY -**  
CONTINUED

Write all of it down on the sheet of A4 paper.

Add a pinch of salt onto the paper. This helps cleanse and neutralise.

Fold up the paper and burn it saying - 'I surrender and release this from my life for the highest good of it. It is done'

Once the paper has completely burnt take the ash and gift it to the earth and wash your hands.



## THINGS TO TRY

### NEW MOON CEREMONY to vision, create and manifest.

Cleanse the space by 'smudging' – burning Sage or Palo Santo.

Become calm and still by taking a few conscious breaths.

Light a candle and call forth the energy of the moon - 'I call forth Grandmother moon in her darkness to join me in this ceremony today'.

Set your intention and speak it out loud - 'I set my intention to catalyse and manifest my visions'.

Spend some time tuning into yourself to feel, see and know what you want to create during this next lunation.

## THINGS TO TRY

### NEW MOON CEREMONY - CONTINUED

Write all of it down on the sheet of A4 paper.

Add some herbs onto the paper. This infuses your visions with gratitude.

Fold up the paper and burn it saying the following words 'I surrender and release to waxing moon and manifest for the highest good of it. It is done'

Once the paper has completely burnt take the ash and gift it on the earth and wash your hands.



## TOP TIPS

- At the start of each month research when the Full and New Moon will occur.

- There is a 72-hour window for doing moon ceremonies – day before, day of and day after Full and New Moon occurs.

- Track and become aware of how the moon impacts on your emotions and energy.



## USEFUL LINKS

<https://www.timeanddate.com/moon/phases/uk/london>

<https://www.moonology.com/>

This creative compass point was largely written by Kay Turner.

If you'd like to see more of her work check out her website [www.anotherlogonthefire.com](http://www.anotherlogonthefire.com) or check out her online courses or come and see her at Happy House Masham.

