

full moon ritual for beginners

1. Set up your sacred space using these items: A fire pit or bowl, fuel and matches for the fire, pen and paper, sage or incense, candles, crystals, oracle or tarot cards, music. Create a small altar if possible using items that resonate with you and this Full Moon.
2. Light a fire in your burn bowl or fire pit.
3. Smudge. Burn sage or incense to clear the energy in and around your sacred space. Then smudge yourself, wafting the smoke over your body from head to toe.
4. Invite your spirit guides, angels, and ancestors too. Ask them for guidance and support in purging what is no longer serving your highest good. The Triple Goddess Narayani is an excellent choice for a Full Moon ceremony.
5. Take a moment to ground your energy. Take some deep, cleansing breaths and release any stress, worries, or cares as you breathe. Now, raise your personal vibration by doing some chanting. Try the Chakra Cleansing Chant and Om Namo Narayani.
6. Think about a habit, a thought pattern, an idea, or an upset that you want to release. Write it down on a sheet of paper. Write as much as you need to, so that you "express it."
7. Next, think of anyone who has upset you, going back to your childhood if you need to. List their names on the same sheet of paper and write down what it was that they did to you. Write as much as you need to. You have now created a Forgiveness List.
8. Close your eyes and visualize each person in turn. See them inside a pink bubble. See them smiling at you. Create a good feeling between the two of you, then say silently or out loud: "I forgive you" and then let them float off in their bubble.
9. Now recite the Full Moon Forgiveness and Karma Release Formula written below.
10. Take your Forgiveness List and burn the paper in the fire. You are releasing that which no longer serves you - releasing yourself of that burden.
11. Fill yourself with Gratitude. Write a list of what you are grateful for. Burn the Gratitude List and let it go. Recite: *I know that I am blessed and I live my life within that knowing.*
12. Thank your guides, angels, and whomever you've invited for assistance. Thank the moon and the Universe and all of the elements.
13. Set up a Full Moon crystal grid. (See separate handout.)
14. Do a Full Moon Card spread. Card 1 - What is falling away and what do I need to forgive?
Card 2 - What is the illuminated Full Moon showing me? Card 3 - What comes next?

full moon forgiveness and karma release

*Under the glorious Full Moon, I forgive everything, everyone, every experience, every memory of the past or present that needs forgiveness. I forgive positively everyone. I also forgive myself of past mistakes. The Universe is love, and I am forgiven and governed by love alone. Love is now adjusting my life. Realizing this, I abide in peace. I bring love and healing to all my thoughts, beliefs and relationships. I learn my lessons and move on. I call on my soul fragments to be cleansed by the Full Moon and I call on them to rejoin me. I send love to myself and everyone I know, and everyone who knows me, in all directions of time. Under this glorious Full Moon, I am healed.
My life is healed. And so it is. So be it.*