



MOON

guidebook

REALWITH WELLNESS

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A full moon is visible in the center of the image, surrounded by dark, wispy clouds. The overall tone is dark and atmospheric.

**FULL MOONS ARE ABOUT ENDINGS & OFFER
US A BEAUTIFUL OPPORTUNITY TO REFLECT.**

RATHER THAN JUMPING INTO THE NEXT NEW
THING, THIS IS THE TIME TO FOCUS ON WHAT
YOU HAVE DONE, WHERE YOU HAVE BEEN,
HOW YOU HAVE SPENT THE MOST RECENT
LUNAR CYCLE.

WHAT SEEDS HAVE YOU SOWN? WHAT
BENEFITS HAVE YOU REAPED? WHAT'S WORTH
LETTING GO OF, AND WHAT'S WORTH
CLINGING TO? FULL MOON RITUALS ARE AT
THEIR BEST WHEN THEY INVOLVE EVALUATION,
ASSESSMENT, CLEANSING & RECHARGING.

**NEW MOONS REPRESENT THE TIME
PERIOD WHEN THE UNIVERSE IS MOST
RECEPTIVE TO OUR INTENTIONS.**

IT IS THE MOST POWERFUL TIME TO SIT DOWN,
GET QUIET && PLANT THE SEEDS OF ALL YOU
WISH TO CALL INTO YOUR LIFE. YOUR DESIRES,
DREAMS, HOPES, AMBITIONS. IT IS THE TIME TO
REFINE YOUR WANTS, YOUR GOALS & YOUR DAILY
HABITS.

BECAUSE AS THE MOON GROWS OVER THE NEXT
TWO WEEKS, BRINGING US TO ANOTHER FULL
MOON — YOUR SEEDS WILL GROW & BLOSSOM
ALONGSIDE IT.

8 WAYS TO HONOR THE LUNAR CYCLE

1. MAKE MOON WATER:

- WE KNOW THE MOON HAS THE POWER TO PULL THE TIDES. WE KNOW OUR BODIES ARE MADE MOSTLY OF WATER. & JUST AS THE PHASES OF THE MOON AFFECT THE WATERS OF THE WORLD, THEY CAN ALSO AFFECT THE WAVES OF OUR EMOTIONS DOWN HERE ON EARTH.
- PLACING WATER OUT UNDER THE MOON CHARGES THE WATER TO CARRY THE ENERGY OF THE MOON & YOUR RITUAL INTENTIONS. DRINKING, BATHING IN, OR SPRITZING YOUR HOME WITH MOON WATER IS AN EFFECTIVE WAY TO USHER OUT BAD ENERGY AND INFUSE YOURSELF THE ENERGY YOU WISH TO MANIFEST. UTILIZING THIS WATER ALSO HELPS US ADAPT TO SEASONAL CHANGES & THE ENERGY SHIFTS THAT ARE TAKING PLACE!
- PLACE YOUR CONTAINER IN DIRECT MOONLIGHT. IT DOESN'T MATTER WHETHER IT'S OUTSIDE ON YOUR PORCH OR INSIDE ON A WINDOWSILL! ANYWHERE WITH MOONLIGHT WILL DO.
- THINK ABOUT WHAT YOU WANT TO USE THIS MOON WATER FOR, AND SAY AN AFFIRMATION OR PRAYER OVER THE JAR TO SEAL YOUR INTENTION.
- LEAVE OVERNIGHT. ONCE YOUR CONTAINER IS IN PLACE AND YOUR INTENTION IS SET, LEAVE THE JAR OVERNIGHT IN THE MOONLIGHT. IN THE MORNING, YOUR MOON WATER WILL BE GOOD TO GO!

2. CHARGE YOUR CRYSTALS

- IF YOU'RE INTO CRYSTALS, YOU'LL BE HAPPY TO KNOW THE FULL MOON OFFERS A GREAT CHANCE TO CLEAR AND CHARGE THEM. SIMILAR TO MOON WATER, ALL YOU HAVE TO DO IS PLACE YOUR CRYSTALS UNDER THE LIGHT OF THE FULL MOON (INSIDE OR OUTSIDE). YOU COULD EVEN LEAVE YOUR CRYSTALS WITH YOUR MOON WATER AND TACKLE TWO BIRDS WITH ONE STONE.
- BUT, DON'T CHARGE CRYSTALS DURING ECLIPSES!

3. PULL SOME CARDS

- GRAB YOUR FAVORITE ORACLE OR TAROT DECK, ASK THE CARDS YOUR QUESTIONS, AND PULL AS MANY CARDS AS YOU LIKE. YOU CAN FIND GREAT TAROT SPREADS ONLINE IF YOU ARE LOOKING FOR CLARITY ON A SPECIFIC SITUATION!

4. TAKE A FULL MOON BATH

- I PERSONALLY LOVE A FULL MOON BATH!!! YOU CAN LIGHT CANDLES THAT CORRELATE TO THE COLORS OF THE SIGN THE MOON IS IN, ADD SALT TO THE BATH TO GROUND YOUR BODY & SPIRIT & EVEN BRING YOUR CRYSTALS INTO THE BATH WITH YOU!

5. DROP INTO A MOON MEDITATION

- NEW & FULL MOONS OFFER A GREAT TIME FOR MEDITATING, ESPECIALLY ON SPECIFIC INTENTIONS YOU'RE WORKING WITH. YOU CAN DO A MOON MEDITATION BEFORE ANY OF YOUR RITUALS TO SET UP THE RIGHT MINDSET AND ALIGN YOURSELF WITH WHAT YOU WANT TO ACCOMPLISH.
- YOUTUBE HAS GREAT MEDITATIONS FOR THE MOON CYCLES & AS ALWAYS LOOK TO YOUR FAVORITE ASTROLOGERS FOR GUIDANCE!

6. PERFORM A MOON RITUAL

FULL MOON: RELEASE WHAT'S NO LONGER SERVING YOU

- ONCE THE FULL MOON REACHES ITS PEAK, IT THEN BEGINS TO WANE BACK TO THE NEW MOON. THIS IS WHY FULL MOONS ARE OFTEN ASSOCIATED WITH RELEASE AND LETTING GO OF WHAT DOESN'T SERVE YOU. TO TAP INTO THIS ENERGY, TRY DOING A RELEASING RITUAL! (SEE OUR FAVS BELOW)

NEW MOON: PLANT NEW SEEDS & CALL IN YOUR MANIFESTATIONS

- WHEN THE MOON IS NEW, IT'S INVISIBLE TO US ON EARTH, THEN IT SLOWLY APPEARS AS A VERY THIN CRESCENT OF LIGHT. AS THE MOON BEGINS TO SHOW ITSELF TO US MORE & MORE IN THE DAYS AFTER THE NEW MOON WE WILL ALSO SEE OUR NEW INTENTIONS & MANIFESTATIONS BEGIN TO GROW & GROW. TO TAP INTO THIS ENERGY TRY DOING A MANIFESTATION RITUAL! (SEE OUR FAVS BELOW)

7. GET OUTSIDE

- WHAT BETTER WAY TO SOAK UP THE MOON'S ENERGY THAN BY SIMPLY BASKING IN ITS RAYS? SPECIFICALLY ON A FULL MOON SPENDING TIME OUTSIDE CONNECTS YOU TO NATURE AND THE MOON ITSELF, AND YOU CAN INCORPORATE OTHER RITUALS INTO YOUR OUTING AS WELL. MEDITATE UNDER THE MOON, HOLD YOUR MOON CIRCLE OUTDOORS AROUND A FIRE, DO A TAROT READING OUTSIDE, DANCE IN THE MOONLIGHT (NAKED IS BEST *WINK*). THE OPTIONS ARE ENDLESS!

8. CLEANSER YOUR SPACE

- WHEN BURNED, INCENSE AND HERBS EMIT A SMOKE KNOWN TO RELEASE TOXIC, STAGNANT ENERGIES. A FULL MOON NIGHT IS A PERFECT TIME TO CLEAR AWAY BAD VIBES LINGERING AROUND YOUR HOME, YOUR BELONGINGS, OR AROUND YOU.
- FOLLOW MY SMOKE CLEANSER GUIDE BELOW!

SMOKE CLEANSE GUIDE

FIRST:

- GATHER YOUR INCENSE OR HERBS (I USE SAGE & PALO SANTO AND START BY LIGHTING THEM UP (A LITTLE FIRE GOES A LONG WAY).

SECOND:

- WALT THE SMOKE AROUND YOURSELF, AND THEN MOVE TO EACH ROOM OF YOUR HOME, ALLOWING THE SMOKE TO MOVE THROUGH YOUR SPACE. GO CLOCKWISE TO BRING IN ENERGY, COUNTERCLOCKWISE TO GET IT TO LEAVE.

THIRD:

- SET YOUR LUNAR CYCLE INTENTION AND RELEASE ANYTHING THAT'S NOT SERVING YOU. CHOOSE A MANTRA, FOR EXAMPLE: "I RELEASE ALL THAT NO LONGER SERVES ME FOR MY HIGHEST GOOD" OR "I CALL IN ABUNDANCE AND POSITIVITY FOR THIS NEW MONTH AHEAD.

FOURTH:

- BE SURE TO WALT THE SMOKE INTO EACH CORNER OF YOUR ROOMS & AROUND YOUR ELECTRONIC DEVICES. FOLLOW YOUR INTUITION, WALTING THE SMOKE WHEREVER YOU FEEL GUIDED.

FIFTH:

- ONCE YOU'VE WALTED THE SMOKE THROUGHOUT YOUR HOME, OPEN A WINDOW OR A DOOR TO ALLOW THE OLD ENERGY OUT, AND NEW ENERGY IN. OPEN A WINDOW TO THE MOONLIGHT TO ALLOW IT TO BATH YOUR HOME IN FRESH MOON ENERGY!!!

A NOTE ON SMOKE CLEANSING:

SMUDGING IS ONE OF THE OLDEST SACRED METHODS OF CLEANSING A PERSON OR SPACE. IT IS ALSO USED TO RID ANY UNWANTED SPIRITS & REFERS TO SPECIFIC CULTURAL PRACTICES. I DO NOT SMUDGE BUT INSTEAD, SMOKE CLEANSE. THIS MAY LOOK THE SAME AS SMUDGING, BUT IS THE SIMPLE ACT OF INCORPORATING HEALING PLANTS & HERBS INTO YOUR CLEANSING RITUALS. DUE TO THEIR POPULARITY IN OUR TRENDY FAST FASHION STORES, YOGA STUDIOS, ONLINE MARKET PLACES LIKE AMAZON, ETC - HERBS SUCH AS WHITE SAGE AND PALO SANTO (WHICH ARE ESSENTIAL TOOLS IN INDIGENOUS CEREMONIAL PRACTICES) ARE AT RISK FOR OVER-HARVESTING AND EXTINCTION. OUT OF RESPECT TO THESE TRADITIONS, PLEASE BE SURE YOU ARE BUYING HIGH-QUALITY, ETHICALLY CULTIVATED HERBS!!! SHAMAN MARKETS & HERBAL SHOPS ARE YOUR BEST BET. MOST ONLINE STORES OFTEN AREN'T CONCERNED WITH SELLING HIGH-QUALITY CEREMONIAL, ECOLOGICALLY RESPONSIBLE, PRODUCTS. SO AGAIN, PLEASE BE MINDFUL.

THE TAKEAWAY:

IF YOU ARE A NON-NATIVE PERSON, PLEASE TO NOT ATTEMPT TO SMUDGE. THIS IS CULTURAL APPROPRIATION AND IS HARMFUL TO NATIVE COMMUNITIES. LASTLY, TREAT YOUR MEDICINAL PLANTS LIKE YOU DO YOUR FOOD!!! SHOP ORGANIC AND FROM A LOCAL SOURCE :)

FULL MOON RITUAL:

CHOOSE A LOCATION:

- FIND A SPACE THAT IS SAFE, COMFORTABLE & IDEALLY CLOSE TO THE EARTH WITH ACCESS TO THE MOONLIGHT.

CLEANSE YOUR SPACE

- SMOKE CLEANSE, BURN INCENSE, SALT CLEANSE, USE SALT LAMPS, PLACE CRYSTALS STRATEGICALLY, DIFFUSE ESSENTIAL OILS, LIGHT CANDLES - CHOOSE WHAT CALLS TO YOU.

GET CENTERED:

- BRING YOUR JOURNAL OR SOME PAPER AND A PEN, SIT WITH YOUR BACK ERECT, BUT COMFORTABLE. PLACE YOUR HANDS ON YOUR KNEES PALM FACE UP - OPEN TO RECEIVE. CLOSE YOUR EYES AND BEGIN TO FOCUS ON YOUR BREATH. TAKE 2-3 MINUTES HERE, ALLOWING THE AIR TO FILL YOUR BELLY, FEELING THE LIFE FORCE WITHIN.

POSE THE QUESTION:

- THIS FULL MOON IS ASKING US TO LOOK DEEP WITHIN TO SEE NOT ONLY WHAT WE WISH TO RELEASE, BUT WHAT LIES WITHIN US THAT IS ASKING TO BE RELEASED. SO, ASK YOURSELF "WHAT LIES WITHIN THAT IS NO LONGER SERVING THE PERSON I AM TODAY." RELEASE ALL EXPECTATIONS. RELEASE ALL JUDGMENT. ASK & LISTEN.

VISUALIZE:

- ALLOW WHATEVER COMES TO THE SURFACE TO SHOW YOU ITS INTENTION. IF YOU STRUGGLE TO UNDERSTAND WHY SOMETHING HAS COME THROUGH, SIMPLY ASK "WHY ARE YOU CALLING TO BE RELEASED?"

FULL MOON RITUAL CONTINUED:

ALLOW:

- DO NOT RUSH THIS PROCESS. THERE MAY BE PARTS OF YOU COMING THROUGH THAT YOU WERE NOT PREVIOUSLY AWARE OF. THIS FULL MOON IN SCORPIO IS CALLING FORTH OUR DEEPEST CORE WOUNDS, SELF-LIMITING BELIEFS & INNER CHILD TRAUMAS.

RELEASE:

- WHEN READY, GRAB YOUR PEN & PAPER. WRITE AT THE TOP "FOR THE HIGHEST GOOD OF ALL, I NOW RELEASE ALL THAT NO LONGER SERVES ME..." AND LIST EVERYTHING THAT CAME THROUGH. THINK: EMOTIONS, BELIEFS, PERSPECTIVES, PEOPLE, HABITS - WHATEVER IS CALLING FOR YOU TO LET GO.

BURN:

- WHEN YOU ARE DONE, TAKE THIS PIECE OF PAPER & SAFELY BURN IT TO ASHES. I LIKE TO RIP THE PAPER & ADD IT TO A GLASS BOWL TO BURN.

HAND IT OVER TO THE UNIVERSE:

- TAKE THE ASHES & SPREAD THEM OUTSIDE. ALLOW THE WIND TO TAKE THEM.

VISUALIZE:

- EITHER SEATED OR STANDING UNDER THE MOONLIGHT, CLOSE YOUR EYES, PLACE YOUR LEFT HAND ON YOUR HEART CENTER, YOUR RIGHT HAND ON YOUR BELLY - INHALE GRATITUDE, HOPE, PEACE & ABUNDANCE - EXHALE ANY RESIDUAL DARK OR HEAVY ENERGY LEFT WITHIN YOU.

GRATITUDE:

- THANK THE UNIVERSE FOR SHOWING YOU WHAT NO LONGER SERVES YOU & PAY GRATITUDE TO MOTHER NATURE FOR CARRYING THEM AWAY WITH HER LOVE.

NEW MOON RITUAL:

FIND A QUIET PLACE

- MAKE SURE YOU FEEL SAFE, COMFORTABLE, AT PEACE. LIGHT CANDLES, SMOKE CLEANSE, SURROUND YOURSELF WITH CRYSTALS - DO WHATEVER YOU NEED TO MAKE THIS SACRED & ENERGETICALLY ALIGNED.
- BRING YOUR JOURNAL OR 2 PIECES OF PAPER ALONG WITH YOUR FAVORITE PEN/PENCIL.
- SIT WITH YOUR EYES CLOSED. PLACE YOUR LEFT HAND ON YOUR HEART, RIGHT HAND ON YOUR BELLY. TAKE 3-5 DEEP BELLY BREATHS.
- PLACE YOUR HANDS FACE UP ON YOUR LAP. BEGIN TO VISUALIZE - THE LIFE OF YOUR DREAMS. HOW YOU WANT 2021 TO UNFOLD. WHO YOU WANT TO BE. WHO YOU ARE SURROUNDED BY. HOW YOU SHOW UP. THE OPPORTUNITIES THAT COME YOUR WAY. THE ENERGY THAT YOU EMBODY. THE FREQUENCY YOU EMIT. THE PEOPLE, PLACES & THINGS THAT BRING YOU JOY, PEACE, AND LOVE.
- FEEL THE FEELINGS AS IF YOU ARE ALREADY THIS PERSON. FEEL THE FEELINGS AS IF THIS IS ALREADY YOUR LIFE. YOUR REALITY. SIT IN THIS POSITIVE VIBRATIONAL SPACE FOR 5-10 MINUTES.
- OPEN YOUR EYES, TAKE ONE PIECE OF PAPER & WRITE "I AM SO GRATEFUL THAT THIS, OR SOMETHING BETTER, NOW MANIFESTS INTO MY LIFE FOR THE HIGHEST GOOD OF ALL."
- BEGIN TO WRITE ALL THE THINGS YOU SAW, FELT & EMBODIED DURING YOUR VISUALIZATION MEDITATION. MAKE SURE TO USE "I AM" STATEMENTS AND NOT "I NEED" OR "I WANT".

NEW MOON RITUAL CONTINUED:

- DON'T HOLD BACK! THINK BIG. THINK LONG TERM. LET IT ALL COME THROUGH. FEEL THE FEELINGS AGAIN AS YOU WRITE!
- ONCE YOU ARE DONE, FOLD THIS PAPER & SET ASIDE
- TAKE THE SECOND SHEET AND WRITE "I RELEASE ALL OF THESE WHICH NO LONGER SERVE ME OR THE COLLECTIVE IN PURSUIT OF MY DREAMS"
- WRITE/LIST/SCRIBBLE DOWN ANYTHING THAT MAY HAVE BEEN OR STILL IS - HOLDING YOU BACK. THINK: SELF LIMITING BELIEFS, TOXIC HABITS, TOXIC RELATIONSHIPS, POOR DIET, LACK OF SLEEP, NEGATIVE MINDSET, DISCONNECT FROM LOVED ONES, LACK OF PASSION AT WORK, ETC.
- DIG DEEP & LET IT ALL COME THROUGH.
- TAKE THE PAPER WITH ALL YOU WISH TO RELEASE, FOLD IT/RIP IT, & SAFELY LIGHT THAT SH*T ON FIREEEE. BURN THE WORDS & THE NEGATIVE ENERGY. VISUALIZE THE RELEASE. TAKE THE ASHES & SPREAD THEM OUTDOORS.
- TAKE THE PAPER WITH ALL YOU WISH TO CALL INTO YOUR LIFE & EITHER SLEEP WITH IT UNDER YOUR PILLOW, STORE IT IN A SAFE PLACE UNTIL THE FULL MOON OR MY PERSONAL FAVORITE, BURY IT OUTSIDE. CAPRICORN IS AN EARTH SIGN & THIS WILL BE A POWERFUL WAY TO HAND YOUR INTENTIONS OVER TO THE UNIVERSE :)