



RISE UP WITH THE MOON

Moon Ritual Guide

Tonya Rutter

WHY MOON RITUALS

Moon rituals have been done for thousands of years as a way of increasing our power, bringing us closer to our higher selves and drawing the power of the moon and universe into us.

It is a way to connect to a higher power whether that higher power is God, Buddha, Source, Universe, Allah, Yahweh, or any other. In fact, each one of those higher powers listed above all point to the same power.

It doesn't matter your religious affiliation – we all pray to the same celestial bodies, just with different names.

THE UNIVERSE IN US

As we get closer to the new moon or full moon, you may find that you have more energy and have a harder time sleeping, because the energy of the moon becomes stronger.

As your vibrations raise higher, you'll also find that your body reacts more not just to the moon cycles but planetary shifts as well; this is because we are made up of the exact same matter found in the universe, therefore we are the universe in human form.

INTENTIONS AND MANIFESTATIONS

First, determine what this moon ritual is for.

New moons are good for setting intentions for fresh starts, new beginnings, and determining what you want to come into your life.

Full moons illuminate changes you need to make, what you need to get rid of, new directions to take, and manifestations you're working on. Full moons are also good times for getting clarity on issues and making big decisions.

Write down what you want to bring into your life, whether it's a new love, prosperity, optimum health and healing, clarity or manifestations. Write everything down. Think about how it would feel to have those things.

LET GO AND FREEWRITE!

Look over your list and now on another paper write out what you want to let go of. This is a time to freewrite all of your limiting beliefs that are holding you back from what you want to bring in.

For example: If you're looking to bring love into your life, write down all the reasons why you think you don't deserve love or why you think someone wouldn't be interested in you.

Freewrite all of the limiting beliefs keeping you from what is on your list of what you want to bring in. Feel the emotions, the hurt. Acknowledge the pain, as acknowledging is the first step of letting go.

PREPARE YOURSELF

Now, get your mind and body ready for the ritual. Your body is a temple after all and should be treated as such.

Take a bath and add some essential oils or Epsom salts, which you can now get Epsom salts with oils added in. Relax and think about your list of what you want to manifest.

Consider how you would feel if you already had those things, and really feel it. Feel the happiness, the love, the freedom.

Get excited about your upcoming ritual.

CLEANSE YOUR SPACE

When conducting a moon ritual, it's important to cleanse the area you'll be working in. Some people do this by sweeping the area with a ceremonial broom specifically for this purpose.

Others might use sage, either bound or loose, although some people don't care for the smell of sage or have allergies to the smoke.

Others use crystals, which I use both sage and crystals.

SAGE CLEANSING

I use bound sage called a "smudge stick." Sage removes negative energies, but that's not all: sage is great for mosquito bites. Simply light it and allow the smoke to flow over you for a minute or two. It also gets rid of pesky mosquitoes and other insects - again, simply light it and let the smoke do its magic. I even cleanse my home and yard by burning sage.

When using sage for rituals, simply light it just long enough that it creates smoke. If you use loose sage, use a feather to fan the smoke. State that you're clearing this space and all negative energies must leave.

SALT PROTECTION

During any type of moon ritual, it's always important to protect yourself because both the light and the dark live in the spirit realm.

For those who are just beginning moon rituals, making a circle of salt and creating your intention at the same time is a simple and effective way of creating a physical barrier between your sacred space and the outside. Simply sprinkle the salt in a circle while stating, "I cleanse this space. Only those invited may stay in my circle. All others must leave."

As you raise your vibrations and become stronger in your abilities, you can simply "cast a circle" using your mind.

CRYSTAL PROTECTION

I use clear quartz which purifies and pink quartz which promotes healing. Clear quartz is also great for opening chakras. Simply have the crystals near you or on your person.

Close your eyes, clear your mind, and see a white light come from the heavens, into your head and straight down through your body, all the way down into the middle of the Earth. Create a white circle of protection that comes out of your chest and encircles you, making the protection circle about six feet outside of you, with an opening at the top of the circle above your head and the bottom at your feet so that positive energy flows in the top and negative energy flows out the bottom.

You're now connected above and below and protected and ready to do your ritual!

SAGE USES

You can buy sage at most metaphysical stores, health food stores, or even Whole Foods, I believe.

Even if you don't care to use sage in your home, it's good to use outside during rituals or keeping pesky mosquitoes away!

**PERFORM THE RITUAL!
BRING IN THE POWER!**

Clear your space using one of the methods above. Sit in your circle. Take a few deep breaths, and clear your mind. Envision a circle of white light surrounding you.

Ask for the Archangels Michael and Raphael to protect you and offer healing and guidance as you conduct your ritual.

Ask for the elements – air, fire, water, earth, and spirit – to enter your circle, give you strength, and assist you with your ritual.

LIMITING BELIEFS BE GONE!

Out loud, read your limiting beliefs and what you want to let go of, then burn the paper.

Let those limiting beliefs release from your soul. Really feel it as you let them go. Cry if you need to in order to release.

Ask Archangel Raphael to wrap you in his wings and comfort you and heal your soul.

MANIFEST YOUR DESIRES

Read your list of what you want to manifest, really feeling it in your soul as you state your intentions and manifestations, then surrender those intentions and manifestations to the Universe.

Rather than you trying to reach a specific goal, allow the Universe to determine how you'll receive it. When you surrender to the Universe, you no longer have to worry about trying to reach a goal!

Let the Universe take care of it for you!

READ THE SIGNS

State what your big decisions are and ask for guidance. Listen as the answers come to you. It may be a thought or a vision.

If you're outside, the wind might pick up or specific scents might come to you. Even insects might suddenly appear.

Specific cloud shapes may show in the form of a dove, an arrow, angels, a face, pretty much anything. Pay attention to the signs you're receiving in order to get your answer.

GIVE THANKS

Sit quietly for a few minutes and bask in the glow of the Archangels and elements, knowing the Universe will take care of you.

Thank the elements for assisting you and release them.

Thank the Archangels for their guidance and protection.

CONGRATULATIONS!

Congratulations! You've completed a ritual!

