

# Full Moon Ceremony

**Read over the full Ceremony before beginning and each step as you move through it.**

**When possible, perform your Full Moon Ceremony outside, even if only on your porch with a paper, pen, steel bowl, and lighter.**

**Step 1 for your Full Moon Ceremony is the gather the items mentioned above.**

**- Paper - Pen - Fire safe bowl - Lighter**

**These are the absolute minimum for this Ceremony. If performing your Ceremony outside is not an option, refer to Step one of the New Moon Ceremony, and ready your sacred ritual space.**

**Step 2 in a Full Moon Ceremony is ground into your space. Whether you are sitting in classic meditation position or laying on your back, come into this space, into your body, arriving here, with only yourself in mind and in body. Take 5 - 10 minutes to breath deeply, feeling the air move through you, feeling your body against the Earth, being held and supported by the Earth.**

**Always when beginning in a Ceremony or Ritual, or really anything in life, make a commitment to being present and focused on that moment. A simple moment like this can help you push away any distractions that may come up.**



**Step 3** is to stay inside your calm, meditative state, and begin to review everything you currently feel grateful for, focusing in on the previous 2 weeks, since the current lunar cycle began. Relive the joy and gratitude you felt in those moments.

Then switch gears into the moments that were not so joyous. Focus into the moments that were not perfect, where you may experienced shame, self doubt, were criticized or mistreated, irritated or in emotional distress. Feel everything again, bringing it to the surface and into the present moment.

**Step 4** is to allow these feelings to show you what needs to be reconciled, what simply needs to be released, and what needs transformation, by opening your eyes and writing out everything that stood out for you.

After, what may be much needed conversation with self, make a list of the people, places, thoughts, feelings, patterns, jobs, situations, relationships, and anything else you are ready to reconcile, release, and transform. With every entry to this list assure yourself they are no longer serving you and your life in a positive and forward moving manner. Keep in mind during this process that I am not encouraging a quick and easy goodbye to anything or anyone. There is time due for each entry to your list. Take time to decide which is 'to be reconciled, which is 'to be released', which is 'to be transformed'. Not all entries will need to be taken out of your life, some can and will need to be transformed, or replaced with something else.

- Negative thought pattern = Released
- A parent = Reconciled
- A friendship = Transformed



**Step 5 is to let the releasing begin.**

**Rip out / cut out your final list. Hold this list in your hands and send this prayer to your Full Moon and your Mama Earth...**

**“Full Moon above me, Mama Earth below me, release and receive that which I wish to let go of. Allow the space in my life to be filled with joy, dreams, love, and light. Thank you, thank you, thank you.”**

**Repeat this prayer a minimum of 3 times, each time adding more gusto and volume.**

**Step 6 is the burn. Put your Full Moon list in your ritual bowl, and safely set it on fire.**

**As you watch it burn, hold onto the feelings of release, readiness, transformation and most of all, feel gratitude for the support and love of the Universe, your shining Moon, and the Earth that holds you. Spend some time here feeling the release and gratitude.**

**It is already done.**

**The Universe is already working, realigning the world around you to match your New Moon manifestations and Full Moon releases.**

**Step 7 is to leave your burnt list and ritual bowl outside overnight to continue working with the transformative energy of the Moon.**

**Walk away with determination and deep gratitude.**

*Alicia Meek*  
*Wild Moon Sacred Cycles*