



Evolving Shamanic Reiki Master Teacher LEVEL ONE FULL MOON WATER RITUAL

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Here are some musings about the Full Moon time, and a Moon Water ritual you can try. Or, feel free to converse with the moon to create a ritual of your own design.

As we honor each burgeoning moon, we step into a portal that illumines shadow. It's an ideal time to honor nature and to breathe new possibility into (transmute) outdated personal and collective beliefs, as well as to retrieve hidden gifts.

The swelling moons affect the Earth, the tides, the animals – and they affect us. We are 70-90% water, depending on where we are in the life cycle. I observe the moons have an increasingly profound effect on people. They stir a lot of energy that can be challenging. The astrological forces coinciding with full moon cycles can increase the impact. These rhythms and cycles demand respect.

By honoring the moon, we increase our ability to integrate powerful natural forces. We're invited to step into nature's mystery and the dark and mysterious places that stir within us, as the moon swells. We can consciously open to experience each full (and dark moon) cycle as a time of initiation.

As most of us commonly associate shamanic and spiritual initiations with dismemberment, danger, and darkness, you may ask:

What's dark about a full moon?

With so much light pouring in, we have the opportunity to see what lies in hiding, and also to embrace our, and our societies, dissociated aspects.

Each full moon portal opens a time of personal and collective cleansing. This could be of those aspects of us, and our world, that are hard to face, or are denied and suppressed. Likewise, it's a time for the truth and power of nature that has been hidden and marginalized to come to light. There is such richness in the dark, moonlight liberates that richness.

Light — dark, there is always polarity, the yin and the yang.

We don't have to go to exotic lands to undergo initiations; they are here and now — we encounter them in everyday circumstances and with every moon cycle. In paying attention, we can embrace the light

and dark of daily life and of natural lunar cycles to open our hearts and to live with grace, in harmony with nature.

Here's a simple ritual to honor the burgeoning moon.

FULL MOON WATER RITUAL

Fill a physically and energetically clean glass, ceramic, or wooden bowl with the freshest water you can find (spring water, rainwater, filtered tap water, well water, stream or river water) and place it outside for three nights prior to the full moon. The main intention is to align with the moon (and nature and the waters) and honor it, and for the water to simply absorb the light/vibrations of the moon and the stars, which can later be used for blessings, cleansing, offerings and ceremony. Say a simple prayer, sing a song, or make other offerings to the moon when you place your bowl of water outside (or on a windowsill, if it's cold outside, so the water won't freeze) if you'd like. You can keep it simple, but, do speak to the moon directly; she will hear you. In doing so, we cleanse our inner waters.

Open, and follow your heart.

Connect with that moonlight and notice what she illumines for you. Thank her for the opportunity to deepen into who you really are.

Pay attention to how the Earth and moon are calling to you during these three days before the moon is at its fullest. Listen closely and notice what you feel. Consider how to best act upon what you hear and feel; and how you can honor all life.

In this time when the sky is illumined at night, we can see more clearly. Hidden feelings and desires are illumined. Our, and the collective shadow sides can also be illumined. All bubbles up to be seen in the light.

As night becomes as light as day, things may appear exaggerated. Or, you may feel things in an exaggerated manner.

If strong feelings come up in the pre-full moon phase, slow down and breathe and move your body, and connect with the Earth. This is a great time to lie down upon the Earth; she will balance you. It's also a great time to move your body in simple ways that express feelings, or built-up energy. Consider also drumming and/or chanting – find rhythms that release and express pent-up energy.

Some people like to wildly drum and dance. I prefer to stay quiet, insular and close to the Earth. See what is right for you. As we find our own ways to honor natural cycles, and ourselves, to stay grounded as our feelings intensify – our conscious actions extend benefit beyond us, as we are a collective field. We clear stuck places within to uncover the gifts they hide. We radiate more light, and we access the all-but-forgotten power of the Earth.

On the day of the full moon, offer with heartfelt gratitude some of your Moon Water to the Earth, to a nearby water source (river, pond, lake, stream, ocean). Consider using what remains for ceremony, blessings, etc.

Another musing, followed by a Full Moon Journey:

I feel such longing during full moons that, for decades they scared me. The same feelings would surface — that I could leave everything behind and run off with a pack of wolves into the forest. I would feel grateful when the full moon passed, and I didn't feel like a "lunatic" anymore.

Then one day, I did step out of my life to live isolated in the forest. It was dramatic, but not as weird as I imagined. A lot of people did worry that I was a lunatic, but to my surprise, it felt natural and right.

Each full moon tried to show me that living in the wild for a period of time was my destiny. I feared the moon because I feared myself. My truth was in shadow, unbeknownst and unfamiliar to me. The moon illuminated it.

I had to ask myself — if we can't integrate and express our own wild nature, how can we love and nurture forests and animals and other nature beings, as well as the wild lands, waters and winds? How can we honor the wisdom and influence of celestial bodies, which are natural and beyond taming, too?

In connecting with our wild soul — not ‘superficial’ wildness, but our deep essence — we come to respect and nourish (instead of fear and dominate) nature’s wild reflection in our reality mirror. To be more of who we really are we need to find the power that hides in what we fear. When we do this, the full moon as our witness, we release bonds for more souls than us.

The full moon is a time to heal those parts of our culture, and us, which feel separate from nature. As the moons have been honored and celebrated for centuries, we tap a strong collective support now. We step into an ancient sacred circle, greetings ancestors and spirits that are just waiting for us.