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Full Moon Suggested Ceremony Notes

The full moon is a time of peak energy.

The days leading up to it are a great opportunity to work with the building energy to consolidate your dreams and intentions.

Think of it like kayaking a river. The building energy is like a river flowing high and fast.

You need to pay attention to your direction and ride the flow. Not much paddling per se required, just a little tweak here and there, but a good degree of focus.

Having a clear intention will help you ride the flow and keep your 'kayak' upright.

Ritual requirements

You will need:

- Details of what you wish to create or attract or transform
- Candle
- Lighter or matches
- Anything else that helps create a focused sacred space – eg:
 - crystals
 - incense or essential oils
 - symbols
 - items or gifts from nature
 - oracle cards
 - pictures
- A glass of water for completion
- Space and uninterrupted time for 15mins

Ritual process

- **Centre yourself** – Breathe in for 3 breaths following your breath in ... and out... relaxing deeper and deeper with each breath
- **Light your candle.** (I usually hold the intention that I am calling in and honouring spirit and all my guides and helpers when I do this)
- **Affirm and feel into your intention by:**
 - Feeling how it would feel if this came into being
 - Seeing how it would look
 - Getting a sense or knowing of the outcome and effect on yourself, others, the world
 - What would you be doing?
- **Sit with this for a few moments** – allow your being to fully embrace this knowing
- **State the following:** "I now call upon the Universe/Spirit/God to manifest this or better for the highest good of all."

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Once completed, allow yourself a few minutes to integrate, meditate or you may like to journal.

Then knowing you have sent out your intention, take a sip or two of water and return back to your daily life.

You could also use oracle cards to determine where your focus needs to be, what you need to let go and what you need to bring in. See [suggestion below](#).

Full Moon and crystals

The energy peaks at a full moon so this is a great time to energise your crystals. I recommend putting them out the night before to work with the full ripening of the energy.

Oracle Card Suggestion

Select 3 cards. (These can be from the same set or different ones).

Card placements:

1. Overall theme or influence
2. Supportive energies – what can be relied on, what may come into play, how to create forward movement
3. Energies of attention – maybe where extra focus is needed or what may be need to let go of

Look with 'wide' eyes to see if there is an underlying unconscious message.
Is there a common thread or theme?

I'd love to hear what was transformed for you after doing the ritual. Let me know by email deb@debragillespie.com or drop me a line on my [facebook page](#).

Many moonful blessings your way!

