

## A Moon Ceremony

All of nature moves in cycles. We, however, have been programmed to think and live in a linear manner. I urge you to mark your calendar and reconnect with the cycles of the moon. Acknowledging and celebrating the new and full moons will enable you to reconnect with a sense of cyclical time.

Jose Argüelles (creator of the Dreamspell calendar) believed that the root cause of most of our problems is the fact that we are living under the influence of artificial time (the 12-month Gregorian calendar). He explained that in order to reconnect with nature and the cycles of the cosmos, we must return to a thirteen-moon (month) calendar. Mr. Argüelles said, "Just as air is the atmosphere of the body, time is the atmosphere of the mind. If the time in which we live consists of irregular months and days regulated by mechanized hours and minutes, this is what reaches the mind: a mechanized irregularity. If everything proceeds from the mind, it is not so strange that the atmosphere in which we live is contaminated and our greatest complaint will be, *I don't have enough time.*"<sup>i</sup> Under the influence of cyclical time, one cycle ends and another cycle begins where that one left off just as the moon continually waxes and wanes.

Re-establishing our connection with the Moon serves another vital purpose: to awaken our feminine essence. The energy of the Moon is feminine! By exposing our self to the Moon's rays her energy mixes with our own, penetrates our cells and atoms and gently awakens ancient memories that reside within us. It assists us to access certain feminine archetypes, such as the Priestess and the Crone.

Each month there are two opportunities to work with the moon: the new moon and the full moon. You may perform this ceremony alone or with friends, your daughter or your Mom! All ceremonial work is more powerful when performed in groups. First we must understand the cycles of the moon. The day after the full moon it begins to wane (get smaller). When performing a ceremony on the day/night of a full moon, it is the waning phase that we are connecting with. Performing a ceremony on the day or evening of a full moon is a time to release that which does not serve us. The cycle is complete when the new moon arrives and all has been dissolved.

The opposite is true for the new moon since, during the cycle that follows a new moon, the moon begins to wax (get bigger). When this ceremony is performed on the day or night of a new moon we are asking to receive. This cycle is complete when the full moon appears again and facilitates external manifestation of our desired goal. This ceremony may be performed two days before or the day of the full or new moon. There are three possible nights to work, so no excuses about busy schedules! The ceremony connects our petitions to the moon and its phase according to our needs.

Step one: Write down 3, 6 or 9 wishes. Combinations of three are powerful because they represent the Triple Goddess (virgin, mother and crone) whose colors are white, red and black accordingly. You may want to write your petitions in black ink on white paper and then draw the stars (explanation to follow) in red ink. This incorporates the colors of the Triple Goddess. When you write down your petitions, do so consciously choosing the most appropriate words. You might add at the end of each wish the phrase "here and now" to be clear about the timing. Or you might add for example (for ceremonies made on the day of the full moon) "be gone forever!"

Allow some flexibility regarding how and in what form your desires will manifest, do not limit them with too many details. Once you have the wishes written, write one more sentence that reads, "I ask this for the highest good of all concerned." This is important because we don't want to unconsciously manipulate another person's situation. This way if I am taking over someone's job, it is because they were hired for a better, more suitable job or simply needed a change. Also, I include a title that reads, "Full (or New) Moon Wish List."

Depending on the moon you are working with, there are two stars that can be drawn before and after each petition. One is the banishing star that should be used during the Full Moon ceremony, and the other is the Invoking Star to be used during the New Moon ceremony. These pentagrams are from the book *Wicca: An Irish Pagan Tradition* written by Edain McCoy.

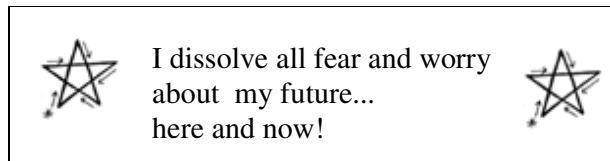


Banishing Pentagram  
(used on the full moon)



Invoking Pentagram  
(used on the new moon)<sup>ii</sup>

Cut your petitions into strips. There should be one wish on each strip, one strip with the title and another with the closing phrase ("for the highest good..."). A sample strip might look like this...using the banishing pentagram (without the small arrows).



You will need a candle, some incense and a nice chalice. I recommend that you buy (or make) a chalice to use especially for this ceremony. Each time you use it, you will energetically charge that chalice with your purpose, thus making it magical. This will be your official ceremonial cup.

Light a candle and burn the incense. Open the ceremony in your own personal way; sing, recite a poem about the moon, connect with Divine Mother, Mother Goddess, Cosmic Mother, or Virgin Mary...whatever feminine powers you feel comfortable with. You might also put on some background music to create the appropriate mood. Pass the strips of paper with your wishes written on them through the incense to purify them. Then burn the title strip, which reads "Full (or New) Moon Wish List." Let the ashes fall into the chalice.

The steps for each wish are as follows:

1. Read the petition out loud utilizing the power of the spoken word. Allow your passion, enthusiasm, gratitude and joy to be present as you speak.

2. Place the strip of paper against your womb (men, against the solar plexus) to charge it with your intent. Hold it there for a few minutes until you feel that the paper is energetically charged.
3. Then extend your arms upward offering your wish (holding the strip of paper) to the moon. If it is a full moon, feel how the moon pulls
4. out through your raised arms, that which you are asking to release. Think of the moon as a sort of vacuum cleaner, releasing worries, illnesses, fears, etc. If it is a new moon, feel the energy or vibration of your wish entering into your body through your hands and arms. Imagine yourself as a magnet attracting to you that which you desire.
5. Then place the strip of paper in the flame of the candle and burn it. Allow the ashes to fall into your chalice. Be sure to watch *how* each strip of paper burns, because there may be messages to discover. Did it burn in one quick swoosh? This may indicate that you are ripe to receive what you are asking for. Did it burn only half way? Maybe there are other pending steps to complete before you are ready to receive or release according to your petition.
6. Repeat this process with all of your petitions.
7. Lastly, read the phrase, "I ask for all of this in the highest good of all concerned" and burn that strip of paper as well.
8. Close your ceremony by lifting your chalice up to the moon for her blessing and then express your gratitude in your own personal way.

Let the ashes remain in the chalice overnight on your windowsill where they can be in contact with the moon. On the next day allow the ashes to be carried away by the wind or sprinkle them into your garden. Then wait and see what happens.

Here are some sample wishes:

Full moon:

I release and dissolve all my economic worries and fears.

I release and dissolve forever the energies of my past that hold me back.

I release all sadness, anger and disappointment. Be gone now

I heal and release [a sickness] allowing me to fully understand the message it was meant to communicate to me.

New Moon:

I now live in my perfect new home!

I now own a new, wonderful and inexpensive or free [car, computer, digital camera, etc.]

I am going to \_\_\_\_\_ next year! The trip comes to me in a magical way!

Here and now I am filled with [self worth, courage, etc.]

I now have the perfect job that satisfies my creative, spiritual and economic needs.

This month I meet the perfect contact for [any given purpose].

You can be creative and at the same time very practical. Remember, don't place any limits on what you ask for. Think big! You are re-establishing your connection with the moon as well as awakening your own power. *She* has no limits, but you might unconsciously be convinced that you do. Don't be disappointed if your requests don't all manifest the first time. If a wish does not manifest the first time, repeat the same wish next month. Remember to review your wishes and take note when they have manifested. Be sure to give thanks! I have a beautiful journal that I call my "gratitude book." When something significant manifests in my life I express my gratitude in this journal. At times of slow activity it cheers me up enormously to remind myself of what I have been able to manifest during more productive times.

The purpose of this ceremony is to: reconnect with the moon, review your priorities, add a little magic into your life, awaken your feminine power, overcome limitations, tap into the priestess archetype, work the energies of your womb...and last but not least, to manifest what you desire.

Here is a poem I wrote for use in the Moon ceremony.  
Feel free to use it:

Sparkling source of divine light, shine your face on me.  
Illuminate black velvet skies, come forth and set me free.  
Seasons, tides and harvests all follow your command,  
from age to age your mystery has intrigued all the land.  
You seem to look upon me as if we've met before.  
Some deep familiar longing into my soul you pour.  
Perhaps it was my childhood. Perhaps a lifetime past.  
Perhaps at my creation. From you could I be cast?  
Oceans that reflect you. Snowy fields aglow.  
Moonbeams shine through big oak trees,  
such beauty you bestow!

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<sup>i</sup> Argüelles, Guide for Project Rinri, p. 1

<sup>ii</sup> McCoy, p. 35