



Do you sometimes feel a connection to the universe in a way that you feel strange about the connection? You cannot understand how or why, but you are drawn to the moon or the sun. Perhaps the sound of the birds does more than just warm your heart and you feel a connection to them so much so that you speak to them and somehow, they understand you. This is natural my friend. We are connected to all things. Our life force and energy is connected to the universe. What I am about to share with you may sound strange, but please, someday, try this out...

The Full Moon brings much power as it showers over the earth each month. It is said that the power of the moon at the time of Full Moon brings abundance, creativity, and positive energy. It is a perfect time to cleanse the body, mind and spirit. Think of the Moon's gift and power much like that of the sun. The sun has healing energy and helps plants, animals and us grow. I believe in the power and sanctity of the Full Moon, as she beams over us, showering us with her silver light of empowerment and healing. The moonlight is a cooling and refreshing, pure and beautiful light. Each time there is a full moon, many go to their small patch of earth and rekindle their love and relationship with Mother Earth and the Luna the moon. This is a time to give thanks for all that your god and the universe provides for you. Full Moon bathing is a gift of relaxation, rejuvenation, growth, connection, strengthening and engagement to all the wonderful things around you. If you are intrigued by the power of the moon and the gifts it has to offer, then try taking a moon bath and bask in the magic of her light!

I thought I would share with you my way of invocation with the intention of calling upon the powers of the moon, which I will use to cleanse myself, helping the process of restoring my good health, through positive energy, fill myself with light and love, and honor the cycles of life, so that I may bring joy, hope, peace and wellness to all of those that surround me, or that I may encounter. I feel that the moon symbolizes a new beginning, rebirth, cleansing, creativity and a new clean slate of positive energy will come to those that seek it, each time there is a full moon. Try this invocation if you wish. You can use your own words or prayers as well. Don't feel silly about printing this out to use as a guide. You may even find that it will just come natural to you and you don't need my invocation. Enjoy basking in the moon glow. Blessings dear one.

In-experienced Moon Bathers (Or those looking for simple version)

Create Moon water and bathe –

Use a clear glass bowl and fill it with pure water. Place the bowl in the moon light. (It does not have to be a clear night for the water to be penetrated with the Full Moon's energy and power).

Hold your hands over the water and say:

Mother Moon, shine your healing rays into this water, so that I may bathe and become anew.

Now is also a time to say prayers to the god or higher power you believe in.

Dip your fingers into the water and make a mark or line across your forehead and say:

Wash clean; my mind, so that my thoughts are filled with love and positivity.

Only the good may enter my being.

(Breathe deeply several times and feel yourself relax)

Dip your fingers into the water and make a mark or line across your eyes and say:

Wash clean my eyes, that I may see the goodness and beauty in all things that surround me.

Only the good may enter my being.

(Breathe deeply several times and feel yourself relax)

Dip your fingers into the water and make a mark or line across your lips and say:

Wash clean my lips, that I may speak only truth and loving kindness.

Only the good may enter my being.

(Breathe deeply several times and feel yourself relax)

Dip your fingers into the water and make a mark or line across your chest and say:

Wash clean my heart, that I may love purely and accept all that come into my presence.

Only the good may enter my being.

(Breathe deeply several times and feel yourself relax)

Dip your fingers into the water and sprinkle over your head and body and say:

Wash clean my body, mind and spirit, so that I may be cleansed and set free of impurities, illness and imperfections.

Only the good may enter my being.

(Breathe deeply several times and feel yourself relax)

Finally, give thanks for anything you are grateful for, (family, friends, work, good health, good finances, a home, loving relationships, time with your higher power, the cleansing powers of the moon for example).

Bring the remaining water from the bath to a plant or grass and pour the water in as an offering of thanksgiving. Take a few minutes to sit in the grass and breathe and enjoy your rejuvenated, refreshed body, mind and spirit. Finish with this affirmation:

I am refreshed and washed clean, I have much to celebrate about myself and my life. I am wholesome and loved.

Experienced Moon Bathers

I come to the table or “altar” dressed in a respectful manner, usually in white, or nude. I prepare for my ritual with a large pitcher filled with spring water which I have warmed, a large crystal bowl and a drinking goblet. I have a special crystal decanter that contains pink Himalayan salt, 3 drops of Jasmine Essential Oil and 3 drops of Lavender Essential Oil and bird seed in another goblet. These items are placed on a small round table, which I decorated with lace and fresh flowers. I then light a series of candles to help me find balance and represent different spiritual meanings in my ritual. First and foremost, I light the white candle to begin.

White Candle - for the highest representation of protection, purity, unity, peace, healing, truth, happiness, spirituality and to enhance the gifts of all other candle colors. This white candle represents Lunar energy.

Black Candle - for protection from negative energies and/or spirits, as well as inducing deep meditation.

Blue Candle – for wisdom, inner light and peace, as well as truth and guidance.

Green Candle – to represent fertility and success, (I feel this is important to honor Luna). It also represents healing and growth.

Pink Candle – to represent healing family and friends, as well as devotion, love, tenderness and faith. It represents feminine energy.

Purple Candle – to represent spiritual development and enthusiasm and to represent my respect towards the powers that be.

Next, I call on what I have learned to be the four corners, which open the spiritual world and our world, bringing them together. Standing with my body and face toward the East, I call out

East, Air, to know (then turn toward the South)

South, Fire, to will (then turn toward the West)

West, Water, to dare (then turn toward the North)

North, Earth, to be silent (then turn back to the East)

I conjure thee, a space between the worlds, that ye be a guardian of the power that shall raise in the name of God, the Father, Mother Earth and Luna, to do the work of good, to bring joy, peace, and healing. Favor me with the power to bring healing and cleansing upon myself, so that I may be well enough in mind, body and spirit to bring healing, love, peace and comfort to others.

Then, I do what I call a blessing prayer for the herbs or oils and spring water I would use in the ritual, so in this case the Jasmine and Lavender Essential Oils and Himalayan Salt. I do this by saying the following:

Salts and oils for healing

Salts and oils for hope

Salts and oils for strength

Salts and oils help bring healing and cleansing upon me, so that I may be well enough in mind, body and spirit.

As I say these words, I hold up the decanter of salts and oils so they are in the moon's light.

Water for healing

Water for hope

Water for strength

Water help bring healing and cleansing upon me, so that I may be well enough in mind, body and spirit.

As I say these words, I hold up the pitcher of spring water so that the moon's rays shine through the glass. Next, I invite my guardians, spirit guides and teachers to help me, by turning my palms up toward the moon and saying these words:

I ask you, Lord, Luna, Mother Earth, good spirits of the deep to guide and protect me.

My faith assures that only the positive may touch my being.

I am safe and at ease in mind, body and spirit.

May I be filled with hope, love and joy as I am moved beyond the physical world and into the light of God and Luna!

So mote it be!

Upon finishing these words, I sit comfortably on the grass (or my comfortable quiet meditation space) before my table to focus on my breathing and meditate. When I feel moved by the spirit, I stand and begin the next part of my ritual.

At this time, I pour some of the moon soaked water into the bowl and add some of the moon soaked salt and oil mixture. Then I pour the some of the water from the pitcher into the goblet.

Next, I dip my hands into the salted water and place my left hand on my solar plexus as I slowly bring my right hand to my forehead, to “bathe” my forehead, saying:

Luna, I ask humbly that you bring the power of a clear mind to my being, so that I may serve others with thoughtfulness and wise thinking.

Then I dip my right hand in the water again, bringing it slowly to my eyes, lightly dowsing my eyes, saying:

Luna, I ask humbly that you bring the power to clear my sight, so that I may see the good in all that come to me or cross my path.

Then I dip my right hand in the water again, bringing it slowly to my lips, to “bathe” my lips, saying:

Luna, I ask humbly that you bring the power to speak only truth and wise words, to calm, heal and mend the wounds of the people who come to me or cross my path.

Now, I dip my right hand in the water again, bringing it slowly to my chest where the heart is and “bathe” the heart, saying:

Luna, I ask humbly that you bring the power of love to all my work, help me to be pure, truthful, loving and supportive, with no judgement toward any of those that come to me or cross my path.

Finally, I bring the goblet up to the moon and before drinking from it, I say these words:

Lord, Luna, Mother Earth, good spirits of the deep, I ask that you work through me, and in me, to purify and heal my mind, body and spirit.

I then sprinkle water on the top of my head and around me in a circle. I sit within the circle and pray quietly, using whatever words come to my heart.

Then, I stand again and I offer thanksgiving by sprinkling the bird seed out over the grass and saying these words:

Hail, ye of the deep! I thank you for your wisdom, kindness and guidance here, as this ritual of prayer comes to an end and we depart at farewell.

As you set for your realms, I again say thank you, gracious and loving guardians. Go if you must, but stay if you wish, for I am nothing to be ordering you around. Hail and farewell to you spirits of the deep, Mother Earth, Luna and Lord, North; Earth, West; Water, South; Fire, East; Air.

I close this ritual by pouring the rest of the water on the ground and singing the Lord’s prayer, as I extinguish each candle.

It is truly my belief, that through this ritual performed during the full moon, my mind, body and spirit is washed clean of impurities and my faith and health is restored once more, so that I may continue healing and helping others. It is my first wish and desire to heal and help those that come to me. If I am healed and cleansed then I am grateful and humble, and able to serve others. I love the people, the earth and all else that dwell within it. The honor to serve is mine.