

THE THREE DAY MOON RITUAL

THREE PHASES: RELEASE, CONNECT & INSPIRE

Day 1: Release—First day of your period or first day of the dark moon

At sunset, stand on Mother Earth, holding your prepared lists of celebrations, gems and those things to be released. If you no longer bleed, you'll have already dissolved, into a glassful of water, the thoughts and emotions to be released, during preparation. It's good to stand on natural earth rather than concrete, and with bare feet if possible.

- 1) **Move your awareness into your heart chakra** and, placing your hand on this center, read from the list of celebrations and then the list of gems saying:

This month I'm celebrating . . . name what you're celebrating

I accept into my heart this wisdom and what I've learned about myself . . . name this

I accept into my heart this part of myself (sub-personality) . . . name it . . . but will no longer let it control my life.

- 2) **Bending your knees slightly or squatting, say:**

- a) *Great Mother Earth I connect to you through the blood mysteries.*

- b) Read out your list of those things you're ready to release.

- c) If you're bleeding, imagine shedding some blood onto the Earth or if you're not bleeding, pour the water from your glass onto Mother Earth. If you're in a private setting, it's perfectly acceptable to actually bleed directly onto the Earth.

- d) Then say: *Mother Earth, I ask you to receive and transform these thoughts and emotions, with gratitude.*

- e) Finally state: *I am empty and connect to your great mystery.*

- 3) **Send your roots into Mother Earth** and, for a few minutes, feel yourself being received and held by her love. Say: *I am home*

Hear the words of the eternal Grandmothers:

We see you

We hear your heart

We feel your feelings

We know who you are

We love you forever

- 4) Once united to the mystery beneath your feet, **find somewhere to lie down**, such as on your bed, in a bath or even on the earth. Imagine floating or bobbing on an ocean of love where you connect to eternal compassion and wisdom of all women. When go to sleep that night, say to yourself: *Job well done!*

Day 2: Connection—second day of your period or second day of the dark moon (day of the new moon)

This is a day for rest, pleasure, and self-nurturing. Continue the theme of connection from last night and if it's not possible to share this day with girlfriends who are also celebrating the moon-time, take time in the day to imagine being in a sacred space where laughter, tears, dreams and nurturing are shared with sisters of the womb, heart and soul, whether from this world or from the realm of spirit.

Day 3: Inspiration—third day of your period or third day of the dark moon

- a) Preferably at sunrise or early morning & especially before the busyness of the day, find a **quiet place to meditate** either sitting or lying down.
- b) **Lean back** as you if you are leaning back into the arms of your soul, with your heart aligning to the heart of your soul.
- c) **Ask to receive images, thoughts or impressions** which tell you the dreams or ideas you are to birth this month.
- d) **Keep a note of insights** received during this meditation and any others that cross your mind during the day. At the end of the day, say: *I'm committed to birthing my new ideas and to embracing the changes this will bring to my life.* Let new creativity flow over the next fourteen days.