

Ceremonial Suggestions: Moon Phases and Seasons

Start simple. Don't try to schedule too much into your life all at once. Schedule one moon ceremony per month or just choose a ritual to honor the changing seasons quarterly. By keeping it simple, you can make ceremony a sustainable part of your self-care practice.

Which moon phase is your favorite time of month?

You will only know by observing how you feel during different moon times for a few cycles. I personally like to honor the new moon each month. I like the creative darkness and the feminine energy feel of it. I keep a new moon journal that is only for my goals and desires. This new moon time is like a creative incubator for me and it provides me time to slow down and think about what I want to create next and how I want to refine what I've already manifested.

I have my period around the full moon so I schedule those days for more self-care and more gentleness in my relationships. My action step for the full moon is to take my crystals outside, if they need clearing. I also like to do an emotional check-in at the full moon time, since emotions can run high and tension can bubble to the surface. I love to do a salt bath on the full moon and I will usually take some time for a dancing meditation, so I can move and meditate. If I've made a flower or gemstone essence, I will take advantage of the full moon and charge my essence overnight in colored glass.

Holding space for others

Moon times are excellent reasons to gather like-minded friends to share our dreams, goals and intentions. There is something so powerful about speaking our goals out loud to those who can hold an intention for us. The moon only amplifies our collective power.

New Moon Ceremony Suggestion

Gather friends and family in a circle, light a candle. Have everyone write down their goals and speak them out loud.

Full Moon Ceremony Suggestion

Have a crystal charging party! Bring your gems that need to be charged and cleared in the full moon light. Make elixirs and essences to charge in the energy of the moon, dance and celebrate the powerful, amplified energy!

