

SOUL FLOW
BY
LAUREN DORSEY

Making Moon Water

Moon water is created by charging water with the moon's energy. It is multi-functional and can be used for cleansing, ritual baths, in teas and remedies and even for watering sacred plants.

It can be made just before or on the night of the full moon.

Fill a glass container with pure water (preferably harvested rain or spring water).

Cover the container and put it outside or on a windowsill where it will receive direct moonlight. Bring it back inside before the sun has risen the next day.

Add a charged crystal if it will be used for a specific intention, or salt if it will be used for cleansing.



MOON WATER