

# Seraphims Lunar Ritual

\*Feel free to make this ritual your own, this is only meant to be a template\*

## **Supplies you will need:**

2 small candles (any color, but I recommend one black, and one white or green candle.

Ritual candles can be found at most metaphysical shops)

Essential oil of your choice (I love lavender)

Athame/ Ritual blade (You can improvise, a butter knife or toothpick will work)

Matches or a lighter for your candles

Pen or pencil

Two pieces of paper

Cauldron/ fire-safe bowl / fire place (safe space for burning small items)

Dragons Blood incense or Sage

Altar items of your choice

## **1. Cleanse your Space:**

- Begin by cleansing yourself and your space. Light your dragons blood incense or sage and smudge yourself and your area. Essentially you simply hold the intention of cleansing your space as you allow the dragons blood or sage to permeate the air. Open your windows / doors to allow the energy to move.

## **2. Build your Altar:**

- The altar is the heart of your circle and represents your unity with source. This doesn't have to be anything large or elaborate, but it should be meaningful to you. Your altar is a symbolic representation of your spiritual practice / what important to you. Add to your altar things that resonate with you such as:

- Effigies of deities, crystals, candles, photos of loved ones, tarot cards, oracle cards, gifts from nature (feathers, stones, shells, milk, honey, wax, oils, salt), representations of your goals and desires, incense, etc.

Once your altar is built and ready, light any candles or incense as you please, but do NOT light your two ritual candles just yet.



### **3. Get Comfortable, Ground Yourself:**

- Gather your supplies so they are close at hand, and sit comfortably in front of your altar. Take a few minutes to settle into this space. Breathe and ground yourself into mother Earth.
- Consciously focus on your breath, and take nice comfortable deep breaths. Relax into your breath, nice and slow. Visualize a beam of light from the top of your head to the base of your spine, extending out your tailbone, moving deep into Earth below you. Allow this beam of light to travel down, through the Earth to the mother's core. Anchor yourself in the depths of the Earth.
- Once you are feeling good and rooted, focus on your feelings of gratitude for what the Earth provides us. Feel this love and gratitude in your heart, and send it down this energetic beam of light, down into Mother Earth. Thanking her for her nourishment. Relax into this visualization. Know that the Mother always returns your love - you may actually feel the Earth sending energy into your field, this may come with physical sensations, or you may feel nothing at all. Just allow this communion with the Earth.
- Affirm here "I Am Safe in this sacred space".
- Stay in this meditation for as long as you feel need to.

### **4. Releasing Exercise:**

- Light the black candle.
- Take some time to reflect on the things you wish to see leave your life in the coming months / years. What is no longer serving you? This may be people, conflicts, perspectives, jobs, limiting beliefs about yourself, self-sabotaging habits, really anything that is not adding value to your life.
- Using one of your pieces of paper, write down these things you wish to leave behind. Think about how differently your life looks when these things are no longer part of the picture.

You can write this in point form, or as a letter to the Universe -or to the moon, as this is a lunar ritual.

- Once you have finished your list, read it aloud. You can begin with 'Dear Luna' if you like, I always like to address the moon in these rituals. Also, use definite language. So instead of "Dear Luna, I wish to release..." I would offer: "Dear Luna, I release my desire for external validation", for example.
- When you have finished stating your items for release, using the black candle, hold a corner of your paper into the flame and allow it to catch fire. Place this list in your cauldron or fire-safe space and allow it to burn.
- Watch this list as it burns. Focus on letting go of those things on your list. As the paper turns to ash, as the smoke is released, so too are you released from these things which no longer serve you.

### **5. Manifestation Candle Craft:**

- Place the white or green candle in front of you, but don't light it.
- Take some time to reflect on the things you wish to see grow or come into your life in the coming months / years. What lights you up and excites you? The sky is the limit here! Dreams and goals for the future, perspectives, self love, people, opportunities, anything! What do you want to create in your life using this moons energy?
- Using your second piece of paper, write down a new list. This list is for the things you wish to create, grow and manifest in your life. I recommend using I AM statements here. As an example, if you want to bring in more love "I am loved", or "I am surrounded by people who love me". Or for romantic love "I am fulfilled in my romantic relationship(s)". You don't have to use I AM statements, certainly, but I do encourage you to ensure that you use language that is firm.
- As you write these things down, think about what symbols represent these goals. This can be anything meaningful to you. For money perhaps a dollar sign, for love, a heart. Those are quite obvious, but as long as the symbols are meaningful to you and you understand how they correspond to your goal, they're perfect. Make a mental note of these symbols as you write your list.
- Once you have finished your list, read it aloud. Just as you did before, you can begin with 'Dear Luna' if you like.
- When you have finished reading your list, take up your white candle and ritual knife. Holding your intentions in your mind as firmly as you can, gently carve the symbols which represent your goals and dreams into the white candle. This can be a shallow carving - you don't want to break the candle. As you do this visualize what your life looks like once you have achieved these goals and dreams.

- Once you have finished your carving, we will next be anointing this candle with our essential oil.
- Starting from the center of the candle, rub your oil into the wax slowly working your way up to the top. As you do so, stay focused on your goal! Then move to the bottom of the candle and begin rubbing the oil from the bottom, working your way to the center again.
- Now that we have consecrated our candles with our goals, it's time to light them! Light your candle, and allow it to burn until it extinguishes itself or burns completely away.
- Here you can do one of two things with the list of manifestation items. If you feel it resonates with you, you can use the white candle to burn this list as you did the releasing list, watching the smoke and releasing these intentions to the Universe. OR you can keep this list. Tuck it into a calendar or journal, someplace you will come back to it in the future. I really like to keep my manifestation lists, but this is very personal. Move with the symbolism that feels most natural for you.

#### **6. Wrap Up:**

- Take as long as you like to stay in this sacred space.
- When you are ready to conclude your ritual, thank Luna and Spirit for being present with you in your sacred space. You can use any words that feel right to you, just express your gratitude for your Spirit family - guides, ancestral spirit family, your higher self, Luna, and the Cosmic and Universal energies. Thank them for being present and for witnessing you.

#### **7. Close the Sacred Space:**

- This is done simply using your intention and few simple words. Conclude with words that feel most meaningful for you. I like "I now close this sacred space, may I take this heart centered energy with me into all my days. Thank you."