

Creation

Full Moon Ritual and /or Winter Solstice Ritual and/or New Year Eve Ritual Plus Meditation

Full moons and Solstices make completion of cycles. This ritual and meditation can be used at each full moon although I find it particularly appropriate during the December period. You can do it alone or with friends or family, outside or inside although I enjoy it most outside! December brings an excellent time for reflection and completion. From the full moon (17th December) to December 21st 2013 (Winter Solstice) this ritual acts as a perfect time to let go of everything that no longer serves you. You can also release your dreams and aspirations to manifest during 2014.



To complete this ritual you will need:

- A dried log appropriate for burning
- Evergreens and pieces of vegetation
- Raffia or something to tie it up with
- A burning fire
- Pen and paper
- Helium balloon or Chinese lantern

Making a Yule Log – You can prepare this before the ritual if you prefer

To begin collect a log from the garden and sitting quietly add sprigs of lavender, rosemary, herbs, holly, ivy etc. I even added pine cones, flowers, berries etc from my nature walks. Tie them all together with thread/raffia/baker twine etc. Please make you log mindfully - contemplating nature and the cycles of the moon. Once it is completed set it to one side and get your piece and paper. Write a list of the things that are holding you back from being you and following your path. This may be on the emotional, mental, spiritual or physical level or connected with all of them. The more in touch you are with your fears and feelings, the easier it is to let go of them. Do not dwell on anything just write with the intention that you wish to release it. Once written fold the note and attach or place it to/with the log. If you are able , light a fire outside and when you are ready throw your log and list onto the fire. See

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the smoke rising up and just focus on the release of letting these barriers burn away - creating space for new beginnings. Know that seasons and cycles support renewal and regrowth – it is recycling at it's best.

Sitting outside or returning inside it is now time to meditate:

Meditation – audio available at justineevans.co.uk

Take a few moments to get comfortable, have a little wriggle around on your chair, give your shoulders a roll, gently roll and turn your neck. Shake any tension out of your hands, your ankles and feet and take a few deep breaths in and out. Breathing in deeply, exhaling completely. Let go. Relax. Close your eyes and listen to the sound of my voice. Relax - opening yourself to silence. Breathe .

Let us begin by opening our chakras. See them open like flowers blooming, like stars expanding. Begin at the root chakra, move up to the sacral centre, solar plexus, heart centre, upper heart, throat, third eye and crown. Sense them open, feel the emotion and tingling as each chakra opens. Let peace reign. Breathe.

I would like you to imagine that you are outside on a star filled full moon evening . The sky is midnight blue, clear and bright from the full moon. Spend a moment bathing in the silvery blue light of the full moon. Connect with the energy. Feel how it flows through and around you body. Close your eyes and merge with this magical moon light shower, cleansing, healing, nurturing you with its gentle light. The illuminating silvery light of the moon showers you with its feminine healing light, see how her shining light begins to fall. It races down towards you, flowing and spiralling like a river, down, down, down through the Crown Chakra above your head – It

flows into and around your crown chakra and head shimmering - shining brighter than ever. A diamond stream of moon blue- white light. This light awakens transformation and change. Down the stream of moonlight energy continues to pour - into your Third Eye releasing doubts and fears leaving your insights for 2014 clear. Down the light falls to the Throat Chakra filling your mouth and throat with light. This is the light of courtesy, kindness and respect , – powerful energies often forgotten and ignored. The energy flows down now into the heart chakra filling it with compassion, forgiveness and supportive love to fill and empowers you. Feel how it flows within and around your heart chakra - releasing past hurts that no longer serve you. Replacing hurts with power vibrations of forgiveness.

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The moon light descends further – into the Solar Plexus – the area of will-power, and strength. Sense it releasing fear and replacing it with empowerment – an ability to believe you can manifest your dreams. The shimmering light descends into the Sacral Centre, strengthening your creative abilities setting you free from doubt. Embrace this light, let it fill you. Down the light flows, into the base of your spine – the gift of self values and ethics. Your own personal principles. Breathe it in, breathe it down, down into the Base chakra, down into the base of the spine, accept this gift, this power, this connection. Now send it deeper, down through your legs and the soles of the feet back into the Earth. Feel the light descending into Mother Earth and then ascending back through you, back to the sky and returning to the moon. Feel it flowing from within and outwards filling you with positivity, releasing all negativity and doubt.

When you are ready notice how the light begins to fade, the moon shower is complete. Breathe in and out, in and out and down into your feet. Ground yourself – closing your chakras - the crown, third eye, throat, heart centre, solar plexus, sacral area and base chakra. Release the connection with the Earth as you start to return to the present time. Becoming aware of your feet, your hands and your breath. Take your time. Stretch your limbs and wiggle your toes, breathing in and out. Return, return, return, slowly and gently and open your eyes.

Final Part of Ritual – You can also imagine doing this if you prefer

Whilst you are feeling so clear, positive, balanced and nurtured - I would like you to go out into the moonlight and connect with the full moon energy. Take your balloon and go outside. Fill your balloon with all your hopes and aspirations for the forthcoming year and when you are ready send your prayers, hopes and dreams out into the great Universe by letting the balloon go. Release it into the full moon's night sky, watch how it travels high up into the sky before disappearing to go out into the World and manifest your dreams! Surrender to what is happening - ask for what you want to create.