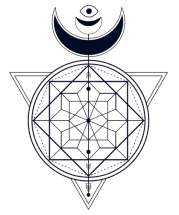


Invite in every part of yourself



You will need

- Some time within three days of the Full Moon (you could do this in conjunction with the previous ritual if it feels right, adding this in before you consecrate your token)
- A cup of water that has either been placed outside (and covered!) or placed on a windowsill overnight on either the night of the Full Moon, or one of the two nights leading up to the Full Moon.

Practice

- Cast a circle if you feel called, ideally wearing loose clothes that give you access to your tummy, sacral centre and the base of your spine.
- When you're ready close your eyes and breathe deeply, before saying aloud:

I call back all parts of myself from all times and all spaces.

You are safe, you are welcome, we are one.

- Sit for a moment and breathe deeply before gathering up your cup of moon water. Dip one finger in and move it to the crown of your head, dabbing some water there as you decree:

I call back my mind and my deepest wisdom.

You are safe, you are welcome, we are one.

- Pause for a moment to allow this to sink in.
- Now do the same with your third eye.

I call back my intuition and my greatest insight.

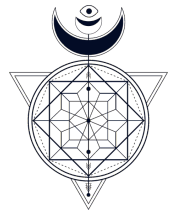
You are safe, you are welcome, we are one.

- Again, pause between each chakra.
- Next your throat.

I call back my voice and my deepest truth.

You are safe, you are welcome, we are one.

- Next your heart.



Continued

I call back my heart and all the love I am blessed to receive and share.

You are safe, you are welcome, we are one.

- Then your Solar Plexus.

I call back my soul and all that it is.

You are safe, you are welcome, we are one.

- Next your Sacral centre.

I call back my power to create and to hold, to be and to grow.

You are safe, you are welcome, we are one.

- And finally your Root.

I call back my body for all of it's beauty, knowledge and power.

You are safe, you are welcome, we are one.

- Putting down the water for a moment, place your hands wherever you feel comfortable and say.

"I am whole. I am complete. Ever-growing, ever-learning, ever aligned.

We are safe, we are whole, we are one.

I am safe, I am whole, I am one.

- Take a deep breath and when you're ready open your eyes and give thanks for this space, this time, and the aspects of yourself that you are welcoming back.
- Ground yourself back into the moment before closing down your circle, but take the time to journal on anything that has come up for you mentally, emotionally, physically, or intuitively during this practice.
- Also, try to keep a journal by your bed as you sleep over the coming nights to write down any wild dreams that come your way.
- Welcoming back the wholeness of ourselves can feel challenging at times. Remember you don't have to go through this alone and that it is important to reach out for support anytime that you need it.