

Simple Sacred Ritual

I decided to write this piece as I found that I was so turned off by long laborious rituals. This happened because my religious upbringing was of traditional Catholicism. I was very conflicted about my feelings because I truly wanted to honor the Divine, the Earth, and my Ancestors.

I would start with the long rituals and do well for a short while and then would find that I had either stopped or shortened them. Finally I went to Spirit and asked for help and guidance.

What is contained in this piece are some *Simple Sacred Rituals* given to me by Spirit.

Honoring the Moon-

The moon represents our emotions and water. We are all impacted by the Feminine energies whether we are male or female. Each of us has a moon sign in astrology and are born under the influence of one of her phases; new, full, & quarter.

For me, I was born 3 days before the full moon and I have always found myself drawn towards the full rather than the new moon. [Here is a link](#) you can use to see what phase you were born under.

We are gifted with the energies being present 3 days before and 3 days after the New Moon and Full Moon. This window allows for flexibility and a simple sacred approach.

The night of the new and full moon brings the strongest energies. The new moon represents the seeding of new intentions for our future. The full moon symbolizes the end chapter, shedding light on the things we no longer want to hold on to and releasing them. Also, any intentions stated or written down carry power, which is why I suggest keeping a small notebook.

Simple Sacred Rituals for the New Moon

- ❖ Begin by clearing your space. This can be done with a smudge stick, burning incense, Florida water, or whatever means you use to clear.
- ❖ Make a check out to yourself, marked Paid in Full and signed by the Divine
- ❖ Write down all items you wish to be brought into your life; more clients, more responsibility at work, a new job, a partner. Remember not to limit yourself.
- ❖ Each month you will rededicate your new moon list. Remove any items that have come to you during the previous new moon. If the items have not yet been received add them to your list with any new items you wish added. When I first started my moon rituals I kept my list small allow the check that I wrote to encompass most of my desires. I did this for two reasons; 1.) To keep it simple as I found my way to my style, and 2.) It allowed me to really notice when the request had been brought to me thus deepening my trust in my path and this ritual.
- ❖ Light a candle and read or recite your request.
- ❖ Sit for a moment, recite these words “I accept these things into my life now or something better for my highest good and for the highest good for all concerned”, feel the energy of your request and imagine your request is now

yours. When you feel complete Thank the Moon and the Universe for the blessings to come.

I have begun to write a short note to the moon listing the requested items. I keep this in a small 5x7 notebook with the date of the phase. This helps me to see what has transpired between each phase and what I need to continue to add to my requested items and what has been received. It also has allowed me to review my requests to see if perhaps a certain request is no longer what I want. Each month I rewrite the note and remove anything that may have come to fruition. I do not just cross the item off my list.

Simple Sacred Rituals for the Full Moon

- ❖ Make a list of things you would like to release; being grouchy, dislike for your body, jealousy, picking at a co-worker's faults.
- ❖ Acquire a small ovenproof dish to burn your paper list, matches
- ❖ Light a candle and sit for a moment. Recite the items you wish to release. When you have finished light your paper over the small dish and allow it to burn completely. Again sit with the charred paper and imagine that this issue is no longer in your life.
- ❖ Once the paper is completely out and you feel complete Thank the Moon and the Universe.

There are additional items you can incorporate into your moon rituals.

- ❖ Set a bowl of water out in the moonlight to be charged, taking it back in during the day as the sun is a cleansing agent for our sacred items and would remove the charge from the moon. Save the water for later and use it in other offerings.
- ❖ Use different colors of candles for the season of the moon.
- ❖ Use a different number of candles for a new or full moon.
- ❖ Set you newly acquired sacred items out into the moon to be charged as well as any of your sacred items.

Monthly Moon Intentions

- ❖ **January / Wolf Moon** - Plan a ritual of protection around your home and family.
- ❖ **February / Storm Moon** - Plan a ritual to ask the Old Ones for help in planning your future.
- ❖ **March / Chaste Moon** - Plan a ritual to plant your desires.
- ❖ **April / Seed Moon** - Plan a ritual to physically plant your seeds of desire in Mother Earth.
- ❖ **May / Hare Moon** - Plan a ritual to reaffirm your goals.
- ❖ **June / Dyad Moon** - Plan a ritual to balance your spiritual and physical desires.
- ❖ **July / Mead Moon** - Plan a ritual to decide what you will do once your goals have been met.
- ❖ **August / Wort Moon** - Plan a ritual to preserve what you already have.
- ❖ **September / Barley Moon** - Plan a ritual of Thanksgiving for all the Old.
- ❖ **October/Blood Moon or Shedding Moon**- Plan a ritual for honoring your ancestors. This is a time when the veil between worlds is very thin.
- ❖ **November / Snow Moon** - Plan for a ritual to work on ridding yourself of negative thoughts and vibrations.
- ❖ **December / Oak Moon** - Plan for a ritual to help you remain steadfast in your convictions.

Smudging and Clearing Spaces

If in all of this, you do only one thing, make that one thing smudging or clearing spaces and you.

Why smudge? Smudging is an ancient tradition practiced around the world. Native Americans use sage to clear spaces, themselves, and prior to any sacred ritual or prayers. The intent is to clear away any stagnant or interfering spirits and energies. Life is busy and confusing enough without having stall and distracting energy around you and your home. It is also a method of protection and including your car or mode of transportation in the smudging ritual is always a good idea.

The use of sage is only one way to clear your space. I have listed below several items or ways to clear your space.

- Sage or combination of herbs – Many herbal shops, tea shops, bookstores, and new age stores carry smudge sticks. I will also include a recipe for making your own.
- Incense – use any incense that you are drawn to. There are several now available that contain cedar or sandalwood essence. Nag champa is also a wonderful tool.
- Florida water – this may be a little more difficult to find depending on where you are located. It is often carried by Mexican merchants. Look for it as you check out or by the sacred candles of Mother Mary. This can be placed in a small spray bottle for easy dispersing.
- Essence water – you can create your own by mixing essence or purchasing a blend for the specific use of clearing and smudging.
- Visualization – Using the essence of color in a meditation you can clear your area. Green for health, gold for clearing and higher intent.

How to smudge and materials:

Smudge Stick or item of choice

Candle & matches

A fireproof container

- 1) *Place the candle, the fireproof container and the smudge stick on an appropriate surface. Take a deep breath and state your intent, creating a sense of ceremony. It is important to plan this during a time when you will not be disturbed or rushed.*
- 2) *Light the candle and focus your energy and intent. Saying a prayer is also a wonderful way to begin. Light the tip of the smudge stick with a candle light, then gently wavy the stick in the air till the tip begins to smoulder.*
- 3) *Hold the smudge stick over the fireproof container at all times to avoid any lit herbs falling on the floor. You can use a feather to disperse the smoke but using your hands gently waving over the stick is enough. Remember to stay connected to your breath as you move about your home. Move clockwise about your home, paying particular attention to the corners, closets and nooks as the energy tends to accumulate there. Don't forget to smudge your basement, laundry rooms and garage. I also smudge the inside and outside of my car.*
- 4) *This process is well suited to incense allowing the smoke to move into the spaces noted above. If you are spritzing aim your bottle upwards allowing the mist to gently fall to the ground.*
- 5) *When you have smudged all areas of you house, return to where you started and gently extinguish the smudge stick (applying pressure and dipping it into sand or*

clay litter in your fireproof container usually works well). Once you are sure the stick is out and your container has cooled, pack your items up until the next time. You can leave the candle to continue to purify the energy.

6) Smudging yourself or another is a simple ritual. Once your stick is smoldering direct the smoke waves around your body, starting with the area above your head and continuing down to your feet. This can also be done for another person.

How often you smudge is entirely up to you. The best suggestion is to smudge several times a year. Use your intuition and smudge when you feel drawn. I smudge before a gathering of friends and family, following up the next day with another light clearing. I also cleanse after my clients sessions, clearing the space for the next client and releasing any energies that were removed during a session.

When using colors to clear I often do this prior to sleep. Running the energy around the outside of my home for protection during the night as well as clearing anything out that would disturb my dreams and sleep.

How to Make Your Own Smudge Stick

- Scissors or garden clippers
- Cotton string
- Plants such as sage, mugwort, rosemary, lavender, cedar or juniper

Cut off pieces of the plant in lengths about 6-10 inches long. For more leafy plants, you can make the pieces shorter, but you may want to use a longer piece for a plant that has fewer leaves. Cut a length of string about 5' long. Put several branches together so that the cut ends are all together. Wind the string tightly around the stems of the bundle, leaving two inches of loose string where you began. Wrap the remaining length of string around the base of the branches several times to secure it. Then, gradually, work your

way along the length of branches until you reach the leafy end. Return the string back up to the stems, creating a bit of a criss-cross pattern. You'll want to wind the string tightly enough that nothing gets loose, but not so tight that it cuts off pieces of the plants.

When you get back to the stems, tie the remainder of the string to the 2" loose piece you left at the beginning. Trim off any excess pieces so that the ends of the smudge stick are even.

Don't throw away those pieces of sage. Find an old tin like one used for Altoids or even a pill container. Place those pieces in the container and carry them with you when you travel. Quick and easy smudge for hotel rooms, or even to set a small prayer when not at home.

Place the bundle outside or hang it up for drying. Depending on what type of herb you used, and how humid your weather is, it may take a couple of days or as much as a week to dry out. When your sticks are dry, you can burn them in ritual for smudging.

Prayer

Why pray? Prayer in very simple terms is the equivalent of honoring your Host/Hostess. The Divine, Universe, God or other word you choose asks very little from us. The only ask is that we remember from whence we came. And the best way to remember that is to pray. Prayer is a conversation that begins with Hello and ends with Thank you. It can be given in words, thoughts, or action.

Imagine seeing a brilliant pink sunset descending into the ocean, you say, "OH how beautiful," that is a prayer. Now add Thank you, feel the response from the Universe, and you have just created a conversation.

Remember ~ keep it simple, honest, and end with Thank you! I guarantee you will be invited back again.

Altars

An altar is a place where items and objects sacred to us reside. Therefore, everything is an altar. You can have an altar in every room, traveling, or outside. Altars can be ornate or very simple.

Items placed upon a mantle as an example can consist of a tall candle placed in a holder from your grandmother, next to a picture of your favorite travel spot, with a simple item that was a gift from someone dear to you. This array of things has become your altar.

Altars can be set with specific intent. Where you place your altar is not necessarily of great concern. Taking the time to choose the items to place on it is important. Placing a cloth, doily, placemat, or other material to use as the altar cloth on which to lay your sacred items should be done with intent and care. Think of this as the foundation or cradle to hold your gifts. The number of items you place on your altar is personal as well as the items themselves. If you want to write more, placing a beautiful pen and inkbottle on your altar will help to focus your intent. A picture of an animal guide, special deity, or a loved one will create a place of honor for them.

Changing places, placing and removing items, having many altars are all individual and it is not necessary to make it laborious.

Clearing your objects in the sunlight before placing them on the altar and charging them under the energy of the new or full moon are rituals to use. It would be like placing dirty socks in your sock drawer. Although the socks may not be covered in mud, the scent will permeate the clean socks leaving them less than desirable; this is the same with your altar items.

I have many altars placed around my home with my main altars in my sacred space. My simple altars are set about as gentle reminders of my path, honoring the Divine, and places that draw my attention away from the bustle of life into a contemplative place.

Much like when I had a bag packed for the anticipated rush to the hospital to delivery my son, I have a bag packed with an altar, smudge, and offerings for my travels. All of the items fit within a small size “lunch box” satchel and are both portable and discreet.

Offerings

This is where I have fun. I love to leave offerings to Gaia, Mother Earth, to the Elementals, to Faeries, and for my friend's hospitality. I carry a small pouch, one of the many I receive from friends with little gifts in them so no need to run out and acquire one, that has lavender, cedar, and some dried flowers from my garden or flower pots. Because it is so small it fits neatly in my purse and is always accessible.

When I go for walks I place the pouch in my pocket so that when I am gifted with a feather, rock, or flower I can leave in its place a small pinch of my herbal blend. I place a pinch when I am near a body of water, lake, or stream as an offering to the replenishment given by the water. If I have forgotten my blend I will oftentimes leave a strand of my hair as the offering. As I travel on planes I will place an offering under my seat to the plane for its willingness to take us safely to our destination and upon landing I offer a prayer of thanks. For the offering on the plane I will use only lavender as it has the bonus effect of calming the air around those seated near me.

On the top of the dresser next to my bedroom door, is a small dish, where I place a small pinch of my blend before my morning prayers. After the bowl is full I take then blend and use it for my New or Full moon offerings.

There are times when I am setting the intent to take one of my sacred items and as I am hiking or harvesting cedar will leave one of my items in exchange for the newly acquired gift.

I hope that you have enjoyed this piece on Simple Sacred Rituals. Will find that these aspects enrich your life.

Blessings -

Teri