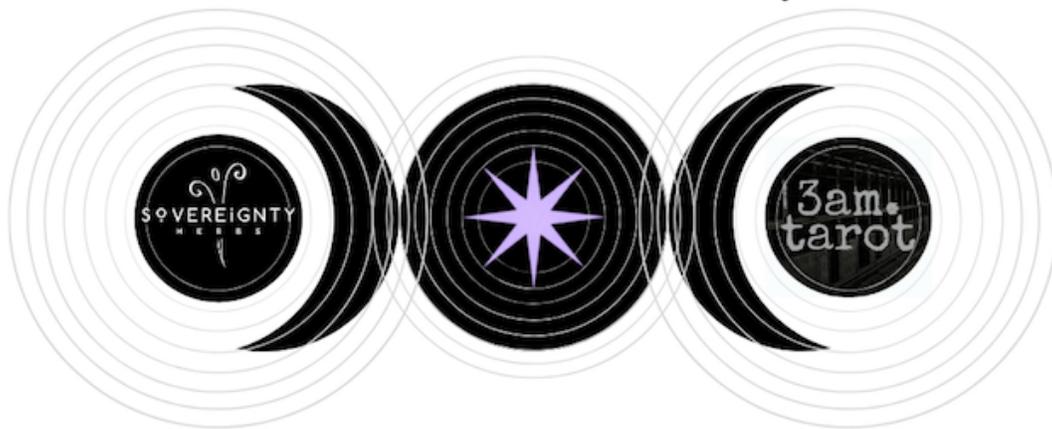


# Moon + Star

a ritual herbalism + tarot conjunction



## A Simple Ritual

In honor of our upcoming MOON + STAR collection, we created this simple ritual for you to get a sneak peek of what's inside the zine and to get a feel for the process of using herbs and tarot in rituals.

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a 3am.tarot & Sovereignty Herbs co-creation

## MATERIALS

- Writing Utensils (Pen, Marker, Pencil)
- Journal or Paper
- Dried Leaves (Tree, Sage or Bay Laurel) or Small Piece of Paper
- Candle

## STEP 1: CHECK IN

Prior to starting this exercise, take 5-minutes to stretch and move. Once settled, begin to pay attention to your thoughts, your body (i.e. breathing), feelings, and any physical comforts or discomforts.

Write 5 words describing your state of body, mind, or presence in this exact moment.

## STEP 2: READYING FOR EMBODIED PERCEPTION

Take a moment to center yourself, focusing on your senses.

- Breathe deeply. Fill the lungs, the back, the sides. Inhale and exhale. Complete a minimum of three cycles.
- Observe. Allow the edges of your vision to soften. Bring awareness to your body, starting from the top of your head moving downwards and ending with the soles of your feet. Release any residual tension.
- Move ahead with the exercise.

## STEP 3: CONTEMPLATION

“The Moon urges us to tap into our deepest and most intuitive self, to hold space for emotions and fears, to be brutally honest about our shadows.”

– Meg Jones Wall, 3am.tarot



Card from the Spacious Tarot Deck.

Photo by Meg Jones Wall.

- The moon card is a focal point for this step.
- Gently gaze upon the moon, take a deep breath and conjure a memory when you felt a sense of belonging. It can be as a part of group collective, being in nature, or participating in an act that felt like you were a part of something larger than yourself.
- Being as descriptive as possible answer the following questions:

What do you see in the moon card?

What does belonging feel like?

What do I miss most about belonging?

What do you feel? Describe any movement in your body.

## STEP 4: INTEGRATION

Sometimes when we are working towards something new, we need to release something. This is reflective in the leaves that you are holding.

As older leaves are shed, they nourish new growth.



- We will be using the plant leaves and the fire element for this step.
- Review and clarify your notes from the contemplation.
- Using safety precautions, light your candle.
- Pull close your plant leaves.
  - What drew you to choose these leaves?
  - Using your sense of touch, what is their texture? What is their aroma?
- Applying the above metaphor towards a new cycle of belonging, take a moment to answer this question.
  - What blockage can you transform to open yourself up to belonging?
- Using a pen or marker, transcribe your answer on the leaves. If you only have one leaf and many words, use a small piece of paper to finish.
- Fire is an element of transformation. Being mindful of fire safety, use the light of the candle to burn the leaves or paper.
- Inhale while watching the words burn. If burning leaves, note the aroma of the smoke. Exhale and release the energy. Blow out the candle.
  - Write 5 words describing your state of body, mind, or presence in this exact moment. Comparing your answer from Step 1, what has changed?
- Once cooled, take the ashes outside. Sprinkle them gently over the earth.

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