

Full Moon Ritual Bath

A Full Moon Ritual for Release & Illumination

Immerse yourself in the potent, clarifying energy of the full moon. This sacred bath ritual is designed to wash away stagnant energy, calm the mind, and illuminate your path forward with clarity and peace. You are held in the light.

Astrological Timing

Day: Sunday (vitality) or Monday (intuition)

Moon Phase: The Full Moon

Planetary Hours: Venus or Moon

Essential Essences

A bath (your sacred vessel), a white candle (purity & clarity), sea salt (½ cup, for cleansing), dried lavender (1 tbsp, for peace), dried rosemary (1 tbsp, for purification)

Essence Amplifiers

Selenite wand, Moonstone, & 3 drops of Lavender essential oil.

The Incantation

"By the light of Mother Moon,
I wash away all grief & gloom.
Salt & herb, & flame so bright,
Cleanse my spirit, make me light.
What serves me not, I now release,
& now I welcome divine peace."

The Practice

Clean your space. As the tub fills, hold the salt. **If using, blend oil & salt now.** Focus your intention on washing away stagnation; visualize the salt absorbing all negativity.

Sprinkle it into the water.

Hold the herbs; crush gently to release their scent. Whisper your intention over them.

Add them to the water.

Light the candle & turn off the lights. **If using, place crystals nearby.** Entering mindfully, settle into the water & take three deep breaths.

Close your eyes. Visualize the moon's light flowing in, filling you. Run your hands over your body, wiping all stress & doubt into the charged water.

Speak the incantation, a vow to the water & moon.

Soak & meditate on releasing & inviting. When ready, open the drain.

As the water drains, visualize released energies flowing away, returning to earth.

Tending Your Inner Hearth

Step out of the tub. Pat yourself dry. Drink a large glass of cool water to ground your energy.

Anoint your third eye & heart chakra with lavender oil.

Say: "I am cleansed. I am clear. I am charged with lunar light."

Gently snuff the candle. Thank the elements & moon. Journal any insights before sleep.

Go forth into this lunar cycle cleansed, renewed, and illuminated by your own inner light.

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