



FULL MOON IN LIBRA RITUAL

By Margarita Celeste
Astrology & Tarot Consultant and Teacher
Illustrated by Ju Ferreira - @ju.fer.art



FULL MOON IN LIBRA RITUAL

It's an intense Full Moon on the way, so expect the energies stirred up to be powerful and dramatic! Libra is the sign of love and relationships, making this the type of Full Moon where that becomes quite a theme.

And, of course, Full Moons are all about letting go, so bring to mind a past relationship you need to completely surrender and release. Maybe it's recent, or maybe it's from long ago - the point is that you don't need that energy anymore!

Allow the energies of healing and forgiveness to come in at this Full Moon whilst empowering yourself to become free.

HERE'S WHAT YOU'LL NEED:

A picture of the person that you need to let go of

A round piece of charcoal and a fireproof burner, plus a lighter

Some myrrh to burn on the coal

30cm of black cord

A grey or black candle

Gentle meditation music

A pen and your journal

Anything you'd like to add to your Full Moon altar - flowers, incense, candles, a statue, tarot cards



STEP 1

Begin by getting comfortable and wrapping yourself in a blanket, or sitting on a comfy chair. Place your picture, light all of your altar candles (besides the black / grey one) and any incense (don't light the charcoal disc yet).

Try to sit yourself where you can see the Full Moon, and then place your hands on your heart. Close your eyes and take long, deep breaths into this space. Notice what emotions might be arising, as they could feel very intense right now. Be with whatever is coming up.



STEP 2

Picture the person and the harm that they may have caused you - feel where that pain is still sitting. If tears come, let them come. If anger comes, let that come too. There's no judgment for how you are feeling. Gently open your eyes when you are ready, and light your charcoal disc. As you do so, think of the words 'by lighting this, I am burning away my past'.

Once it is burning, place in the fireproof dish and sprinkle some myrrh on it to smoke. This herb is excellent to help release.



STEP 3

This is when we start really doing some magic! Take your black cord, and tie a knot at the end of it. Tie another knot towards the other end of the cord. These two knots represent your future and your past.

Now, light your grey/black candle and start gently burning the 'past' section of your cord, whilst looking at the picture of the person who you need to let go of. Watch the flames as they move towards your future.

STEP 4

Now is the time for forgiveness. Now that you have symbolically shown your willingness to release and let go, bring your hands back on your heart and bring this person to mind once again. Think to yourself the loving-kindness prayer:

"May You Be Happy. May You Be Free. May You Live At Ease."

Repeat these words until you feel your heart opening in compassion. This may bring a few more tears!



STEP 5

Repeat this prayer for yourself. Keeping hands on your heart, think or say:
"May I Be Happy. May I Be Free. May I Live At Ease."

Once done, meditate a little longer, and perhaps burn the picture of this person in the flames if you like. Journal a little, and then take a long, warm bath if possible.

