

Rituals

Ritual is not about doing things “right.”

It’s not about having the perfect setup, the right tools, or following a specific formula. Ritual, at its core, is simply a way of creating space, space to pause, reflect, and reconnect with yourself.

What makes a ritual meaningful isn’t what you do, how you do it, or where you do it. It’s how it feels.

This section is not a set of instructions to follow. It’s a menu of possibilities.



Your Rhythm. Your Way

You are invited to explore, choose what resonates, and leave the rest. Some rituals may feel powerful to you, others may not, and that’s exactly the point. Your practice gets to be personal, flexible, and aligned with what supports you in this season of your life.

These rituals are designed to complement your journaling practice and the guided audio for each New Moon and Full Moon. Together, they create a rhythm, a way to return to yourself regularly, with intention and awareness.

You don’t need to do everything.

You don’t need to do it perfectly.

You just need to begin.

New Moon Ritual Ideas

- Physically Refresh Your Space
 - Tidy your altar, clean your living space, workspace, or even your transportation.
- Energetically Refresh Your Space
 - Burn herbs, light a candle, or use sound—drumming, music, or bells—to shift the energy around you.
- Gratitude Practice
 - Make a list of the good fortune you've received, and consider ways you can offer that same energy to others.
- Pull a Card
 - Use a tarot or oracle card as a gentle suggestion or focus for the cycle ahead.
- Lunar Bath
 - Create a bath with moon water, essences, flower petals, or water-safe stones. Let it be a space to wash away unwanted energy.
- Plant Your Intentions.
 - Write down your wishes or intentions, then symbolically “plant” them—in soil, a journal, or a meaningful place—as a way of nurturing what you want to grow.

Full Moon Ritual Ideas

- Create Moon Water
 - Fill a glass jar or bottle, set an intention, and place it outside under the moonlight. Use it in ways that feel meaningful—drink it, share it with pets, water houseplants, spray it around your home, wash your hands or face, or add it to a bath or beverage.
- Charge Your Tools and Objects
 - Place stones, jewelry, or other meaningful items under the moonlight to refresh and recharge their energy.
- Moon Bathing
 - Spend time in the moonlight, allowing yourself to simply be—unbusy, present, and open.
- Practice Forgiveness
 - Reflect on what you're ready to release—within yourself or toward others—and gently let it go.
- Release Ritual
 - Write down thoughts, patterns, or attachments you're ready to release. Safely burn the paper in a fire-safe vessel, symbolizing the act of letting go of what no longer serves you.