

LUNAR ALCHEMY



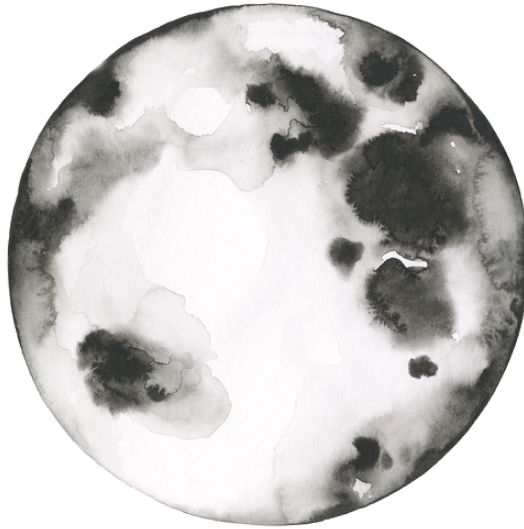
Mama Luna has been a source of fascination and worship since the dawn of time, I for one feel a deep connection to the Moon, being a woman she guides and pulls at my waters and I have always tracked my cycle "Moon Time" through her phases.

This simply seemed a natural innate process to me. As Mama Luna guides and affects the tides I feel her pull and affect on me.

As such, I work with the energetics and phases of the Moon in my Shamanic work but also in my daily life.

In this workbook, I share an introduction to some practices and teachings I have learnt over the years of working with the power and presence of Mama Luna.





FULL MOON

Mother Moon

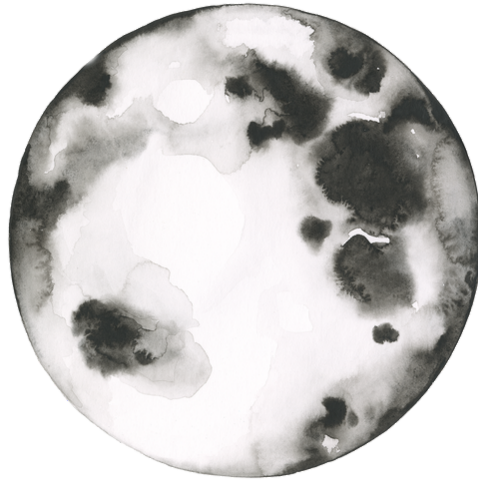
Although there are numerous interpretations and variations as to how to work with the cycles of Mama Luna and which cycle is best for which ritual, I work with the following as this is what feels most instinctively aligned for me.

I encourage you to sit with Mama Luna and feel for yourself which practices feel most aligned for you, remember integrity and intent are most important, not following someone else's practices.

In my interpretation, the Full Moon represents the Mother. She is the completion of a cycle, fully formed and ready to celebrate her fullness and release what no longer serves.

Her energy asks us to look at the past month (Full Moon to Full Moon) and practice joyful gratitude for what we have achieved and received and prepare to release what is no longer of service to ourselves and our community.

This is also a good time to charge and cleanse your crystals and sacred tools as well as prepare Moon Water or Spirit Water.



FULL MOON

Ceremony

During the Full Moon, we work with the energy and ceremony of
Gratitude & Release.

Creating a Fire ceremony is a wonderful way to honour the medicine
of the Mother Moon.

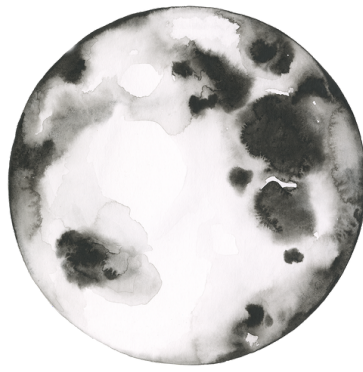
You will need:

Some sacred smoke or incense

2 sheets of paper & pen

A candle or fire

Somewhere to safely burn your papers



Creating your Ceremony:

Please remember the most important thing with any ceremonial work is integrity & intent - you do not have to create an elaborate "Instagramable" environment, all you need is a quiet space where you can connect in authenticity with yourself, your heart & Mama Luna.

If you know how to open sacred space please do that first.
(If not I am happy to share some practices with you, so ask)

Take a moment to cleanse your space with some sacred smoke or incense. I prefer to use a plant that is indigenous to where I am practising the ceremony.

Then allow yourself to become still and focus on what you feel gratitude for, write a few things down and really allow the vibration of your gratitude to take hold in your being. This is a celebration of all you have received and achieved so cultivate that state within.

Next, open yourself to what you are ready to release, the things you are truly ready to let go of and write them on your second sheet of paper.

When you feel ready feed your Letter of Release to the Fire - with the intention that what you have released be transmuted and transformed and that only the wisdom and medicine (lessons) walk with you going forward.

Using your hand or a feather guide the smoke away from you and towards an open window if you are inside.

Next feed your Letter of Gratitude to the Fire - with the intention to bring and anchor the power of gratitude in your body.

Using your feather or hand draw the smoke first into your Womb (sacral centre) then into your Heart and lastly into the 3rd Eye and over your head.

Keep your ashes for a couple of days and as the Moon is waning take the ashes of your letters and release them to the wind, the earth or a natural body of water.

After completion close and thank your Sacred Space



WANING MOON

The Waning Moon gifts us with 3 energetic states:

Waning Gibbous:

Release your letters of gratitude & release to the Earth, Air or Water.

Time to fully release what no longer serves you and to honour the revelations and insights you received during your Full Moon practice.

Last Quarter:

Seek balance – this is not a time for action but one for observation.

Waning Crescent:

This is the final stage of shedding our skins and releasing what no longer serves us.

Take some time to rest, reflect and contemplate.

Soon we plant new seeds.

NEW MOON

Maiden Moon



The Maiden Moon or New Moon brings the energy of new beginnings, planting seeds and setting intentions and gaining clarity around what we want to manifest during this cycle.

Two practices I like to work with during the New Moon is a Honey Ritual for manifestation & gratitude and a seeding ceremony to plant my intentions.

Honey Ritual:

Prepare a mixture of pink salt, honey, a pinch of cinnamon and a few drops of essential oils and dried herbs or flowers.

I work with oils, herbs and flowers that resonate and carry the frequency of what I would like to manifest.

1/2 cup salt

1/4 cup raw untreated honey

pinch of cinnamon

herbs, flowers, oils

Prepare a bath or shower.

Cleanse your space, light some candles and spend a little time meditating and journaling setting your intentions.

When you feel ready rub your honey mixture all over your body, as you do be loving and kind to your body and grateful for everything you have and are.

(it is sticky so add a little water to make it more spreadable)

Then begin to see yourself attracting everything you wish to manifest, allowing the sweetness of the honey to sweeten your being and your life, the salt to scrub away any negative influences or opposing forces and the herbs and oils to feed the energy of what you are calling in.

Once you have completed the process you can rinse it all off clearing any obstacles and opening your Heart and your path.

Close your Sacred Space & give thanks.



NEW MOON

Maiden Moon

New Moon Seeding Ritual:

Preparation:

Gather some seeds

Some paper

Here we will work with different elements depending on whether the Moon is in an Earth, Air, Fire or Water sign.

For Earth we will plant

Air we will use our breath

Fire we will burn

Water we will give to the water

Practice:

Cleanse and open your sacred space

Take a moment in meditation to journal and get clarity about the seeds (intentions) you would like to plant.

If the Moon is in an:

Earth sign

Write your intentions on a piece of paper and fold a few of your seeds into the paper, then plant them in the Earth.

Water sign

Write your intentions on a piece of paper and fold a few of your seeds into the paper, then release them into water. (if you don't have access to a body of water you can simply place the seed parcel into some clean water for a few days and then release it to the Earth)

Air sign

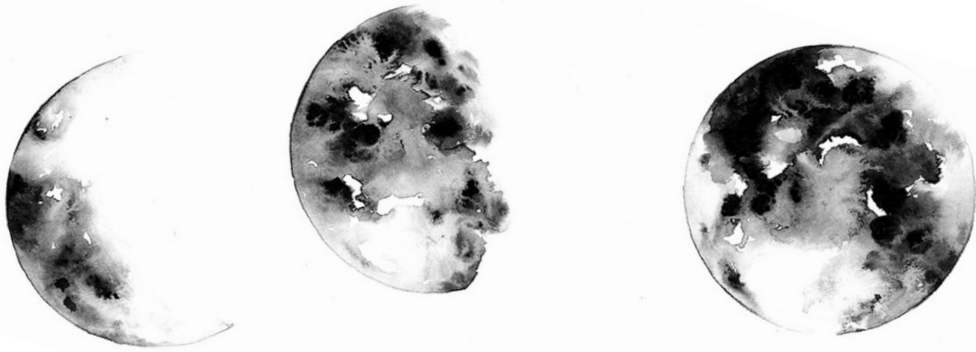
Use your breath, speak your intentions into the air and then use your breath to blow on the seeds to spread them.

Fire sign

Write your intentions on a piece of paper and fold a few of your seeds into the paper, then use the transformative medicine of Fire and burn your seed parcel, drawing the smoke into your womb (sacral space), your Heart and your 3rd Eye.

Thank and Close your Sacred Space

WAXING MOON



The Waxing Moon gifts us with 3 energetic states:

Waxing Crescent:

Practice your creativity - use your journal to write down your plans of action and inspiration or ideas.

Find ways of taking inspired action.

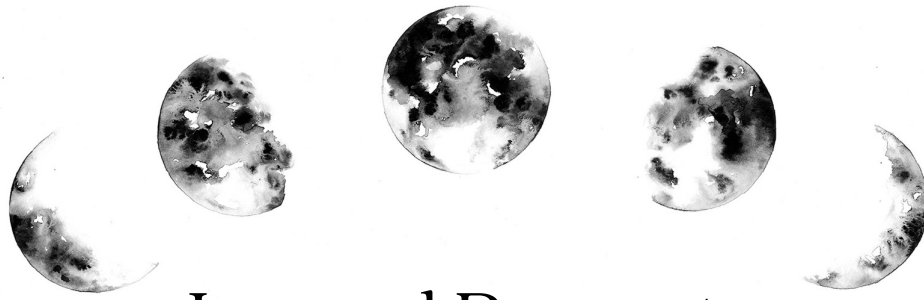
First Quarter:

Take a moment, observe, be present and plan your next step.

Waxing Gibbous:

Time to push forward with alignment and intention
- the last push before the Full Moon.

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Journal Prompts

Full Moon:

How will what I am releasing benefit me?

How will I feel once these aspects are released from my life?

What have they taught me?

How can I embody and celebrate my gratitude for all that I have received and achieved?

Waning Gibbous:

How can I share what I've learnt?

How can I best express my commitment to releasing what no longer serves me or the collective?

Last Quarter:

How am I perceiving my life?

If I take a step back to gain balanced perspective what do I see?

Waning Crescent:

How can I access deep rest?

What is my intuition saying?

New Moon:

How Can I best channel the voice of my intuition and allow new ideas to form?

What brings me to a clean slate?

What are my intentions?

What aligned action can I take at this time to move towards what I intend to manifest?

First Quarter:

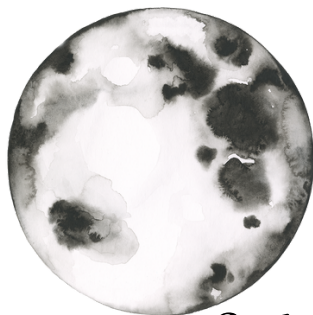
What am I excited about?

How can I align myself with what I hope to manifest?

Waxing Gibbous:

How can I refine and improve the way I operate to come into a deeper state of alignment with what I hope to manifest?

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Seasonal Names of the Full Moons

The names of the full moons differ from place to place and culture to culture, as they are connected to the seasons and what is happening in the natural environment at the time of the year, these names are not interchangeable between hemispheres or in fact countries. I have listed some below, but I encourage you to connect with your environment and work with the energies present where you are. For example, honouring the Cold Moon in South Africa in December when we are in the midst of summer doesn't work energetically, nor does it honour the medicine of the land you are on.

Moon Names South Africa

January
1st Mantis / 2nd Leopard
February
Dassie Moon
March
1st Harvest / 2nd Ochre
April
1st Dimond / 2nd Gold
May
1st Frost / 2nd Fire
June
1st Sisters / 2nd Honey
July
1st Meerkat / 2nd Protea
August
1st Peace / 2nd Dusty
September
1st Spring / 2nd Blue Crane
October
1st Whale / 2nd Elephant
November
1st Milk / 2nd Wool
December
1st Springbok / 2nd Eland

Moon Names North America

January
Wolf Moon
February
Snow Moon
March
Worm Moon
April
Pink Moon
May
Flower Moon
June
Strawberry Moon
July
Buck Moon
August
Sturgeon Moon
September
Full Corn Moon (Harvest)
October
Hunter's Moon (Harvest)
November
Beaver Moon
December
Cold Moon



LUNAR ALCHEMY



I hope your journey with Mama Luna is as magical and powerful as mine has been and continues to be.

The practices and information I've shared here are simply an introduction to this journey.

As you begin to engage with the medicine of Mama Luna, she will guide you deeper - let her.

In Alchemy
Isa & Amy

Created in collaboration with artist Amy Keevy
order your magical Moon Art from
www.amykeevy.co.za

