

Three day moon ritual

(First 3 days of the period or the 3 days of the dark moon)

Preparation: 1-2 days before Day 1

As you reflect on the last month ask yourself: *What gems of wisdom will I take from my experiences? What successes am I celebrating this month? What did I learn about myself this month? Did I meet a part of myself – a sub-personality - which, even though I may not like its behavior, is still a part of me? Can I accept it into my heart?* Make a list of these gems and take them to the ritual on the 1st day.

Then ask: *what am I releasing this month? What relationships are not working for me? Where am I holding onto anger, resentment, blame and guilt which need to be cleared if I'm going to move forward? What unrealistic expectations of me or someone else need to be released if I'm going to allow abundance into my life?* Make a list and take to the ritual on the 1st day.

If you're no longer bleeding, fill a glass with water and, surrounding the vessel with your hands, read the list of those things you're about to release, allowing them to be absorbed into the water. Take the glass of water to the 1st day ritual.

Day 1 Release; first day of your period or first day of the dark moon

For these 3 days, be prepared not to cook meals for the family & to limit physical contact with men as much as possible. You're very powerful at this time.

At sunset, stand on Mother Earth, carrying your prepared lists; it's good to stand on natural earth rather than concrete and with bare feet if possible. Move your awareness into your heart chakra and placing your hand on this center, say: *I accept into my heart....* read the list of gems

Great Mother Earth I connect to you through the blood mysteries. If you're bleeding, imagine shedding some blood onto the earth or if you're not bleeding, pour the water from your glass onto Mother Earth.

Then say: *I ask you to receive & transform these thoughts & emotions, with gratitude.* Read out your list.

End by saying: *I'm empty and connect to your great mystery.*

(If you're in a private setting, it's perfectly acceptable to actually bleed directly onto the Earth)

When complete, send your roots into Mother Earth and feel yourself being received and held by her love. Once you feel connected to the darkness and mystery beneath your feet, gently find somewhere to lie down such as on a bed, sofa or in a bath. Enjoy bobbing on an ocean of love and comfort and when you eventually go to sleep, say to yourself; job well done.

Day 2: Connection: second day of your period or second day of the dark moon (day of the new moon)

This is a day for rest, pleasure and self-nurturing, making as few plans as possible and allowing the day to unfold naturally. Continue the theme of connection from last night, bathing in the mystery of nothing and everything.

Day 3: Inspiration; third day of your period or third day of the dark moon

Before the busyness of the day begins, find a quiet place to meditate, making sure your feet are on the ground. Lean back and imagine that you're leaning back into the arms of your soul, so you can feel the pulse of the soul and ask: *guide me in the way of fullness, fertility and peace*. Then send your roots into Mother Earth, focusing particularly on your root chakra, through which the dragon matrix of eternal wisdom flows. As you breathe in, you are drawing into your body, the inspiration or dream you will manifest this month. Allow the rich creative energy to spiral up along your roots, legs and through your vagina into your womb remembering to honor your doorkeepers.

When your womb is full, send the dragon energy out to your ovaries, stimulating one of the eggs to start to develop resonating with the incoming dream. Then let the energy continue to spiral up through the chakras along the serpentine ladder ending as a beautiful chalice above your head.

At this point, hum, like a bee, opening the doors into the multi-dimensional realms of consciousness and attract into your chalice a spark or seed of inspiration. Even if you can't 'see' its contents, empty the chalice into the heart and from the heart into the womb and then back into the root chakra. Keep a note of your insights and any others which '*cross your mind*' during the day. At the end of the day, say: *I'm committed to birth my new ideas and to trust the changes this may bring to my life.*

From then until ovulation or the full moon enjoy the heightened creativity and activity. Plant your seeds & see them flourish, until the end of the month when you once again approach the 3 day ritual with purpose and satisfaction.