

Lunar Water Practice



Tools

- Natural Bowl/Cup/Bottle
- Purest Water
- Optional: Medicinal or Edible Flower/Plant Fresh and/or Crystal of Your Choice
(to infuse Lunar Water with Offerings and Gifts and Intentions via Symbolism of the Item that infuses and that may be infused by Lunar Light.)

And so here we are called into an embodied practice of Feminine Time Keeping as We Call The Moon to our Womb

Full Moons and Dark Moons are ideal times to Practice Lunar Water. This is when The Oceanic Tides are Ebbing and Flowing and the Highest and Lowest throughout a single Moon Cycle and where we also dive into The Polarities in order to find the sweet spot in between.

Dark Bright
and
Silver Light

To Practice:

Part 1

- *On the 3 Days of Full Moon and The 3 Days of Dark Moon we go outside around Twilight, just after the Sun has set.
- *Now we offer our Vesel of Pure Water To The Light of The Night. Placing Special Herbs, Flower and Crystals inside The Water is perfectly fine, It is and Artistry and Soul Listening.
- *Spend a few moments connecting to The Current Clan Mother and Call The Moon to Your Womb. Dropping into a Feminine Space and Time. Barefoot on The Earth.
- *Allow you Lunar Water to Charge over Night

Part 2

- * In the morning as you rise, go outside to the place where The Lunar Water was charging.
- * Giving Thanks to The Feminine Night Sky for bringing Peace and Rejuvenation.
- *Giving Reverence to The Golden Sun Rising and The Masculine Principle of Daily Service coming forth
- *Drink in your Lunar Water and savour the moment
- * Barefoot on The Earth.
- *Now can also be a good time to read your Daily Reading from The Earth Medicine Book.

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Over time you will develop your own ritual around this practice that lands for you Uniquely and Sweetly.

13 Moons with The 13 Original Clan Mothers & ixCacao. With Sister Shanti Bluebird as Keeper of Ceremony