



LUNAR ECLIPSE SELENITE RITUAL

HEALING, CLEANSING, PURIFYING

Materials:

All you need is:

- Selenite
- White candle

Optional:

- Salt
- Fresh or dried flowers
- Any cleansing or full moon herbs such as clary sage, juniper, lavender, mugwort and rosemary
- Any full moon crystals such as moonstone, amethyst, labradorite and clear quartz.

What to Do:

Here is a simple cleansing ritual that you can do during a full moon. All you will need is a white candle and selenite. It is optional to dress your candle with any herbs you feel called to and place salt, flowers and crystals around your candle. This can amplify the cleansing and full moon energy during this ritual, but it is not necessary.

Dress your candle (if you choose) and light it. Surround your candle with flowers and crystals if you choose, as well. Hold a piece of selenite or satin spar. It can be a small piece, a tower, a sphere or any shape you have this crystal in. Place the selenite on your heart and take three deep breaths in through your nose and out through your mouth. Visualize that the selenite is glowing with a bright, pure, white light. With each breath you take, bring that light deeper into your body. Each time you exhale, imagine all of your negativity, anxieties, tensions, fears being drawn out through the selenite and disappearing into the Universe. It will be transformed into positive, white light. You can also visualize the negativity energy being cleansed by your candle flame and transmuted into positive energy. Do this until your candle burns out or until you feel called to.