

Rituals with the Moon

Reiki and Crystal Healing for self
growth, connection and love



Nourished Energy

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Hi beautiful, I'm your guide Loretta Carraro.

I have been fascinated by all things magical and mystical since I was a little girl. But it wasn't until I formally started learning about crystals and Reiki in 2011 that my interest in the Moon also peaked.

And what better way to connect all of these things together by weaving them into our daily rituals. I believe rituals are a beautiful way to honour all that is important and sacred to us. Afterall, where our attention goes our energy flows.



I'm so excited to share with you some simple rituals in this guide to help you reconnect to yourself and your practices. I hope they inspire you to even create some of your very own!



Connecting with the Moon

You are more connected to the Moon than you may think...

Have you ever felt a strong curiosity or connection to the Moon? You're not alone and there's a good reason - the average woman's menstrual cycle is 29.5 days, as is the cycle of the moon.

And, that's no coincidence - women's bodies are synchronised with the lunar cycle! In fact, the word menstruation comes from the Greek word, *menus* which translates to moon, power and month.

In more ancient times, women would bleed together with the New Moon - a time of cleansing and renewing, and they would ovulate with the Full Moon - a time for growing into fertile abundance.

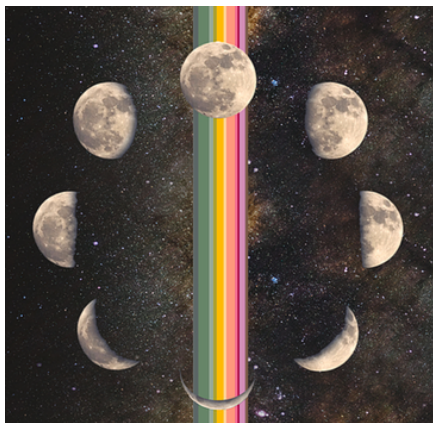
Because of her connection to the Moon, it was even believed that a menstruating woman held the power of creation, wisdom and deep spirituality. Her tribe would look to her for advice and guidance.

So like us, the Moon passes through different phases during its monthly cycle and by understanding the Moon's personality during these phases, it can guide us through our personal growth and healing.

Each phase lasts a few days, but for accuracy you can monitor the Moon by referring to an app or website each day.

In a nutshell, the Moon is either in a state of waxing or waning - growth or decrease. The growth phase starts at the New Moon and ends approximately three days after the Full Moon. The waning phase ends with the New Moon. Just like the Moon, we also go through periods of growth and retreat throughout the month.

While the Moon is waxing or waning it's passing a set of eight phases, each one is related to our own phases. By understanding the personal effects on us, we can use the phases to amplify our personal energy healing practices.





Reiki Healing

What is Reiki?

Reiki is a Japanese word meaning spiritual energy or Life Force Energy. Usui Reiki Ryoho is a traditional method of natural healing that was formalised by Mikao Usui in 1922 as a tool for spiritual growth - to return to one's truth. Although it is a tool focused on raising consciousness, whenever we do the inner work, the effects are profound and evident on our outer world. So, Reiki is also used as a tool for physical, emotional, and mental wellbeing.

Reiki is an energetic modality of healing that channels Universal Life Force - the energy that surrounds and sustains us all; the energy of love and light. The person facilitating the healing acts as a 'channel' for this energy to flow through. But we, like everything, are all simply expressions of this energy, and always connected.

We are always Reiki and the focus should not be on doing Reiki but rather on "being" Reiki.

Reiki is open to anyone to learn as long as they are open to its magic. All you need is the intention to align yourself with it, and the willingness to surrender to Universal Life Force, allowing your heart to lead the way.

The difference between Reiki and other energetic modalities is the magical, traditional Reiju or Attunement process. The Attunement is a sacred ritual formally passed on by a Reiki Master Teacher to a student.

How does Reiki work?

We are incredibly complex beings and part of our life experience is to experience it all, from the good to the not so good. Everything we experience isn't just experienced in the moment, but on a deeper level, stored in our cellular memory. During our life, we also store our ancestral memories along with events that happen on a collective level... And that's just in this lifetime. All of this makes our healing journey multidimensional and anything but linear.

Experiences are simply part of life, but it's how we store them - the emotion and feeling that connects us to that event - that causes our energy to be out of balance or "blocked".

This imbalance manifests as symptoms such as not sleeping well, chronic illness, stress and anxiety, feeling disconnected and loss of sense of self, low self esteem, and so on.

Energy must flow freely to promote optimum health and wellbeing. When we hold onto emotion that is fuelled by fear, it can cause blockages to stop this flow. Reiki helps transmute this energy away from love to it's optimal state, love.

Reiki clears and releases stagnant energy that we are ready to let go of and no longer serves us. It is common to be affected emotionally or physically after a treatment as the Reiki is raising this stored energy to the surface so that it can be dealt with. Once transmuted, recipients often feel lighter and uplifted.





Crystal Healing

What is Crystal Healing?

Like plants and other natural resources, crystals have been used since the beginning of civilisation as tools for healing, amulets of protection and good luck. Each culture has its own stories and traditions around different types of stones that have been passed on for generations.

Today, crystals are also honoured by the scientific community and play a large role in how we live our daily modern life. Crystals are found in timekeepers, electronic devices, medical equipment, and more.

Although many of the ancient practices have been forgotten, there has been a renewed interest today as humanity collectively shifts into a frequency of returning back to love and searching for more natural wellness practices.

Crystals are gifts from Mother Nature herself, tangible messengers from the divine here to help us on our path. When we come into possession of a crystal, it is up to us as its guardian to take care of it and it will in turn take care of us.

Like Reiki, using crystals as a healing art is another type of energetic medicine as they work to bring our energetic body back into its optimal state and speed up the natural process of healing and repair by:

- transmuting stagnant energy
- increasing the flow of energy, and
- channeling positive energy

How does Crystal Healing work?

Vibrating at the frequency of Mother Nature, of unconditional love, crystals can uplift a person's general state simply by being nearby.

Crystals, like us are energetic beings and vibrate at their own optimal level. When we interact with them, they can help raise our own frequency to a level that is more conducive to healing.

There are over 5000 registered minerals, many of them are crystals and used by healing practitioners to shift the underlying causes of our pain and suffering, returning us back to a balanced energetic state.

You're not expected to learn all of the different types of crystals, but it is much more effective to learn to work with a smaller quantity really well, learning to connect and communicate with their energy effectively.

The metaphysical meanings and properties of crystals have been channelled over time. As such, there is no limit to what they can be used for or how to use them. As you become more familiar with crystals, you will be able to 'hear' what they have to say and how they want to work with you.

To begin, simply take some time to include a crystal into a basic meditation or mindfulness practice. Noticing how it feels to be around, how its energy interacts with yours and be open to any messages or guidance it offers.





Phase 1: New Moon

In the following pages, you'll find a brief description of the various phases of the moon and tips and tools to incorporate Reiki and crystal healing into rituals to honour its magic. We begin with the first phase... The New Moon, which is sometimes referred to as the Dark Moon.

The New Moon is the beginning and first phase of the Lunar Cycle, the energy around this time is for renewal and new beginnings. It is the time before we take the action, a time to go within, connect with our desires and take the time to plan our next steps.

The New Moon is a time for crystal and Reiki healing rituals focused on new efforts and new objectives. Get clear on how you want the month ahead to look and feel and any manifestations you are desiring to call in. It is the time for setting new intentions and planting seeds that will help you grow.

Take the opportunity here to start a healing or self-care regime which will also help support bringing in this fresh energy into your life. Take stock of what is and is not working and what intentions you want to see flourish over the month ahead.

This is the time to get clear on what you're wanting to attract in life. Gaining clarity on what it is that you want by writing it down on real paper, with a real pen. Be specific in the goal you want to achieve.

Each New Moon will have a theme associated with it depending on the astrological sign it is aligned with. For example if it is Libra, then it is a good time to focus on relationships. Even if you don't know exactly what it is that you want, a good place to start is with how you want to feel.





New Moon Ritual - Setting Intentions

What you'll need

- Tools for cleansing your space such as incense or sound bowls
- Bowl big enough for a foot bath with salt and warm water (add any essential oils or flowers that resonate)
- Selenite, Moonstone, or Clear Quartz crystal
- Paper and pen for journaling

Ritual

1. Cleanse and clear

Begin with the practice of smudging/clearing your space. Leave doors and windows open to allow the unwanted energy to be released. Clearing helps us to make space for new energy; new opportunities into your life.

Once you have cleansed your space, now its time to cleanse yourself. Have some water and salt in a bowl big enough for a foot bath. We can hold so many toxins in our feet so the salt water bath helps to cleanse the old energy.

2. Prepare

After your feet are clean and dry, take time to prepare your tools before you begin the next part of your ritual. For the New Moon you'll need either a Selenite crystal (which is related to the Moon Goddess, Selene) or Moonstone. Both of these are perfect for tapping into our lunar energy. Alternatively, you can always substitute any crystal with a Clear Quartz.

You'll also need some paper and pen or a notebook - preferably something that is appealing and makes you feel good. The best thing to do if you can during growing season is use seed paper and then on the night of the New Moon you can plant the paper and watch it grow! You may also like to surround yourself with candles, music and scents that align with your intention. Set up your space before you begin.

3. Reiki

When you feel ready, place your paper and pen in front of you, hold your crystal up to your heart and begin a self Reiki practice. Say something like the following aloud:



"I accept the following things or something better into my life, for the highest good of myself and for all those concerned."



4. Set Your Intention

You can keep holding your crystal in one hand and with the other, write your intentions. Once you are finished, read them aloud and request the assistance of the New Moon and Goddess Selene to help bring what it is that you want into your life. You can also Reiki your intentions and use any symbols that resonate.



5. Gratitude

Read your intention each day throughout the month ahead. Keep it somewhere special and you may even want to place your crystal on top of it. Always end with a note of gratitude, thanking the Universe and your crystal for helping make it happen.

6. Commitment

Following the New Moon, you need to commit to your intention and show the Universe you're willing to do your part too. Pay attention to your thoughts, actions and ensure they are in alignment. Try to create boundaries around anything that doesn't align as much as possible. You need to create a positive energy that welcomes new opportunities to come to you.





Phase 2: Waxing Crescent Moon

Following on from the growth phase and energy of the New Moon, she continues to be in a space of growth during the Waxing Crescent phase. But moving away from the planning and going within, this phase is an exciting time for possibility and bringing positive change into your life – growth, luck and love. This is one of the most powerful times for taking action and to be focusing on your own healing.

It is during this time that you begin to really experience the effects of healing, your own personal growth and progress. Be sure to make note of how this stage feels and celebrate the efforts that came before to get you to where you are now.

Carry a Citrine crystal with you for keeping you focused and give you the confidence to achieve your goals. Read through your goals each day and have them somewhere you can see them. This might look like a vision board or just a picture you have beside your bed.





Waxing Crescent Moon - Manifesting with a vision board

What you'll need

- Your intentions from the New Moon
- Large card or paper - you'll need enough space to put visions of your goals and dreams or you can use a digital device
- Photos, images, magazines, drawings, words, symbols
- Something to cleanse your space i.e. Palo Santo
- Music
- Essential oils or herbs

Ritual

For this ritual, we are going to be making a vision board, to continue to support your intentions that were set during the New Moon.

1. Your Board

You may choose to create a physical vision board, or alternatively create one on a device such as your phone or laptop. It is important that it be kept somewhere that you can look at it at least once a day throughout the month.

2. Your Visions

Revisit your intentions from the New Moon and collect any photos, words, symbols or images that you feel represent your desires. These may be images that make you feel a certain way, or be things or experiences that you are wanting to directly manifest.

3. Create

Be mindful as you create your Vision Board - turn on some beautiful music, burn incense or herbs and most of all enjoy yourself!

4. Infuse with Reiki

Once you have completed the Vision Board, spend some time connecting with Reiki. Infuse your vision board with the essence of Reiki!

5. Surround with Crystals

Intuitively feel into the crystals you would like to take on this journey and surround your board with one or two you feel will help you to action next steps for you to achieve your visions. You may even want to add a picture of a crystal that resonates with your intentions.

6. Manifest

Take some time to view and connect with your vision board each day over the lunar cycle.





Phase 3: First Quarter Moon



This is a high-energy time to be connecting with both crystals and Reiki with healing energies high with determination and strength.

This is also a supportive and encouraging phase, so it is best to make the most of the energy to continue to encourage your intentions to blossom and grow.

A time of progress and rapid healing, emotional issues are easiest to deal with during this time. So you may like to take charge of any emotions that have been held under the surface, to allow them to be felt and healed.

Perhaps book yourself in for a healing treatment or do an extra long self practice during this phase.

This is a great time to focus on your healing and make the most of the determined and motivating energy that surrounds you.





First Quarter Moon - Creating a Crystal Elixir

What you'll need

- A crystal for your intention
- A glass of filtered water

Ritual

Crystal Elixirs are simply drinking water infused with the magical essence of crystals. These beautiful elixirs bring an intention and healing energy to your regular drinking water. For this crystal elixir, you may like to continue to focus on making the most of the motivating energy that surrounds you from the First Quarter Moon and choose a crystal such as Carnelian. Or if you are wanting to work on a specific emotional issue, choose a crystal you feel will support your healing.

1. Your Crystal Choice

Take a moment to choose a crystal you are drawn to work with and that you will infuse your water with. Connect your crystals with your chosen intention for the elixir.

2. Immersion

Pour filtered drinking water in the glass and place your crystals next to it. If you would like to immerse your crystal in the drinking water, please first check if it is safe to do so.

3. Infuse Your Water

Connect to Reiki and hold your glass of water and crystals in the energy of the Universe and ask the crystal to support you with your intention. Say the following aloud if you feel called to:

"Infuse and store this crystal's power
Growing purer by the hour.
Potent essence, stone and water
Make your magic all the stronger."

4. The Moon's Energy

Leave your water by the windowsill overnight to soak up the Moon's energy and then sip on it throughout the day.





Phase 4: Waxing Gibbous Moon

The Waxing Gibbous Moon is the time of greatest growth, with a strong energy during this phase. At times you may even feel as though it is testing you or redirecting you on your path.

Using crystals and Reiki during this time can help treat spiritual and emotional issues, as the strong and vivid energy from crystals during this time can fast track healing. Healing feels rapid and progress can be felt.

For healing to occur, sometimes you may be called to be flexible and to adjust, this may feel as though your plans are being redirected, but remember that this is all in support of ultimate healing and growth.

This is the time to work on yourself. Use this time, if you feel ready to push yourself to do something more as it is a great time to refine and make improvements.

However, if you are feeling like it's been a lot already, definitely listen to what feels right for you and what you have capacity for during this phase.





Waxing Gibbous Moon - Letting Go of Limiting Beliefs

What you'll need

- A belief that no longer serves you
- Pen and journal

Ritual

Before we move into the ritual, let's uncover how limiting beliefs work...

Our beliefs accumulate over our lifetime/s and they are created or passed on to us to serve us at a point in time. But as we get older and if they continue to serve us, they become automatic and subconscious. Beliefs aren't a bad thing, but sometimes they may limit you to living a life you now want. An example could be "I must work hard" is a belief that served well as a teenager because it got you praise and validation from a parent. But as an adult, this belief has only burnt you out.

Limiting beliefs may be unveiled when they no longer serve us or we begin to get curious, go within and deepen our self awareness. It is then we start to see what beliefs are still helping us and which ones are no longer aligned.

Beliefs underpin how we live our life because they influence the way we see situations, people, and even ourselves. So if we're unhappy with how we feel, behave and how things are working out for us, a great place to look is to go within to meet our belief systems. Beliefs can restrict our ability to attract and manifest the things we really want because they guide us in to live a life that is aligned with what we believe, not what we simply wish for.

The great part is that beliefs can be reprogrammed! Reiki and crystal healing are magical modalities to help us shift our beliefs because it gently moves us into a space that is more aligned with the belief we want. Beliefs, like everything else are energy and therefore hold a frequency. When a belief has been a part of us for so long, it affects our frequency and as you know - energy attracts like-energy!

On a human level, that like-energy feels familiar and safe to us. So despite all the manifestation techniques, if we don't also work on feeling comfortable with being in a new frequency, then what we want won't stick. This is where self-sabotaging behaviours play on a subconscious level. It's a way of protecting us from the unfamiliar - the worthiness. When we ascend the beliefs, we can become aligned with what we want to believe in. Not only knowing that we are infinite and Divine expressions of all there is, but truly embodying this new frequency.

When we have awareness of what these beliefs are (and sometimes there are several beliefs) you can then begin to reprogram them, clear them energetically and familiarise yourself with your new belief, which holds a new frequency. This will also help you to take the action you need - consciously - to move forward.



1. Your Belief

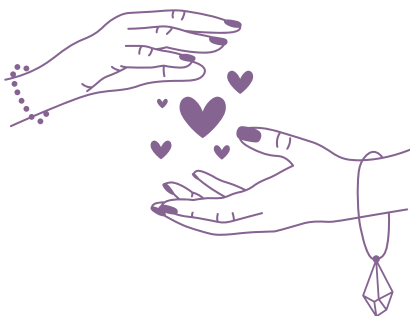
Pick an area of your life where you want to work through a limiting belief. For example, you may want to work through your money beliefs.

2. Current Belief

Identify what the limiting belief is that you have in this area of your life. For example, "If I earn too much money, I will be stressed out and too busy to have any freedom."

3. New Belief

Create a new belief that you want to believe, such as "I can earn X amount of money, feel calm, present and still have the freedom to enjoy my life." Choose a crystal that aligns with your new belief, such as Pyrite to keep you motivated and remind you of your new belief.



4. Connect with Reiki and crystals

Connect with Reiki and your highest self, connect to your new belief and hold yourself in Reiki as you feel into this new belief. Imagine exactly what it would feel like to have this new belief and what would like look like. Include your crystal in your practice. Notice any resistance that comes up in your body. Simply hold the crystal and your palms over any areas of resistance for as long as you need each time.

Don't focus on shifting the energy, but allow Reiki and your crystal to do what it needs to. Trust in their ability to hold you and hold your resistance as it is. You are worthy of your new belief despite your resistance. It may be the very first time you have really sat with this part of yourself and allowed it to simply be there, to be seen and held. Many times, our resistance, like us, just wants to be validated before it can be transmuted.

5. Journal

Afterwards spend some time journaling on the experience, any insights and how you are feeling after your self healing. Remember, we can have limiting beliefs in different areas of our life, so feel free to use this practice again and again!





Phase 5: Full Moon



Many of us associate the Full Moon as a time for release and letting go but it's not entirely true.

Traditionally the Full Moon is when the Divine Feminine is directly opposite the Divine Masculine (the sun). Here, she is showing herself in full illumination - she is standing tall as her brightest self for the whole world to see her, all of her exactly as she is - she doesn't hide any part of herself here. Whether she feels flawed or not, she knows this is her time to shine.

Full Moon is in fact a time for us to do this and to celebrate! It's a time of ovulation, creativity, excitement and high energy, a time where people would come together and share this high energy. The idea is that after a phase of taking action (the phase before full moon) we get to celebrate just what we've achieved half way through our cycle!

This is the most powerful time for our Moon's influence. At times, the effects are somewhat overpowering, so don't be afraid to reach out for support or to celebrate with others during this time. The Full Moon's magic can be maximised in groups. Get together to take time to honour yourself and others. It is an invigorating time, so make the most of it, doing something that you love and that will heighten your spiritual side.

This is the perfect time for collecting your crystals and letting them be immersed in the moonlight.

After the Full Moon, she begins to wane... she begins her retreat back towards the New Moon before a new cycle begins. And in the waning is the releasing and letting go. So for the next few days before the next phase begins, take this time, in the brightest part of the Moon's cycle, to celebrate.





Full Moon - Self Love Ritual

What you'll need

- Intuitively picked crystals (Rose Quartz is always a good one for self love)
- Bath or foot bath
- Paper and pen
- Any other tools you'd like to add to your ritual - rose petals, music, candles, tea/cacao, etc.

Ritual

Take some time to allow your intuition to choose crystals for your ritual. If you have a bath at home, take time to run the bath - be intentional, you may like to place some epsom salts, essential oils or rose petals in the bath, you can be creative as you like! You may even like to bring a cup of tea or cacao into your bath. This is about honouring yourself and bathing yourself with love, you can even bring flowers in the bathroom and light some candles.

You can choose to place your crystals around the bath, or you may like to place some in the water - your Rose Quartz will be fine in water, but remember to be cautious not to put water soluble crystals in. If you do not have a bath, you could easily create a foot bath or just run a hot shower.

1. Make the Space Sacred

You can create a sacred space where you can be comfortable and relax, surround yourself with comfortable cushions, beautiful objects or pictures that spark joy like plants, candles, essential oils, crystals - whatever you like.

When either your bath or sacred space is ready, spend some time giving Reiki to the space, you can simply hold your hands over the water for as long as you desire.

2. Bathe in Love

You can continue to give yourself Reiki in the bath if you desire. Get comfortable and use this time to give yourself an abundance of love! Take time to connect with your physical body as well as your energetic body and notice any judgement or self criticism. Instead, try to focus on feeling gratitude for your body and all that it does for you.



3. Write a Love Letter

When you have finished, keep your crystals with you, sit down to write a love letter to yourself! You may be inspired by something that came up during your self Reiki practice in the bath. If you find this challenging, or some resistance may come up, spend a few moments beforehand to connect with the energy of your Rose Quartz to tap into the energy of unconditional love.

You can consider the following prompts:

"I love you because...
I'm so proud that you...
I'm so sorry for...
You deserve..
I am going to show how much I love
you by... "



4. Reflections of Love

When you have finished, you may like to read over your letter and share Reiki with it. Thank yourself for showing and committing to yourself by doing the work. You can place this letter in a special place, or perhaps on your altar - as a constant reminder of the love you have for yourself.

5. Celebrate and honour with others

If it feels good, you may want to share your letter with a friend or after your ritual spend some time with people who make you feel good, and do something nourishing and fun with them or with your yourself!





Phase 6: Waning Gibbous Moon

Now is the opportunity for change with the energy during this time is about decreasing and letting go. A great time to focus on your own healing by letting go of what is holding you back or no longer serving you.

Reiki and crystal healing is a wonderful way to support you during this time.

Cleanse your home using Palo Santo or your favourite cleansing tools. This will make room for positivity in your life by letting go of that which is not aligned. Think about what it is that you need to let go of in your life - bad habits, thoughts, events, people, etc. anything that no longer serves you.

Amethyst is a beautiful crystal to help during this phase to release unwanted habits.

Once you are clear on what it is that you want to let go of, create an action plan to work through these things.





Waning Gibbous Moon - Letting Go Ritual

What you'll need

- A crystal that resonates for your practice - some ideas for breaking habits include Amethyst, Smoky Quartz, Rose Quartz or Apatite. You can also use a Clear Quartz to substitute any crystal
- A glass or chalice of water
- Herb of your choice - Rosemary is often a good choice for breaking habits
- Orange (a squeeze of juice) for step 4

Ritual

1. What's Your Habit?

Take a moment to think about what kind of habits keep showing up in your life that do not feel like they serve you any more. Think about what is in alignment with who you really are or want to be. Your habits could be a thought pattern, people or a person, behaviours, things you do and places that you visit, etc.

2. Infuse the Water

Fill the glass with water and choose a crystal to put inside the water (if it's safe) with your herb of choice. Hold the cup in your hand and close down your eyes to set the intention that you're giving your habit to the water. You may even want to call in any of your favourite guides and Reiki symbols to help support you here.

3. Incantation

When you feel ready, slowly pour your water down the sink and say:

"May this habit flow back into the Universe and be transmuted into purposeful loving energy."

4. Cleanse

Wash the crystal and cleanse it along with the glass. Then fill the glass with filtered water. Squeeze a little orange juice into the glass (or place the orange around the glass if you don't wish to consume it).

5. Reiki

Place your hands around the glass. Close down your eyes with Reiki and set a new intention with this new water for the type of new habits you want to bring into your life. When you feel ready, drink the water with the intention that you are drinking the new loving and purposeful energy.





Phase 7: Last Quarter Moon

The Last Quarter Moon is a time for balance, introspection, and connection. Reflect and ask yourself what you have learned, and how can you move forward. Reflection is powerful during this phase as it will support you in continuing to let go and rebuild as you heal.

This continues to be the time for releasing negativity. As we have been throughout the waning moon phases, continue to take stock of what you need to let go of and release and surrender to this process.

It's a great time for connecting with the lower Chakras - those that connect us with the physical world, and often where we often hold the human-level resistance from being the best version of ourselves.

Spend time in Nature to work on grounding and coming back to your centre by connecting with yourself and the physical realm. This will help to take action on releasing all of those negative behaviours. Some beautiful crystals that focus on our lower Chakras include:

- Red Jasper
- Smoky Quartz
- Fire Agate
- Sunstone
- Citrine
- Black Tourmaline
- Black Obsidian
- Tiger's Eye
- Hematite
- Bloodstone
- Garnet
- Yellow Aventurine
- Mookaite Jasper





Last Quarter Moon - Grounding Ritual

What you'll need

A crystal that resonates with you and your lower Chakras

Ritual

1. Choose a Crystal

Take a moment to let your intuition choose a crystal. Then sit or stand firmly on the ground and centre yourself. Make sure your feet are touching the ground.

You might like to hold your crystal to your Hara (located in the centre of your body below the belly button, this is the Japanese energy centre that represents your personal centre).

Alternatively, you may like to hold your crystal to your hips, especially if they are tight or your lower back is holding tension.

2. Connect

Take some time to connect to Reiki and your crystal's energy; to Mother Earth. Use your breath to also connect with your very own life force energy, drawing it down through to the lower Chakras even down past your feet and connecting you to Mother Earth.

3. Speak Aloud and Affirm

Centre yourself with your breath and say the following:

"To the ground, I am bound
See my roots reaching down
Feel the weight of this stone
One with Earth, flesh and bone."



3. Integrate

Spend as long as you need anchoring into the grounding energy of your crystals and Mother Earth.





Phase 8: Waning Crescent Moon

This is the time of rest and recuperation after you've been through the hard work of active healing. This is the end of the healing cycle, honour how far you have come, the endings and beginnings and make sure you allow yourself the space to rest.

As we approach the New Moon once more, think of anything that you need to do to complete the cycle before the next one begins. This is the perfect time to reflect on the intentions you set at the beginning of this cycle; the New Moon. Take stock of how your intentions have manifested and spend time offering gratitude for all that has occurred during this cycle.

This is the time to soften, be tender and gentle with yourself, a time for self-care. Do things that will help you feel relaxed and rejuvenated.





Waning Crescent Moon - Creating an Amulet

What you'll need

- A little bag or pouch
- Crystals that represent lessons or challenges
- Pen and journal



Ritual

An amulet bag can be a small pouch or box, which you can keep with you. An amulet brings you luck and offers protection from negative energy. This amulet bag can be kept on yourself to remind you of what you have made space for in your life and also to remind you of how far you have come. Your little amulet bag is your commitment to you.

1. Pouch or Box

If you have a little pouch laying around or a sacred box you can use, now is the time to get it.

2. Choose Your Crystals

Take a moment to tune intuitively to your crystals, you may like to choose crystals that represent the lessons, challenges, growth and achievements over the past month. Ensure they have been cleansed and charged, before using your crystals. Once you have allowed your intuition to choose your crystals, place them in your amulet bag.

3. Other Sacred Items

You may also like to place any other favourite or sacred items into your amulet, perhaps from your altar, once again these may be items that symbolise your experiences from the past month.

4. Reflections

Keep your amulet on you for the rest of this phase in the lead up to the New Moon and take time to connect in, monitor how it feels and makes you feel. You can combine this as part of your self Reiki practice. As part of your reflections, contemplate the following journal prompt:

How do I honour myself each day?
How does it feel when I honour my needs?

Notice what comes up from your journal prompts, if there are any actions that are coming through to honour yourself more each day, take note of them and keep your list nearby.

6. Return To It

You can place your amulet on your altar or in your sacred space, feel free to use it again or hold onto it as a reminder that Just for today, be kind to yourself.





Next steps

Congratulations on taking the time to learn more about our magical Moon and also about yourself! I hope you enjoyed the 8 rituals that connect your Reiki and Crystal practices through the phases of the Moon and in turn have deepened your own practices and connection to yourself.

We can learn so much simply by taking a little time each day to sit with our Self and remember our Divine connection to the Universe and all her beings. Often through our human experience, we can get caught up in the chaos of modernity, which mystifies us with the idea that we are separate. It is through the opportunities to connect and be held that we remember we are one and rebuild trust that we are part of something so much bigger, something extraordinary. That we too are expressions of the Universe's Divinity. This infinite possibility, fractals of love and pure light.

Above all, our human is worthy of our attention and love. Our human is a part of us and that which makes us whole. Just like the part of us that is Divine, our human is also worthy of being noticed and honoured. Of being loved and reminded of it's light.

If you would like to know more about how you can work with me or if you'd like to further your training in Reiki or Crystal Healing, please visit me at

<https://www.nourishedenergy.com.au> and I'd be so honoured to guide you.



Nourished Energy