

# Waning Moon Healing Ritual



Introduction:

The Waning Moon Healing Ritual with **Hecate's** Guidance is a sacred ceremony that harnesses the transformative energy of the waning moon to facilitate release and let go of what no longer serves you while invoking the wisdom and guidance of the goddess **Hecate**.

Materials Needed:

- A quiet and comfortable space where you can perform the ritual undisturbed.
- A small altar or table adorned with symbols of **Hecate**, such as an image or statue.
- A black or dark-colored candle to represent the waning moon.
- Crystals or gemstones associated with release and letting go, such as obsidian, smoky quartz, or labradorite.
- A small bowl of salt or earth.
- A piece of paper and a pen. Optional: Incense or smudging tools for purification and offerings for **Hecate**, such as herbs or flowers.

Preparation:

Begin by purifying the space, either by smudging, sprinkling salt, or using any method of energetic cleansing that resonates with you.

Set up the altar or table in the center of the space and place the black or dark-colored candle in its center.

Surround the candle with the crystals or gemstones associated with release and letting go. Fill the small bowl with salt or earth and place it near the candle.

Take a moment to ground yourself, connecting with your breath and centering your energy.

The Ritual:

Light the black or dark-colored candle, representing the waning moon, and take a few deep breaths, allowing its soft glow to fill the space.

Stand before the altar, facing the candle, and invoke **Hecate** by speaking or chanting the following words:

"**Hecate**, goddess of wisdom and transition, I call upon your presence for this sacred mission. With the waning moon's energy, we align; guide us to release what no longer serves, divine." Take a moment to visualize the candle's flickering flame as a source of transformative energy. See it gently illuminating the path of release and letting go. Pick up the piece of paper and pen, and write down any aspects of your life, habits, or emotions that you wish to release and let go of or the areas of your life that need healing. Be specific and clear in your intentions.

Hold the paper in your hands, close your eyes, and imagine **Hecate's** guidance surrounding you. Feel her presence and visualize her guiding light illuminating the path of release and liberation. When you feel ready, tear the paper into small pieces, symbolizing the breaking free from what binds you. Place the torn paper in the bowl of salt or earth, representing the transformative power of release.

Take a moment to offer your gratitude and thanks to **Hecate** for her guidance and assistance in this process of healing and letting go.

You may speak or silently express your gratitude. Allow the candle to burn for a while, observing the dance of its flame as a symbol of your release and the energy you have invoked.

You may choose to meditate or simply sit quietly, focusing on your intentions for liberation.

Once you feel complete, extinguish the candle, symbolizing the end of the ritual.

Express your gratitude once again to **Hecate** for her presence and guiding energy. Closing: As you conclude the ritual, take a few deep breaths and ground yourself.

Reflect on the release intentions you have set and trust that **Hecate's** guidance will support you in your journey of healing and letting go.

Carry the energy of this ritual with you as you move forward, knowing that you have invoked the transformative power of the waning moon and **Hecate's** wisdom for your liberation.

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