

# Full Moon Ritual for Cleansing



## Introduction:

The Full Moon Cleansing Ritual with **Hecate's** Guidance is a sacred ceremony that harnesses the potent energy of the full moon to purify and cleanse your mind, body, and spirit 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 white or silver candle to represent the full moon.
- Crystals or gemstones associated with cleansing and purification, such as clear quartz, selenite, or amethyst.
- A small bowl of salt water.
- A piece of paper and a pen.
- Optional: Incense or smudging tools for purification and offerings for **Hecate**, such as herbs, flowers or salt.

## 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 white or silver candle in its center.

Surround the candle with the cleansing crystals or gemstones of your choice.

Fill the small bowl with salt water and place it near the candle.

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

## The Ritual:

Light the white or silver candle, representing the full moon, and take a few deep breaths, allowing its luminous 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 purification, I call upon your presence on this sacred night. With the full moon's energy, we align; guide us to cleanse and purify, divine."

Take a moment to visualize the candle's radiant flame as a source of transformative cleansing energy. See it illuminating the room with its purifying light, enveloping you in a cocoon of cleansing energy.

Pick up the piece of paper and pen, and write down any thoughts, emotions, or patterns that you wish to release and cleanse. Be specific and clear in your intentions for purification.

Hold the paper in your hands, close your eyes, and imagine **Hecate's** guiding presence surrounding you. Feel her purifying energy and visualize her illuminating light purging and washing away all that no longer serves you, leaving you cleansed and renewed.

When you feel ready, dip the paper into the bowl of salt water, symbolizing the purifying and transformative power of cleansing. Allow the water to cleanse and purify the energy of your intentions.

Take a moment to offer your gratitude and thanks to Hecate for her guidance and assistance in this process of cleansing and purification. 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 cleansing and the energy you have invoked. You may choose to meditate or simply sit quietly, focusing on your intentions for purification.

Once you feel complete, extinguish the candle, symbolizing the end of the ritual. Express your gratitude once again to **Hecate** for her presence and her guiding energy.

Closing:

As you conclude the ritual, take a few deep breaths and ground yourself. Reflect on the cleansing intentions you have set and trust that **Hecate's** wisdom and guidance will support you on your journey of purification and renewal.

Carry the energy of this ritual with you as you move forward, knowing that you have invoked the transformative power of the full moon and **Hecate's** purifying energy.

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