



Video Transcript

Full Moon Release Fire Ritual

Hi everyone. It's Colleen McCann and I'm here to share with you what a full moon ritual looks like and the immense gratitude that can go along with this ceremony. So I'm out here on my land and the first thing we're going to do is to light the fire.

So while

that fire starts to stir, I want to share with you why we do full moon fires.

It is the best day and time of the month to provide energetic release to yourself on a mental, physical, emotional, and spiritual level.

When we do this, we also want to see what full moon it is.

And what I mean by that is it a full moon in Pisces, a full moon in Capricorn, a full moon in Virgo. Because that's going to help us understand what the subject matter is that we're releasing into the fire. So it happens to be a full moon in Libra tonight. And we know that Libra's govern our relationships.

And since full moons are the day that we want to release, we are releasing what no longer serves us when it comes to our relationships. That can be the relationship with yourself. It can be a relationship with friends, family, co-workers, your significant other, it's incredibly important to release because we are just containers of energy and if we continue to hold, hold, hold everything in our physical and energetic body, we don't have any room for other new things to come in. So that's what this fire ceremony is about today. Now that we have the fire going, the next thing I want to do is to offer something to the fire.

And what we're going to use is olive oil. One, this helps to stoke the fire, but it's also something natural that we can offer. And I'm going to do this offering to the four directions.

And I'm going to start in the south direction.

And my incantation is, to the winds of the south, great satchamama, serpent mother, thank you for being here with us. Thank you for wrapping your coils of light around us and help us to shed what no longer serves us on this full moon in Libra.

And walking around to the west, to the winds of the west, Altarongo, great mother -sister Jaguar, thank you for being at this fire with me. Thank you for helping me to release any ancestral trauma, any emotions, any thing that does not serve in that way anymore. Thank you for helping me stay on the right path and nipping at my heels when I fall off.

To the winds of the north, Siwarkente, great mother hummingbird, thank you for being with me at this fire today. Thank you for helping guide my intuition in the right direction, allowing me to stop at not just any flower, but the right flower that are meant for me.

And to the winds of the east, Apuchin, great eagle condor.

Thank you for being at this fire with me, helping me to fly high and to see things from an eagle's eye perspective, to not be bogged down by tiny little details, and to see through all of time and space. There's always room for you here.

The reason we work with fire is because of all the elements, it is the great purifier. And it's believed that when we offer something to the fire, that these offerings are wants, wishes, prayers, things that we want to release, go up out into the universe through the smoke and go where they need to go. So the next thing I'm going to do, my fire, is to actually release something.

And I'm taking this from my personal altar. And what I have to offer are my taro cards. I've had these on my altar for several months, and I knew that it was just time for them to go. And they all mean something different to me and since the full moon is a great time of release not only is it time for a fire it's also time to clear the decks on your altars within your house so i do these things simultaneously in my home clearing all my altars anything that's um biodegradable and burnable obviously we don't want to put anything that's chemical into the fire. I'm going to release these.

I really just want to take a minute and reflect on what each one of these means to me as they throw them into the fire.

I got the full moon card, definitely something that I want to release on a full moon.

I have the emotions card, so I'm letting go of old emotions that don't serve me anymore within my relationships, because it is the full moon and Libra.

Choose who you are becoming.

I think about this releasing, releasing what's getting in the way of my relationship with myself for who I am meant to be in the future.

The passion card, releasing old passions that are not working anymore. It might have been something that lit me up before, but it's just not something I need to take into the future.

The fire agrees.

The communication card, releasing old ways of communicating that are not working anymore, letting go of perhaps certain ways I do business, certain ways I communicate with the people in my life that I love, and finding new ways that work better for both myself and for all of us.

The Divine Masculine card, releasing the old version of what divine masculine lives in me, the fire within me that's helping me to do, to get things done, to fight for what I believe in and for what I love. Perhaps some of those are outdated and I'm open to releasing that so that new ways can come in. We also know within relationships, people that hold the divine masculine within your life. Men within our life are people that identify with the masculine allowing that to let go also.

I feel deep, unconditional love for myself every moment of the day.

What a beautiful card to end with. And I think that

I want to release the old ways of loving myself,

right? Because our most important relationship is the relationship with ourselves and if there's some way that I can free my physical and energetic container to allow new ways in to show up for myself, then I'm all for it.

So I'm just going to stand here for a minute and let that burn.

The other thing I want to do at this time that is always a practice for me, and, of course, it involves a crystal.

Fire is a great way to purify your stones, but obviously you have to keep it on a string or on a metal chain. So I'm not gonna dip this too far into the fire, but it helps to clear and energize my crystals. This is a pink amethyst that I'm choosing to run through the fire today, which is protection of the heart, which I think is such a beautiful thing to run through the fire, considering we're doing a full moon and leap of fire around relationship to self and to others. So I'm just going to swing this around above the flames.

Just getting it close enough.

It's that simple to cleanse your crystal jewelry if this method works for you, the fire agrees.

So what I would tell you next is, in this process, we've made an offering of the olive oil. I had the chance to put in things that I wanted to release thought forms, behavioral patterns, old ways of being, old relationships, things in my body container that aren't meant for me anymore, and then also getting a chance to clear my crystal jewelry. This feels like a very complete fire ceremony for me. The last thing I would do is really just sit with a fire because every fire has its own personality. There's a lot of wind out today, as you can tell. And then this fire's been very spicy. You've seen a couple times as I've dropped something in or made an incantation. It's kind of spitting back. Sometimes we have fires that are very quiet, ones that have very big flames, ones that have purple flames more than the orange color. So it's just kind of interesting that you can actually divinate the fire and

what it's saying to you. So mine feels hot and spicy, which is great. It has to do with relationships. Love it. And, you know, having all this wind out here, like the winds of change are here. And it's a bit of a lot of smoke is coming off this fire too. So I really feel like my once prayers and wishes are being heard. And I'm really getting to see them get lifted up out into the universe where they need to go. I hope this was helpful and I'll see you on the next Gaia goddess video. Thanks so much.