



Video Transcript

Full Moon Meditation For Relaxation

Hi, this is Melissa and I am so excited to offer you this lunar meditation and we're going to focus on the magic that the full moon can bring to you.

I want you to feel enlivened, uplifted and comforted by this experience so let's talk for a moment about what the full moon really means in ritual and magic the full moon as a celestial body with her light illuminates So much wisdom.

And that's what I want you to think about. The light of the moon showing you what maybe before was hidden, what felt mysterious or what even felt dark and frightening. Take comfort in the light of the full moon and let her reveal those mysteries let her illuminate wisdom and deliver messages to you on the beauty of her silvery beams let's begin by grounding together and taking three deep breaths, starting now.

well done that was wonderful now listen if i'm breathing with you and you ever take more than three breaths or it's less it's all good You are consciously connected to your breath and your body. And that's all I want for you, because this is the starting point for magic. So I want you to visualize in your mind the full moon.

And it's okay if it's not a full moon on your calendar right now.

You can always access that magic and that energy within yourself.

But it is definitely an extra potent experience when you can create a ritual on the night of a full moon. So let's start thinking about that image.

Put yourself somewhere in your mind. Where do you see her?

Where do you see her light? Are you looking at a window from a cozy spot in your home?

Are you on a hill in the beauty of a surrounding forest?
Or is this a special place in space and time that only you have access to
place yourself anywhere and in any proximity to her light
yes you can see it and you can almost feel it.
And that is the best part of this particular journey. You can make it anything you
want.
We know when the moon is full. She is reflecting the light of the sun.
It's glorious and it doesn't necessarily feel warm,
but it has its own glimmer.
And I definitely feel a silvery magic coming from that light.
What do you feel?
Does it feel like a shimmer or a glitter?
Is it like diamonds?
Prismatic. Remember, this is the element of light. This is important because this is
the light that you can use not only to reveal the mysteries,
the wisdom, the messages, but this is the light that you can carry within yourself,
that you can use to assist you in your own personal shadow work and self -develop
it.
Let's take 30 seconds for you to feel the light of the moon on your skin and
inside of yourself.
Well done.
And listen, this is your journey. If you were really digging that and you want to
press the pause button here, please do. You can spend as much time as you desire
feeling that moonlight along your skin, illuminating you,
sparking your own magic.
What do you look like when you're bathed in that light?
What parts of you become alive that are often hidden? What do you give permission
to within yourself to exist when she is out and full and beaming her power on you.
What do you feel when you start to internalize that experience and bring the light
inside of yourself? Really want your imagination to play,
and this might sound wild, but sometimes I imagine that I can cup the moon in my
own hands. I can pull her from the sky and swallow her.
And with that magic and with that light, I can then see inside of myself in a way
that I normally can't. And that's why this is such a special time.
Working with the full moon is quite unique as a lunar energy.
What is inside of you that you usually don't look at?
That feels easier or more comfortable to leave hidden,
what could you call forth?
And if there's anything inside of you that makes you really uncomfortable or it
feels scary, you can always slow down, ground yourself.
Remember that you are the one in control of this journey. But This is also when
you can ask the moon for help. This is also when you can be comforted by her
light. And remember that you, as the observer, get to stay in the light.

As you see what's within you.

And often, when we use that lunar field to illuminate what's going on within ourselves. Turns out to be not so scary.

It's like imagining there's monsters in a closet and when you flash a light, there's really nothing. Please know that your own anticipation can create an anxiety that when you look straight on at whatever it is you've been avoiding with the assistance and support of the full moon. There's usually nothing there for you to be afraid of.

And in fact, this is when you can ask the moon. Help me to see and help me to let go.

What beliefs about myself or the world or the universe no longer serve me.

What attitudes or stories do I tell myself that hold me back?

Ask her for your assistance and letting go.

Ask her for protection and support in this process of release.

We consider the moon to be at her fullest, most pregnant self, so that you too can birth whatever is necessary to help you along your progress and your journey, or to shed whatever needs to be shed. You can bring the light of the moon into your womb.

And it doesn't matter how old you are. It doesn't matter if you still physically menstruate or not. It doesn't matter if you have all your reproductive organs or if you had medical journeys that leave you with what you might perceive as an empty space. What is true is that your power to create, your womb space is yours always. It is sacred and the moon can perfectly fit herself and nestle into that space, helping you to birth and release. Let's take another 30 seconds now for you to feel into that and to give yourself the space and time to birth and release.

You may want to use whatever has come up for you as a prompt for journaling.

You may want to write down those old thoughts, beliefs, stories, patterns, behaviors, emotions, sensations. What never doesn't serve you anymore, write it down, and then rip it up And by the light of the moon, flush it, or if you have a safe way to use fire, release it into the air.

Now you can take the light of that moon that's still inside of you, that you've swallowed or that you've allowed to penetrate your womb. And you can scrub every cell of yourself, clean,

silvery. Imagine every cell in your body having tiny bits of moonlight within them, diamonds, titanium, silver, steel,

whatever feels like strong and health giving to you. Bring it into your body.

Bring it into your cells.

And anywhere you want the moon to live in your body. She can at any time. Keep her in her your heart. Keep her in your mind.

Keep her in your womb.

Give your thanks.

And know that even if you don't see the moon and her light at its fullest like we are playing with right now.

She offers her own special magic at every phase.
And feel free to dive in and use it. Thank you for joining me today in this journey and in this ritual. Go forth, renewed and cleansed, and be well.