

MOON RITUALS FOR

Radical Self-care

GUIDE



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"I long for the raised voice, the howl of rage or love."

— Leslie Fiedler

Hey it's Naty here,

When was the last time you let your self Howl? Be it in rage or in love, let your self pause and feel and express the depth of your feelings?

For most of us, it's been a while. For we have been taught to stuff our feelings, to run away from them, to freeze with anxiety as soon as they find their way out of the dark spaces within us back into our hearts.

We have been taught from an early age to give away our power, our voices and our right to Howl our emotions into the night sky...

E-motions are energy in motion. When we freeze and stuff that energy, it creates blockages in our bodies, densities that lead to disharmony and disease.

The Moon through her beauty and her powers has the ability to teach us to flow again, teach us to allow our e-motions to be released, to be looked at and to be gifted as Spirit Medicine into the world.

Energy cannot be created or destroyed, it can only be transformed. So together with the Magic and the Medicine of the Moon, each month we are giving two opportunities to fully dive into the depths of our own being and release what is keeping us bound, create space for the new, recalibrate our hearts in alignment with our Soul and begin to create the life we yearn for.

In this free e-guide I will introduce you to the power of ritual and ceremony to reconnect with the heart of your Soul, awaken into sacredness and reclaim your power in alignment with the Moon.

DO YOU, TOO, HOWL AT THE MOON?

The rhythms of the moon offer us an opportunity to come into a deeper space of stillness within us. They provide an opportunity to align and anchor into our true nature,

as we pause and feel, tap into our heart, and recalibrate with our own rhythms, on a monthly basis.

The new moon is a symbolic portal for new beginnings, a time for planting the seeds of that which you want to bring forth into your life and into the world. It's a womb time of time, of darkness and stillness, of slow movement, of self-inquiry, and of dropping deeply within. What is it you wish to bring forth? What kind of physical, mental, emotional, and spiritual seeds are you planting? What kind of radiant health do you want to experience?

The new moon is also a time of deep release and letting go of what is not serving us that has become density in our body systems, by giving them space outside of your body (through the ritual of the Hucha Ceremony below), so as to create the fertile ground for the conscious seeds we are now planting in our inner garden. Are there habits and behaviours you need to let go of in order to access that deeper space and state of radiant health? What new tools are you developing to upgrade the operating system of your whole body complex?

The full moon is a symbolic portal for completely letting go of the densities (Hucha) that was first seen and given space outside of our bodies in the new moon. The full moon is also a time of taking action and celebrating the growth of your choices. It is a time of "harvesting" that which you planted with the new moon, a time of releasing the dream into the world, of being out in the world, of bold actions, of becoming, of radiance and illumination. As you tune into the moon's cycles, just like the full moon shines her beauty and states her presence, you and I are asked to step into our own light.

The quest for lunar alignment can be enhanced by doing a [detox](#) on the days of the new and full moons, for one day, or for a three- or seven-day detox, keeping the actual day of the new or full moon as midpoint of your detox.

C THE RITUAL OF THE HUCHA CEREMONY

The word Hucha means density. The Hucha ceremony is the practice of giving the densities that reside within us, whether inherited, self-created, picked up from those around us, or acquired

from the space outside our bodies. The Hucha ceremony allows you to give space to your ancestral wounds outside yourself, as you continue to heal and integrate their teachings and the gifts of their medicine.

It is a simple ritual that can have a profound effect, for the impact of your emotions and their

densities exists in the timeless spaces in between your cells. This ritual works best when done in alignment with the new moon. The darkness of the moonless sky allows us to see with clarity into the world within. It is a quiet time of inner revelation.

Ingredients & supplies you will need:

- paper & pen
- ceramic bowl, matches
- glass mason jar with lid
- water
- baking soda
- quiet time

Step 1:

- Come to your sacred space.
- Centre yourself, pause and feel.
- Use any of the deep breathing exercises/pranayamas to quiet and anchor the mind.
- Write your Hucha letter. Allow yourself to write down onto paper the densities that have been weighing you down. These densities can be an emotion (sadness, grief, anger, fear, shame, guilt), a thought, a relationship, or whatever you can identify.

Note: This Hucha letter is just for you. It is not meant to be read by anyone else, so go for it; be

as raw and truthful as you can. Allow yourself to use all the words you need (even the not so nice ones—yes, it's okay!) in order to release the emotional charge responsible for creating incoherence at a cellular level.

Step 2:

- Burn the letter. Yes, you read it right. Burn it to fully release the density those words still hold. You will need to keep the ashes, so whether you choose to burn it inside or outside, use a ceramic bowl to burn your Hucha letter.

- Place the ashes of your letter in a glass Mason jar. To whatever amount of ash you have,

add equal amounts of baking soda and water to it. Mix it well. The baking soda will begin to neutralize the energetic density of the ashes. Place it in the freezer until the Full Moon.

Step 3:

- The day before the coming Full Moon, remove the jar from the freezer and allow it to thaw.

- On the day of the Full Moon, release it into a moving body of water. Let it flow, let it flow. Offer a prayer of gratitude to the Great Spirit for the opportunity to release these densities, and for the opportunity for them to be recycled into healing cosmic energy.

Remember the first law of thermodynamics? Energy can neither be created nor destroyed; it can only be transformed.

Energetically, the portal of energy that becomes heightened during the New and Full moons lasts for three days. Both the day before and the day after the new and full moons are also days of heightened energy, offering the best opportunity to perform this Hucha ceremony.

May this ritual serve you to release density from within your body, mind, heart and soul, and bring you into greater harmony with the magic and the sacred medicine of the Moon.

Would you like to learn other rituals, tools and practices that will bring you into greater alignment with the Moon, and will offer you a deep connection with the sacred space within you?

I invite you to join me for the virtual *New + Full Moon Yoga Circles* to experience the magic of Yoga Spirit Medicine and your ability to connect with a sacred community as you awaken into the inner space of your deepest belongings and refuge.

The New + Full Moon Circles are a fusion practice of yoga, breath work, mantra, shamanic journeying and rituals in alignment with the moon.

Check out my upcoming list of Virtual Circles [here](#).

RECLAIM YOUR SELF. AWAKEN INTO YOUR SACRED MEDICINE.

I look forward to seeing you online as part of these deeply transformative circles.

Naty xo

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**VIRTUAL NEW + FULL MOON
YOGA CIRCLES**