

🌕 Blood Moon Ritual for Release & Renewal

🌟 Best done on the night of the Blood Moon (7th September 2025), ideally outdoors under the moon or near a window where you can see it rise. You can find many of the things you'll need @ spiritualquest.co.uk

🕯️ What You'll Need

- A candle (white, red or black are great choices)
- A notebook or journal + pen
- A bowl of water (optional, for symbolic cleansing)
- A crystal (moonstone, black tourmaline or clear quartz work well)
- Sage, incense or a cleansing spray (optional)
- A blanket or cosy space to sit

🌑 Step-by-Step Ritual

1. Create Your Space

Set the mood. Light your candle, cleanse your space with sage, incense or spray, and turn off distractions. Sit somewhere comfortable - indoors or outside - and take a few deep breaths.

If the Moon is visible, spend a few minutes gazing at it. Let its energy wash over you. If not, just visualise it in your mind, glowing deep red in the sky.

🗨️ Say out loud (or in your mind):

"I honour the cycles of the Moon. I honour the cycle within myself."


2. Ground & Centre

Hold your crystal in your hand. Imagine roots growing from your body into the Earth, grounding you. Breathe in calm, breathe out anything heavy.

You might place your crystal on your chest or lap, or leave it in front of you if that feels better.

3. Release What No Longer Serves

Open your notebook and reflect on what you're ready to let go of. Old habits, limiting beliefs, people-pleasing, fear, resentment – anything that's been weighing you down.


 Prompt: "I now release..."

Write freely - don't hold back. Let it all out.

When you're done, read your list aloud (or quietly to yourself), then either rip it up, burn it safely (if you can), or place it under your bowl of water as a symbol of cleansing.

4. Set Your Intentions

Now, shift your focus to what you want to call in.

 Prompt: "I now welcome..."

Think about how you want to feel, who you want to be, or what you're ready to grow into. Keep it honest, open and hopeful.

5. Seal It with Stillness

Sit in silence for a few moments. Feel the shift. Visualise your intentions taking root. Dip your fingers into the bowl of water and gently touch your forehead or heart. This symbolises clarity and emotional renewal.

Blow out your candle to close the ritual.

✨ Say: "It is done. I am ready. I am open."

Optional Add-Ons

- Use oracle or tarot cards to gain extra insight
- Add a bath with salt, herbs or oils after your ritual for extra cleansing
- Wear moonstone or black tourmaline jewellery the next day to carry the energy with you

This ritual isn't about perfection - it's about intention. Whether you do all five steps or just one, tuning into the Blood Moon helps you pause, reset and realign.

So light that candle, whisper your truths to the night sky and trust that shifts are happening – even if you can't see them just yet.