

WANING MOON RITUAL

1. Use the metal element and your sense of smell. You can have a metal dish, jewelry, gemstones or crystals near you. Light incense or burn a candle to engage your sense of smell. The sense of smell is closely linked with memory, probably more than any of our other senses. During 3rd quarter you're reflecting on the past moon cycle, deciding on what to release and what else needs to be refined so that the diamond inside of you can really shine.
2. Do a short meditation. This is the phase most conducive to meditation!
3. Share your story - When we share our story, it feels more complete and every time we share, we gain new insights that build our desire for the next part of our story. Always find a way to share what you have learned. Share your lessons with a friend, in a blog post or other social media platform, or even in a journal for future posterity.
4. Offer gratitude. Abundance is essential for creation.

