

Lunar Wellness

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Super Blood Flower Moon Ritual

The Super Blood Flower Moon is the May Full Moon, which is known as the Flower Moon. This particular lunation is known as a 'Blood Supermoon' as it coincides with a spectacular total Lunar Eclipse.



Enodia Therapies

MAY 2022



Story

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Each lunar cycle gives us the opportunity to look inwards towards ourselves and the use the energy of the cosmos to explore where we are at in the journey towards our true, authentic selves.

By Irene Maropakis, LCAT

The Super Blood Flower Moon is the May Full Moon, which is known as the Flower Moon. This particular lunar event is known as a 'Blood Supermoon' as it is coupled with a Total Lunar Eclipse when the Moon is also at its closest point of the orbit to Earth. On top of that this Super Blood Flower Moon finds itself occurring in the sign of Scorpio.

Let's Break it Down. What is the Super Blood Flower Moon Lunar Eclipse in Scorpio even mean?

Rituals

Scorpios' themes bring up intensity, alchemy, and transformation. Scorpio confronts us with our depth and darkness, the secrets we keep from ourselves and others. It guides us through facing darkness to find the truth, Scorpio asks us to transform our fears into faith in ourselves. We have not had a solar eclipse land in the sign of Scorpio since April 25th, 2013. It may be helpful to revisit themes that were occurring in your life during that time as they may show up once more, or be brought up to be addressed during this lunar cycle. Mercury is also in retrograde from May 10th to June 3rd, which adds another reason to prepare for future endeavors while recognizing and remembering lessons from our past.

The Full Moon's energy symbolizes the energetic release of what no longer serves us, our baggage, limiting beliefs, or blockages. The Full Moon invites us to reflect on old goals & set new ones. It invites us to evolve, change and grow. It being a Supermoon adds another intense pull that affects your instincts, and feelings and points out complications in life.

Eclipses represent rebirth, exposing what is hidden in the shadows. Coupled with being a Full Moon in Scorpio the main theme is tackling what needs to be deconstructed, destroyed, and reworked head-on, and rebuilding it better, and more aligned with your goals this time around. This theme can be summed up to be as "Phoenix Rising from the Ashes". It is time to tie up loose ends and then burn them away, to prepare for new chapters in your life.

The Blood Moon is nothing to fear. While on the night of the lunar eclipse it may appear bloody red for a short time due to the conjunction of the positions of the Sun, Earth, and Moon, the bright red appearance is caused by the shadow of the Earth across the surface of the Moon.



"Like a "Phoenix Rising from the Ashes". It is time to tie up loose ends and then burn them away, to prepare for new chapters in your life."

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How Can I Harvest the Energies of this Moon?

As Blood Moon Eclipses are a good time for endings, we can consciously use this energy to set an intention to bring an ending to any painful wounds, stories, or situations that we may find ourselves in. Below you will find the Super Blood Moon Ritual, big and small, to use during this spectacular lunar event.

Materials:

- A cleansing tool of choice (herb bundle, bells, a bath)
- 1 new candle/tealight/ electronic flame (red preferred but any will do)
- Pen and Paper
- Matches/lighter if using candle

Step 1: Cleanse

Use the cleansing tool to clear away your energy and any surrounding energies in your space. You may use the mantra:

“In the night's lunar glow, I cleanse myself, release what's held, I let it go. I release all that no longer serves me in myself and this space. I let go of stagnation, and invite love and light to fill myself and this space. I am cleansed. I am clear. I am whole.”

Step 2: Grounding Meditation

Take a moment to find a comfortable position, seated or laying down. Feel your body press into the earth. Close your eyes. Take a few deep breaths and count down from 50 to 1, continuing to breathe deeply and steadily. When you have entered a calmer state, prepare to light your candle and journal.

Step 3: Reflection

Light your candle, or set up your digital flame. Grab your journal.

Write down and journal all the ways you have changed in the past year. Write down where you wish to go. Acknowledge your accomplishments, and note down your struggles and how you've overcome them.

Step 4: Transformation

Now think about how you would like to transform the things written down. Staring into the flame, (if you are not using a candle holding the image in your mind's eye is encouraged as well) describe and think about how can you expand on your accomplishments, how can you transform or change your struggles, what areas of your life can you give space to transform. Within the flames imagine the image of a phoenix. Imagine your compassion and self-love, appreciation, and honor for yourself fueling the fire that engulfs the phoenix. As the flame rises, the bird begins to turn to ash, we do not bring fear or loss, but transformation. Imagine the phoenix rising from the ashes bolder, and more beautiful. Let go of the past so that you may transform into the future. Rebirth your goals, and passions, and reinvigorate your strength.

Step 5: Closing

Write out all that rose from this meditative journaling exercise, and solidify your discoveries. Let your candle burn down, or respectfully snuff it out and relight during the week thinking about the transformations you want to invite in. Close by stating to yourself:

“I thank my body, my mind, myself for being fully present at this moment, for providing the compassionate space to explore for myself. I am grateful for the guidance I have received, and for all the accomplishments I have made and am yet to make in the future. I open up myself to rebirth and transformation.”