



# Full Moon Release Ritual

# Workbook

The word "Workbook" is written in a white, cursive script. To the left of the word, there is a white arrow pointing upwards and to the right, with a small white star above it. To the right of the word, there is a white circle containing a white torch with a flame, and several small white stars are scattered around the circle.



## **Introduction**

The Triple Moon Goddesses represent the three primary phases of the moon—waxing, full, and waning—and embody different aspects of womanhood and feminine power. These goddesses correspond to Artemis, Selene, and Hekate.

## **Artemis**

Goddess Artemis represents the New and Waxing Moon phases. She is the goddess of wildness, wild animals, the hunt, vegetation, chastity, and childbirth. She taps into our primal emotional world, where we may respond in survival mode. This cardinal energy is associated with the maiden, teenager, and rebel—those who are still learning through trial and error, with optimism and full of potential. She is often depicted with a bow and arrow, signifying her connection to hunting and her fierce independence.

## **Selene**

Goddess Selene is the goddess and personification of the Moon, associated with the Full Moon phase. She drives a chariot drawn by a pair of winged horses across the night sky, illuminating the highest points of our being and embodying the fullness of the moon. Selene is linked to the deeper experience of emotional wisdom, confidence, and maturity gained through life's experiences. She guides us to the third expression of Goddess Hekate.

## **Hekate**

Hekate is the goddess of the Waning Moon and the Dark Moon. She is associated with magic, witchcraft, the night, moon, ghosts, and necromancy. Hekate represents the crone aspect, symbolizing wisdom and maturity. Her energy is linked to higher vibrational light that illuminates our shadow side, offering pathways to deeper emotional understanding and wisdom. She embodies integrity and personal responsibility for our emotional worlds.

## TRIPLE MOON GODDESSES FULL MOON RELEASE RITUAL

The Full Moon is a powerful time for releasing what no longer serves us and for gaining clarity and illumination. This ritual will guide you through a process of connecting with the energy of the Full Moon and the wisdom of the Triple Moon, goddesses Artemis, Selene, and Hekate.

### Materials Needed

- A quiet, comfortable space
- A silver or white candle
- A piece of paper and a pen
- A bowl of water
- Matches or a lighter



### Full Moon Journal

A large, empty, light blue rounded rectangular area intended for writing in a journal.



## TRIPLE MOON GODDESSES FULL MOON RELEASE RITUAL

### STEP-BY-STEP RITUAL

#### 1) Create Sacred Space

- Find a quiet, comfortable space where you won't be disturbed.
- Sit in a comfortable position and close your eyes.
- Take a few deep breaths, inhaling through your nose and exhaling through your mouth, to center yourself.

#### 2) Invoke the Goddesses

- Light the candle and place it in front of you.
- As you light the candle, say:

I call upon Goddess Artemis, who represents the New and Waxing Moon phases.

I call upon Goddess Selene, who embodies the Full Moon phase.

I call upon Goddess Hekate, who guides us through the Waning and Dark Moon phases.

The Triple Moon Goddesses, be with me now, guiding and supporting me in this ritual of release and illumination.



## TRIPLE MOON GODDESSES FULL MOON RELEASE RITUAL

### STEP-BY-STEP RITUAL

#### 3) Breathing Exercise

- Close your eyes and take a few deep, slow breaths.
- With each inhale, imagine breathing in silver moonlight.
- With each exhale, imagine releasing any tension or negativity.
- Continue this for a few minutes until you feel calm and centered.

#### 4) Reflection and Writing

- Open your eyes and take the piece of paper and pen.
- Reflect on what you want to release from your life. This could be a habit, a thought pattern, an emotion, or anything that no longer serves your highest good.
- Write down everything you wish to release on the paper.
- Tear the paper into pieces for each of the things you wrote. As you tear the paper, feel the emotions associated with these things and allow yourself to fully experience them.

#### 5) Reflection and Writing

- Hold the pieces of paper in your hands and close your eyes.
- Visualize the Full Moon above you, illuminating you with its silvery light.
- Imagine this light cleansing and purifying you, washing away everything you wish to release.
- When you feel ready, for each thing that you want to release, say:

Under the light of the Full Moon, [read what you wrote], I release.



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### STEP-BY-STEP RITUAL

#### 6) Burn and Transform

- Carefully burn the pieces of paper using the candle flame.
- Place the burning paper into the bowl of water to extinguish it safely.
- As the paper burns and transforms, visualize the energy of what you are releasing being transmuted into light. As the smoke rises, it fades away.

#### 7) Gratitude and Closing

- Take a moment to express gratitude for the insights and clarity gained during this ritual.
- Say:

Thank you, Goddess Artemis, Goddess Selene, and Goddess Hekate, for your guidance and support.  
May the light of the Full Moon continue to illuminate my path.

#### 8) Extinguish the Candle

- Blow out the candle, symbolizing the end of the ritual.
- Sit quietly for a few moments, feeling the sense of release and renewal.



## TRIPLE MOON GODDESSES FULL MOON RELEASE RITUAL REFLECTION

- How did you feel before and after the ritual?

- What insights or emotions came up for you during the ritual?

- What do you intend to invite into your life now that you have created space by releasing what no longer serves you?