



The Only Moon Ritual
You Really Need to
Draw Down the Moon



The value of ritual

Moon lovers enjoy performing rituals as a way of binding themselves to heaven. Yet the word “ritual” can feel a little uptight. Typically it signals a prescribed list of words and gestures that you have to carry out as though you were acting in some ancient play. They might be nice words and gestures that you really love. Even so, it’s hard to get up for this kind of thing twice a month, every month.

Happily “ritual” has another, broader meaning. It suggests any action performed regularly in a usual way. For example, the family might have a weekly ritual of getting together for dinner and games or Netflix. A soccer fan might have a ritual of painting her face or wearing a particular shirt on game day. ***This kind of ritual is more like a special habit.*** You do it because you enjoy it. And because it holds your life together in inexpressible yet fundamental way.

And that’s the kind of “ritual” I recommend for New and Full Moons. You choose some particular activity and you commit to performing that special act, cyclically, at each of the moon cycle’s turns along the wheel of time. Whatever activity you choose to do as your special Moon habit, understand that the real magic comes from doing it

regularly. This is what binds you to the Moon, whether or not you spout flowery words. The cyclical gesture I love most is Water Ritual.



Why are Water Rituals magical?

Like the *prana* or *chi* identified by mystics, celestial energies flow quite readily through water and air. This is why breath and water practices are so widely embraced by mystics, magicians, and moon practitioners. Rituals involving these two elements help to deepen human sensitivity to the subtle realms. The more we do them, the more sensitive we become.

Our watery energy focus for this workshop is on the shifting vibrations of Sun and Moon as they travel through the zodiac. These energies are subtle—yet palpable. Perhaps you can already sense their presence. Eventually your sensitivity can become so refined that you can identify—by touching or tasting these waters—specific zodiac qualities. In other words, these monthly water rituals help to develop your vibrational sensitivity, as well as bind you to the dance of the Sun and Moon.

My monthly moon water practice is simple.

On New and Full Moons, I catch the beams of the Sun and Moon inside a jar, which first I've filled with fresh water (or a natural oil like olive or sesame). Then I position it to receive the morning Sun, either outdoors or indoors on a windowsill.

I've honored the Moon's twice-monthly turnings this way for over 20 years. It's so easy to do, there's never been a month I could honestly claim "I don't have time for this." And thus, it's performed the incredible feat of holding me inside the Great Mama's rhythm for two decades.

Through spiritual ups and downs, through those times when I don't particularly care about the Moon and those times when I need her deeply—I've performed this gesture. It's an offering—to the outer Moon in the sky and to the inner Moon, inside my heart. Doing this has become its own reward. Yet there are further benefits.



There's magic in the water.

Water charged by the Sun and Moon isn't like some product bought in a store. It becomes a magical substance, in large part, through your participation. This doesn't mean you're just making things up in your head. You do indeed capture the energies of Sun and Moon in your jars of charged water. Yet your attention on this process has a magical impact too. It's this that helps to open your Being to the blessings of the Moon.

But don't take my word for this. Its efficacy is easy to test; discover for yourself why natural magicians have long favored this practice. Called "**solarizing water**" (you can Google this term*), its benefits are well known among healers and alchemists.

Water charged at the New Moon captures the special vitality of this time.

Your liquid absorbs the New Moon vibe, including the zodiac sign in which it occurs.

You can your drink solarized water, cook with it, keep it on your altar, rub it into your skin, offer it to your plants or pets—whatever occurs to you.

*To start your investigation of solarized water, here's a pretty good resource:

<https://www.waterbenefitshealth.com/sun-charged-water.html>.

I performed my first water ritual on an Aquarius New Moon. Aquarius rules the ankles. As long as I can remember, I've had weak ankles. Since I was a child, at least once every couple of years, I would stumble—ingloriously—and sprain one of my ankles. On that particular New Moon I decided to make a magical ankle potion. Along with my jar of water, I solarized a jar of sesame oil. I planned to rub this on my ankles on the nights of the waxing moon as I visualized my ankles growing stronger.

Unfortunately, my dog Jupiter discovered the vial of sesame oil and drank it! Aquarius brings surprises—and this certainly was one. Undeterred, I used the other jar, the one filled with solarized water. What happened made me a believer. The “magic” that occurred that month was this: my yoga teacher introduced me to an ankle-strengthening exercise that was so addicting, I did it every day for three years. My ankles got stronger and I stopped stumbling.

So you see how the magic can come—in unexpected ways. While that's especially true with Aquarius—it's also a reliable feature of the changeable Moon!



The details: New Moon practice

Select a plain or beautiful bottle or jar. The glass needs to be transparent so the Sun can shine through it. Of course make sure that it's clean. Fill it with purified water or a minimally processed natural oil like sesame or olive.

On the first morning after the New Moon “moment”
(the moment when the Sun and Moon are exactly conjunct),
leave your liquid-filled container in the sunlight from sunrise to about noon-ish.

So, for example, if the New Moon moment occurs at noon on a Tuesday, you would wait until *Wednesday* morning to catch the Sun. Retrieve the jar after 3 to 5 hours. That's it! I like to prepare the water at night and leave it on an eastern-facing windowsill to catch the first morning beams.

You can enhance the New Moon energy by using an appropriately colored glass for each zodiac sign. Or you can filter the sunlight through colored (but transparent) papers or silks. I don't practice with colors this way—yet there are many fans who do.

If you're so drawn, give it a try and see for yourself! (Google "solarized water color therapy" to learn more.)



The details: Full Moon practice

For the Full Moon, you want to catch moonbeams, so you leave your water to charge overnight. In this way you're quite literally "drawing down the Moon." Along with water, you can draw the Moon into material objects—sacred tools, crystals, stones, healing potions, or jewelry. It's simple magic, in the toolkits of all budding magicians. You simply invite the Moon to enter and pervade your object of choice.

But first, become the magician. Do what you want your object to do: Open up to the Moon. This turns wherever you are into a sacred space.

Create sacred space with two simple steps.

First, quiet your thoughts.

Enter a more diffuse, receptive state of awareness. Present. Unfocused. Breathing.

Next, "invoke."

Invite. Ask the Moon to enter your object/vessel and heart.

You can do this formally or informally. For the informal practice, with this extra awareness of moonlight, you simply do the same steps you use for solarized waters—only you place your jar where it will receive moonlight instead of sunlight.

Here's the more formal practice.

1. Sometime before going to bed, ***bring a jar of purified water outside and place it in the available moonlight.*** Take a minute or two to get quiet. As best you can (some months are easier than others), tune into the fullness of the night. You might contemplate the wonder of Nature's design, making Full Moon night the only night when the Moon is in the sky all night long. How exquisite that our most illuminated Moon is also our most vigilant nighttime companion. How special are these nights for Earth!

2. When you're feeling reverent, receptive and ready, **hold your hands over your jar, and circle them clockwise nine times. Then circle counter clockwise nine times.** Next, join your thumbs and forefingers, **creating a triangle shape** over the mouth of your jar, in order to focus and concentrate the moonbeams.
3. **Now imagine the Moon pouring through your triangle into the jar.** You may actually feel this as a sensation in your hands. Or not. When you feel complete, bow to the Moon above and the Moon in you. Weather permitting, leave your jar out for the rest of the night, but try to **retrieve it before the morning Sun overtakes the sky.**

Don't worry overmuch if this happens. The inner perfectionist (and some pagan authorities) will tell you the magic is nullified if retrieved after sunrise. Eh—if you forget all about it until 4:00 pm the next day, maybe you do have just a jar of water. But if your Full Moon water happens to catch a few sunbeams—the lunar charge won't disappear.



When moonlight and reverence are elusive

Catching moonbeams can be a lot trickier than catching sunbeams. Trees or buildings may block your view of the Moon. You may or may not have a safe outdoor spot where you can leave your jars overnight. Or a window through which the Full Moon reliably shines. The Moon's path over your street will vary throughout the year, changing with the seasons and each sign.

But the beauty of a regular practice like this is that you don't have to get it perfect every time. You just have to show up. On some Full Moons my heart is more open than others. Sometimes it's cold and I want to hurry back inside. Having a range of moods is to be expected—and enjoyed. Performing the same gesture at the same time each month is a wonderful way to keep track of your changing self.

My Easy Cheat

Some months there's just not much moonlight in my backyard before I retire. And I don't always guess her path correctly. So, after doing a few experiments, I learned I could *solarize* my Full Moon water in a weak spot of afternoon Sun.

This sounds like blasphemy, but at both New and Full Moons, the Sun is always the light source. The Moon has no light of her own. The charged energy at the turnings is always a product of both bodies, Sun *and* Moon. What finally made me okay with this lazier adaptation is that the waters still felt much like the usual Full Moon water.

As I mentioned earlier, water tends to absorb the energy of the time.



Don't take my word for any of this: Experiment!

I love my magical moon waters. I can feel their charged energy long after the New or Full Moon has passed. But don't take my word for this. Be skeptical and experiment. Let this practice prove itself to you.

Below are a few tests you can run. But understand that your impressions will necessarily be subjective. While our bodies are built to register subtle celestial energies, each will do this a little differently. The mind, however, has little skill in this area.

Minds can talk themselves in or out of anything. They're especially fuzzy when it comes to identifying and comparing subtle qualities. But it doesn't hurt to try. The fact is: you get better with practice. Whether beginning or advanced, you're the instrument. You're comparing between your own sensations. Does one thing feel similar or different to another?

1. Charge a jar of water for 3 hours in the shade. Charge a similar jar for 3 hours in the Sun. Bring them back inside. Hold each jar and tune in. Do you sense a difference between them?
2. Charge water at the New Moon. As best you can, record how it feels to you. For example, ***when I hold a jar of New Moon water, the energy seems to carry an upward rising sensation, like a fountain.*** That may or may not be how you experience it. Perhaps inwardly you see a color or hear a sound. Charge water a week later, at the waxing Quarter Moon. How does *it* feel?
3. Charge water at the Full Moon. As best you can, record how it feels to you. For example, ***when I hold a jar of Full Moon water, the energy is "rounder" and more full than New Moon water. It's more peaceful than New Moon energy.*** Charge water a week later, at the waning Quarter Moon. How does this feel?

4. At least once, **test eclipse water**. Investigate waters charged during a solar eclipse (New Moon) and lunar eclipse (Full Moon). Do these jars feel any different from the usual New and Full Moon water? Does the energy carry the wonkiness of the eclipse? Or does it feel empowered with celestial transmissions?
5. If you **make a soup with New Moon water**, do you notice anything different while consuming the soup? My celestially charged soups often elicit a spontaneous recognition of pleasure, as in “This is delicious!”

As a devotee of Venus, over the years I’ve trained myself to savor the pleasures in almost every meal—after years of mindless eating. But it was my celestially charged soups and coffee that taught me this was possible! Again and again, I’d find myself in a reverie of taste—then I’d remember, “Oh, the magic is in the water!”

6. **Water twin plants in the same location**—one with solarized water and one without. Over time, do you notice any differences in the energetic expression of each plant?
7. If you place Moon waters on your altar, I recommend first **cleaning your altar each time**. But then notice, is there any boost in mood and/or the vitality of your altar?

I really learned about this one the other way around. For months, I treated my altar like a museum piece. I set it up once and then left it alone. When my girlfriend shared what her teacher told them—that you must clean your altar at the New Moon each month—I discovered this boost in my vitality and wellbeing.



The details: Uses for celestially charged water

It helps if you have an altar or somewhere special to place the water afterwards—otherwise, it’s like, well, now what do I do with this!

Many advise storing the water (or oil) in a cool dark place until you use it. Initially I imagined creating a collection of magical moon waters, each vibrating to a different zodiac sign. After a few months, I had several jars gathering cobwebs in my garage.

I eventually discovered, it's much better to use the life force energy in these elixirs than to label and collect them!

Don't hoard your blessed waters. Bring them into the fabric of your daily life. Remind yourself of how wondrously sacred is water, the Sun, and the Moon. Without these gifts, there would be no life!

Let this wonder increase your awareness as you drink your celestially charged waters, run solarized oil on your skin, or spritz them into the air for healing and inspiration. Uses are as boundless as your imagination. At my house, moon water is primarily used for cooking bone broth, nourishing my plants, and refreshing my altar.



Contraindications What if it's cloudy—or there's an eclipse?

Nina, one of my Swedish students, wondered whether she should bother with the New Moon water practice—as for much of the year, from October through March, the Sun hardly appears in her latitude and when it does, it's weak.

All of us might similarly wonder during the winter months. Should we bother making solarized water if the Sun is hiding behind clouds?

Plus there are plenty magicians and alchemists who say *don't* do this practice during an eclipse, solar or lunar. Should you just forget about it those months?

Here's how I think about it. If I were **selling** "Solarized New Moon Waters," I would not build my factory in the northern latitudes. And, wherever I did build it, I would likely suspend production during eclipse weeks. However ...

I'm a moon worshipper, not a merchant.

For me, the value of this practice is in keeping the ritual,
not in the manufacture of magical elixirs.

Where I live in Southern Oregon, the sky is often cloudy on New Moon mornings **and** Full Moon nights. If creating supercharged waters were my only mission, these water rituals would be way too frustrating!



Treasure the delights of a solo Moon priestess

Long ago there were Moon temples that drew likeminded practitioners together. It's still wonderful to share New and Full Moon rituals with others. Some believe that the effects of collective rituals are superior to what you can achieve alone. Particularly at the Full Moon, gatherings can be quite powerful.

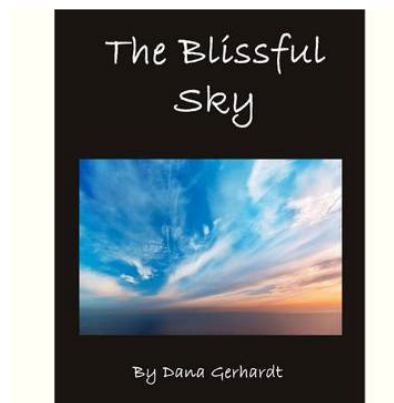
Some of my students participate in monthly Full Moon circles, and often enough, these circles dissolve. Dynamics in the feminine realm often drift and shift. The Moon is constant **and** changeable—the feminine expresses itself through both qualities.

To keep inside the Great Mama's temple, month in, month out, many of us today are solo practitioners. We choose and/or design the ritual. No one forces us to keep the commitment. If we dishonor it, we have only ourselves to answer to. The Moon won't complain. She understands that we're sometimes constant and sometimes changeable too.

But the Moon *will* reward human attention. And that's the great jewel enticing us forward, month after month after month. Moon practice brings something to us. It nestles us inside the Great Mama's circle. By connecting to her through this simple water ritual, your life will gradually grow happier, healthier, and more balanced—the very qualities the ancients sought in the Great Mother goddesses of our early world.



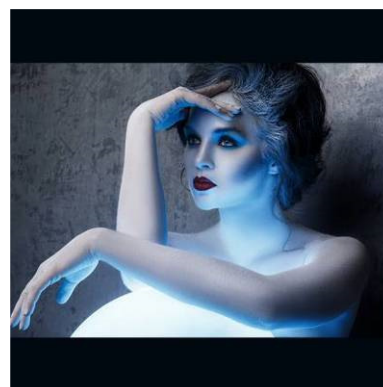
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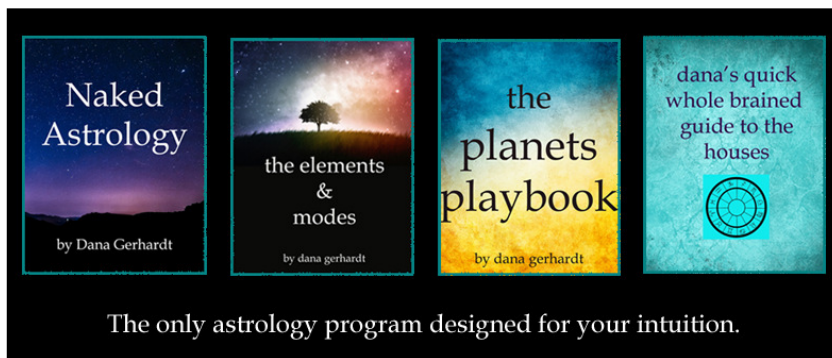
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About the Author



A popular columnist with [The Mountain Astrologer](#) since 1991, Dana Gerhardt is an internationally respected astrologer. She's lectured widely and written for astrology publications around the world. Her ongoing passions—the Sun, Moon, Venus, and living intuitively—are celebrated on her website, www.mooncircles.com.

Dana's magical view of astrology was informed by her years in the corporate sector, where she observed the undeniable influence of natural cycles and invisible energies among people in this very un-magical setting. She graduated Phi Beta Kappa, Magna Cum Laude from Occidental College and did graduate work in literature at Columbia University and got her Masters from CSULA.