



## SACRED EMPOWERMENT MENTORING WITH PARVATI VICTORIA GOODWIN

### JOURNEY OF YOUR CHAKRAS | JOURNEY OF YOUR SOUL

#### FULL MOON RITUAL & LOVE YOUR BODY CHALLENGE

Full moons are a time of releasing and giving back. We give back to the Universe what is not serving us so that we can move forth in the grandest version of ourselves.

Supplies needed:

Bathtub or shower

Essential oil – Lavender or your preferred scent

Epson salt

Palo Santo, Sage or Incense

Candles

Flame

Lotion or oil

Paper

- 1) Begin to draw the bath water and light candle(s).
- 2) Light the Palo Santo, Sage or Incense and walk around your bathroom three times in a clockwise direction. Say aloud that you are sealing in this sacred space in perfect peace, love and trust.
- 3) Add Epson salt and essential oil to the bath
- 4) As you take your bath, look at your body and have a one-pointed focus of love and acceptance.
  - a. If negative thoughts arise, acknowledge them and decide which negative thought you want to release at this powerful full moon
- 5) Once out of the bath, or shower, dry off, then caress your skin with lotion or oil. As you do this look in the mirror, I mean really look and infuse your entire body with LOVE AND ACCEPTANCE for how you are right now, right here, in this moment!
- 6) Write on your paper what you are releasing.
- 7) **Repeat it aloud 3 times: I release \_\_\_\_\_**
- 8) Burn the paper in the flame of a candle. Toss the burning paper into the bath water or flush it down the toilet! (The crap you've been telling yourself can go to meet all other crap.)
- 9) Then each day for one week or longer spend time in the mirror looking at yourself. You can also blow dry your hair nude in front of a mirror while acknowledging your miracle of a body. Notice the thoughts that arise and allow them to magically transform into love and self-acceptance.