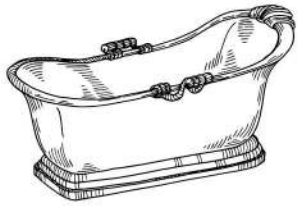
New Moon Ritual Bath

Cleanse yourself inside and out. Remove all negative energies and prepare physically, mentally and spiritually for the cycle that begins tonight.

Before you begin, set an intention for this ritual.



- ½ cup sea salt
- ¼ cup Epsom salt
- 10 drops lavender essential oil
- 4 cups (1 liter) of boiling water
- 1 white candle
- 1 candle of a color matching your intention
- Incense (optional)
- Music (optional)

1. Turn the lights off. Light the candles and incense in the bathroom. You may take a quick shower before starting.

2. Start the music, fill the tub with warm water and add the bath salt mixture.

3. Get into the water and visualize it cleansing you of all negativity. Know that these energies are flowing from your physical, mental and spiritual self into the water. Relax and enjoy the scents in the air and let yourself drift.

4. Chant a prayer or invoke Hecate as follows:

"Great Hecate, Queen of the Underworld,
Protectress of all Witches,
It is my will on this night of the New Moon
to overcome my shadows and bring about change
I invite you to assist and protect me in my rite."

5. Concentrate and visualize the purpose or intention of your ritual.

6. Rise up out and do a self-blessing like the following. Anoint your head and then each area while saying aloud:

"Blessed be my Mind, that learns of Your ways.
Blessed be my eyes, that have seen this day.
Blessed be my lips, that utter Your names.
Blessed be my breast(s), formed in strength.
Blessed be the phallus (womb), for without which
I would not be.
Blessed be my knees, that shall kneel at thy Sacred Altar.
Blessed be my feet, that have brought me in these ways".

7. When you feel you are ready, pull the plug.

As the water is draining visualize and know that the negative energies that are now in the water are going into the Earth and are being grounded.

8. Let the air dry you or gently pat yourself with a towel. Once dried, robe, clean-up the bathroom and blow out the candles. The rite has ended.

Throw away the candle remains as you say *Thank you.*