Supermoon Ritual

Create space for growth and transformation. Ideal for those seeking to shed emotional baggage and embrace fresh opportunities of the supermoon.

You'll need:

- **Black candle**
- **Sage or other cleansing herb**
- **Glass of water**
- **Journal and pen**
- **Fireproof bowl or cauldron**

1. Cleanse the space to clear away any negative or stagnant energy, creating a sacred space.

2. Light the black candle, close your eyes, and focus on what you want to release during the supermoon. Ask yourself what is holding you back.

3. In your journal, write down the things you wish to release, including emotions, habits, or relationships.

4. Tear the page from your journal and burn it in a fireproof bowl or cauldron. Say:
"I release what no longer serves me. I trust in the transformation process and open myself to new possibilities."

5. Drink a glass of water to ground yourself, and visualize the supermoon's energy filling the space.

6. Extinguish the candle, thank the supermoon for its transformative power, and feel gratitude for the release and space you've created.