

SUMMER FULL MOON

I AM
SURROUNDED
BY BEAUTY.

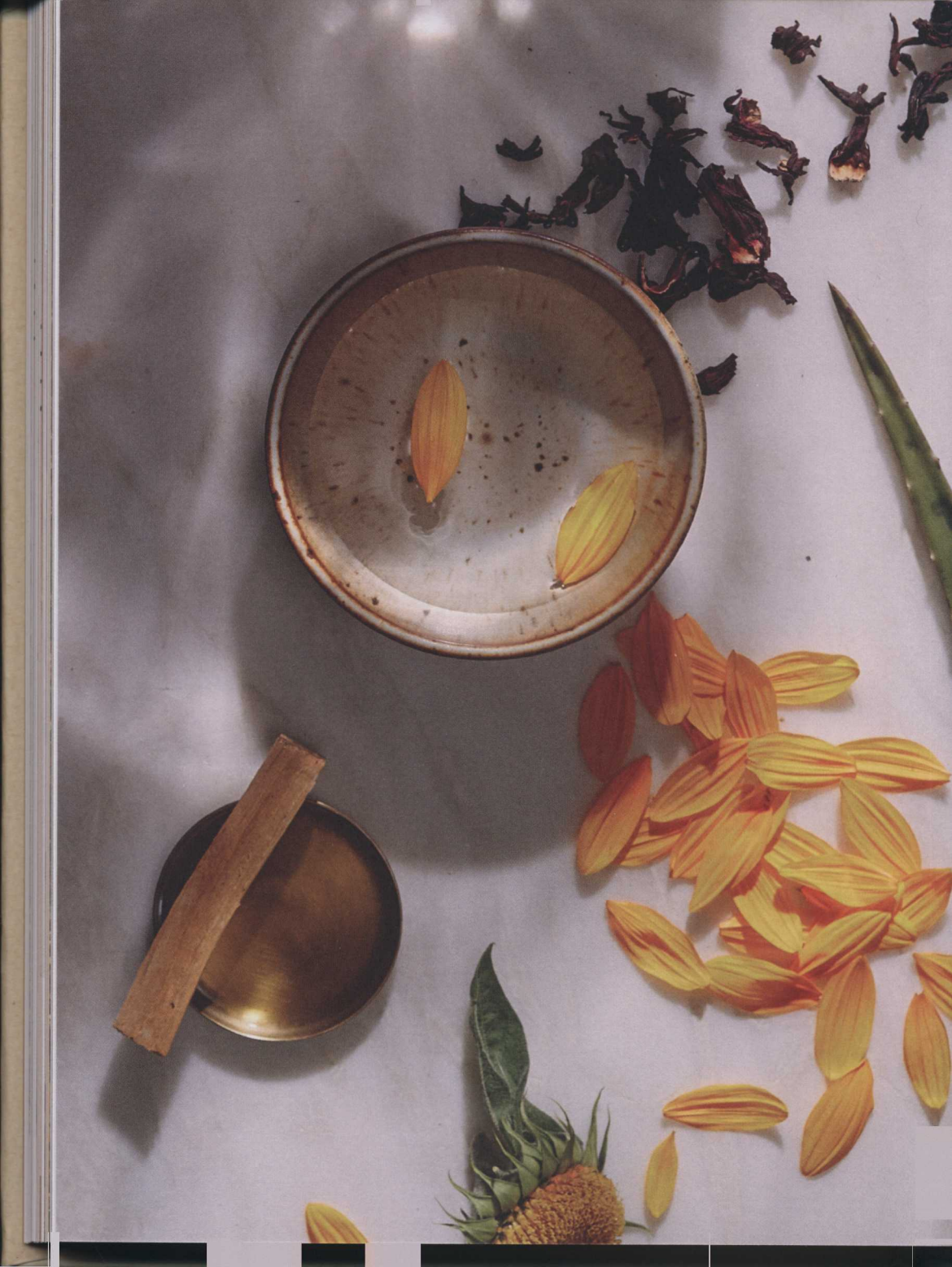
Intention

The summer Full Moon invites us to gaze out across the landscape of our lives, in awe of the beauty that surrounds us. No matter what our circumstances, we can find beauty in our surroundings—in a flower, in the eyes of a loved one, or perhaps simply in the way the sunlight moves across a room. The artistry of the natural world is truly astonishing when we pause and appreciate its bountiful gifts. Take a moment to inhale a deep breath filled with admiration for the truly exquisite details of your life.

Benefits

This colorful ritual Moon Bath will inspire you with alluring shades of pink and gold, and enhance your awareness of the beauty inside and around you. Sunflowers, with all their radiance, were used to crown Aztec priestesses and are used here to adorn your gorgeous self. Hibiscus is a sacred flower commonly used in devotional ceremonies, as it helps purify the body both physically and spiritually. Aloe vera, known by the Egyptians as "the plant of immortality," is essential for nourishing, soothing, and enhancing the skin's glow. Sandalwood, one of the most cherished oils of India, has been used to support meditation for thousands of years and encourages us to discover realms of beauty beyond our sight. Hibiscus, aloe, and sandalwood all help cool the mind and body during the heat of a summer Full Moon. Lunar water provides a splash of immortal nectar that clears and calms us, inviting us to receive and reflect upon the beauty that abounds.

When we spend time under the light of the moon, she gently bestows her radiant, feminine essence upon us. The rays of our cosmic companion have a special calming and relaxing effect on our minds, and basking in her rays supports us in becoming peaceful and centered.





SUMMER FULL MOON

GATHER

Bouquet of flowers

Cozy setup: robe, towel, herbal tea, etc.

Journal and writing implement

Bath ingredients

BATH RECIPE

½ cup sunflower petals

¼ cup hibiscus petals

1 cup pure aloe vera juice

4 drops sandalwood essential oil

Lunar water (optional)

Steep the botanicals in 34 oz of hot water in a French press or in a small pot on the stove-top for 10 minutes. Draw a cool bath to calm the heat of summer and the intensity of the Full Moon. Strain your botanical bath tea into the tub and watch the water turn a beautiful pink. Pour in the aloe vera juice and add the essential oil right before you immerse yourself. For a bonus, you can add lunar water, or water supercharged with the cooling energy of the moon, by leaving a jar of water out in the moonlight overnight, and then pouring this water into your tub as well.

Self-Care Practice

MOON BATHE

Before or after your bath, spend 15 to 20 minutes outside, taking in the moonlight. Gaze at this magical, illuminated presence in the night sky that guides our monthly rhythms. Allow your eyes to take in the beauty of the moonlight on the landscape and on your own skin.

ENHANCE YOUR EXPERIENCE

Treat yourself to a lovely bouquet of flowers and set it near your tub as you soak. Bonus points if you create your own arrangement using flowers that you thoughtfully harvested in the wild or from your garden! Adorn the medicinal waters with a few petals to imbue your bath with their essence, adding bursts of color to the magical dreamscape of your tub. Allow the bright colors and aroma to elicit a connection to yourself and the magnificent world around you, as you repeat the affirmation *I am surrounded by beauty*.

Reflect

After enjoying a beauty-enhancing bath ritual and basking in the calming rays of the moonlight, find a comfortable space to curl up with your journal. Begin by closing your eyes and allowing your bath ritual to continue to permeate your being, lighting up your inner radiance. Beauty is found around us more readily when we recognize the profound beauty that lies within.

REFLECT IN YOUR JOURNAL

In what parts of my physical body do I find beauty?

Where in my emotional body do I experience beauty?

What beauty in the natural world speaks most clearly to me?

In what ways can I connect more often to the beauty around me?

