



ADULT ACTIVITY

Making Moon Water



How to make Moon Water the I.P.A Way!

Full Moon Water to recharge your body, mind and soul.

The Full Moon is the perfect opportunity to make some Full Moon Water to drink so you can cleanse and charge yourself up too.

Creating Full Moon Water under the Full Moon is an ancient ritual for men and women and is best charged on the first night of the Full Moon. There are many ways to use the Moon Water once it is charged.

You may want to use it for blessings, for cleansing your chakras, making tea, add a little to your baths, use it to make an essential oil spray or for watering your plants.

You will intuitively know what to do with yours once you hold the power of the charged water in your hands.

YOU WILL NEED:

A jar of any size
Glass paints
Spring water
Glass decorations any kind
And a full moon with raining moon beams



How to make it!

1. Once you have purified or spring water in a glass container, just set it outside on the night of the Full Moon it will become activated.
(The important part place water where the moon can shine into the water all night)
As the water sits out under the light of the moon the water soaks up the energy of nature along with the light and magic of the Full Moon.
2. You may feel inspired to decorate the glass container with colours by surrounding it with flowers, leaves, candles or even draw or write on it... be creative!
3. The next morning collect the container with the Full Moon Water, hold and bless it thanking the Moon for her light and energy, then take your first sip! It's like water awakened, it's cleansing, spiritually recharging, energizing and really quite magical!

I'll go out on a limb and say that with the right intention, making and drinking Full Moon Water it can boost your psychic and spiritual abilities, promote healing, and even increase your creativity. After all it's water, so it's impressionable, and your intention is key.

When you set out your water when making Full Moon Water, place an intention for what you want to create, release, or tune into. Imagine the water absorbing the light and power of nature, of the Divine, of the moon and when you drink it... Enjoy!

If it's cloudy, raining outside, or you only have a windowsill to use which doesn't really get direct moonlight it will still work, just not quite as well. But don't let that stop you.