



Self-Love ♡ Full Moon Ceremony



BY NICOLE DENNER
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Self-Love ♡

Full Moon Ceremony

Beautiful Soul Welcome! This is your PDF to keep and refer to:

This ceremony is already infused with everything for you - however, as you have this forever, and if you would prefer to do the ritual with all the supplies yourself, here is the process and all the items needed for this ritual ceremony. Before doing this ceremony, make sure to do the self-love ritual bath/bowl or shower you have received.

When you do this, physically listen to the chants and when I'm calling upon the Moon and all spirits, with your eyes closed and hands on your heart. Please make sure you always follow along with me. I've done this on a Full Moon, which means it's already infused—you don't have to do this specifically on a Full Moon. Any time you'd like is wonderful.

You can play some soft calming music in the background if you desire.

Supplies used & needed:

- XI WHITE CANDLE
- XI PINK CANDLE
- XI RED CANDLE
- XI CLEAR QUARTZ
- XI ROSE QUARTZ
- A FEW ROSE PETALS - (Any colors - preferably pinks, reds, and white shades)
- XI MEDIUM-SIZED BOWL OF WATER
- PEN & MEDIUM SIZED PIECE OF PAPER
- SALT - Himalayan or coarse sea salt
- CENSORS - Choices (Sage, Palo Santo, or Cedarwood)
- EXTRA ADDITIONS - OPTIONAL: Rose, lavender, and jasmine essential oil for a burner or an incense (You may use any or as many as you would like)

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Process:

1. Cleanse your space with your chosen censor - if you also have the oil(s) then proceed to light those as well (light all your censors)
2. Light the white candle
3. Proceed to light the rest of your candles (in any order)
4. Put at least a teaspoon of salt into your bowl of water
5. Put as many rose petals as desired into your bowl of water
6. Lastly, place your crystals on either side of the bowl of water
7. Get comfortable, close your eyes, and place your hands on your heart while I work with you. Listen to me before the next step during this process - [Listening to me now]
8. Take some time to breathe, sit, and relax and in your space, in your being, allow yourself to be with yourself wholly and fully.
9. Now you will Grab your pen and paper - and proceed to write down all the things you would liked to have received in your life from anyone - what words do you wish had been said to you with love. Truly think and visualize. Reflect on what you have needed.
[Follow to the next page for the rest of the process xxx]

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10. Once done, Fold the paper three times.
11. Place the piece of paper in the bowl of water
12. Now, I will proceed to say some affirmations - repeat after me closing your eyes and listening, hearing, and feeling into them - I will say each one three-times

Affirmations:

- I am loved
- I am worthy
- I am worthy of love
- I am deserving of love
- I am light
- I am strong
- I am powerful
- I am a warrior
- I am a Goddess
- I am healing now
- My story is my beauty
- I am beautiful
- I am love
- I deserve abundant love
- I am worthy of abundant love
- I am valuable
- I am confident in my entire being
- I am open and ready to receive love into my mind, body and soul
- I love myself wholly and fully

13. Breathe, sit, and feel into these words you have said - embrace them - allow yourself to be open and ready to receive
14. We will now close off: Close your eyes again and listen while I do so. [Very last step on the next page]





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15. Keep this bowl somewhere close to you preferably your room for the next 3 days, with the crystals beside them. I'd like you to repeat the affirmations once a day by your bowl over this period.

After 3 days you may pour it all into the earth - with the partially dissolved paper make sure to dispose of it in any way that it will not harm the Earth, either allow it to dry and burn it or throw it away [shredded/torn up] and, rid it from your home immediately.

Thank you for joining in and working with me today on your journey of
Self-love xoxo

"Self-Care is Health-Care and in turn Self-Love." - Nicole Denner

"Invest in Yourself - Aspire to Inspire" - Nico Life Coaching

Love and Light Always,

Nikki xxx

Yours truly, The Raven Empath Priestess

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