



YOUR LUNAR KIT

Once you decide where to perform your Self Ceremony, you will gather your 'Lunar Kit' to begin to craft a special Centrepiece (portable Altar) designating this a place of sacred intent. A good idea is to use a piece of cloth which may be a small mat, patterned material, large scarf or something you have made/sown yourself. This will provide a central focus for your Ceremony and creates a warm and welcoming visual element, so we recommend that whatever you choose brings you comfort and is pleasing to you.

You may also wish to include visual representations of the Divine Feminine for example images/statuettes/Goddess cards etc. as well. Finally, it is a lovely touch to add your own or forage for examples of the 4 elements to designate the cardinal directions such as:

A stone/s for the North and the element of Earth

A feather for the East and the element of Air

A small tealight (please do be careful) for the South and the element of Fire

A small bowl/bottle of holy water and the element of Water

You may like to buy or sew a dedicated Moon Kit Bag (a Moon Mná bag for this purpose is also available at www.moonmna.ie/shop/) to keep your Self Ceremony Centrepiece treasures safe for use each month.



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