

Transmutation Ritual

To transmute is to change in form and the most powerful way to release your negative patterns, thoughts and blocks. Do so by practicing this transmutation ritual every Full Moon. We give our thoughts and struggles and dive deep into our darkest feelings and then transmute them to the Universe through fire. There are three parts to this ritual that make the energy transfer occur.



First you must use the Earth element of a lead pencil. Write out the journal prompt for 7 minutes on the next page. Make sure you continue writing and let it all out.

Second use the element of Fire, as a sacrifice. You take the piece of paper and you burn it in a safe pot, or fireplace. This is the offering that will release the energy to the Universe.

Third and finally, use the element of water. Shower or soak in a bath to wash away the residual energy. Thank the magic of the water which cleanses you of this burden for good.

As powerful as this is, it is not a cure for all. It takes one small step toward erasing your pain, struggle, negative cycle, and blocks. Doing this ritual 24 hours before or during the Full Moon each month will gradually free you of your weight of negativity and you will feel lighter, more vibrant, and you truly will not need to revisit that nuance of the issue again.



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Take this poetic song that took Leonard Cohen five years to write. It is a conversation with fire and Joan of Arc. She followed her destiny & believed that God had chosen her to lead France to victory in its long-running war with England. As a young peasant girl with no military background in 1430, she convinced the crown prince Charles of Valois to allow her to lead a French army to the besieged city of Orléans, where it achieved a momentous victory over the English and their French allies, the Burgundians. After seeing the prince crowned King Charles VII, Joan was captured by Anglo-Burgundian forces, tried for witchcraft and heresy and burned at the stake in 1431, at the age of 19. This symbolism may inspire you.

*Now the flames they followed Joan of arc
As she came riding through the dark;
No moon to keep her armour bright,
No man to get her through this very smoky night.
She said, I'm tired of the war,
I want the kind of work I had before,
A wedding dress or something white
To wear upon my swollen appetite.
Well, I'm glad to hear you talk this way,
You know I've watched you riding every day
And something in me yearns to win
Such a cold and lonesome heroine.
And who are you? she sternly spoke
To the one beneath the smoke.
Why, I'm fire, he replied,
And I love your solitude, I love your pride.
Then fire, make your body cold,
I'm going to give you mine to hold,
Saying this she climbed inside
To be his one, to be his only bride.
And deep into his fiery heart
He took the dust of Joan of arc,
And high above the wedding guests
He hung the ashes of her wedding dress.
It was deep into his fiery heart
He took the dust of Joan of arc,
And then she clearly understood
If he was fire, oh then she must be wood.
I saw her wince, I saw her cry,
I saw the glory in her eye.
Myself I long for love and light,
But must it come so cruel, and oh so bright?*

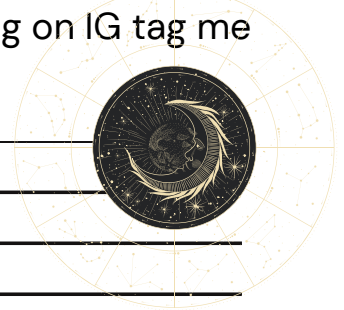


Listen to song



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Write down what your feeling currently. What are you struggling with? Dig deep and think when did you first experience this emotion? Write it down below and on back of this paper. Write for 7 minutes. Then burn and shower. Share a pic of burning on IG tag me @unlockurdestiny.ravenscott use #renewalcircle & #shoutoutforshoutout



Join us in our Full Moon Circles! [HERE](#)