

FULL MOON RITUALS:

Ancient practices that help you reflect and reset



MODERN INTERPRETATIONS: FULL MOON RITUALS IN TODAY'S WORLD

While these ancient rituals were deeply rooted in spiritual traditions, modern interpretations of full moon practices continue to evolve. Many people today incorporate a blend of astrology, mindfulness, and personal spirituality to create their own unique full moon rituals. Some practice moon yoga, aligning their movements with lunar cycles, while others host full moon gatherings where they set intentions and share reflections with a community. The simple act of pausing, reflecting, and setting new intentions can bring a sense of closure and renewal that aligns with the natural cycles of time. So the next time the full moon graces the night sky, reflect on your journey, release what no longer serves you, and welcome in new energy with an open heart.



Aditi Malhotra
The full moon has captivated human beings for centuries. From folklore to astrology, from spiritual traditions to modern wellness practices, the full moon is seen as a powerful cosmic force influencing everything from tides to emotions. Ancient civilizations practiced full moon rituals to harness its energy, and many of these traditions continue today, offering a way to pause, realign, and reset. Whether you're a spiritual seeker, a mindfulness enthusiast, or simply someone looking to introduce a little more intentionality into your life, full moon rituals can be a grounding and transformative practice.

WHY THE FULL MOON MATTERS: THE ENERGY OF COMPLETION AND RELEASE

The full moon, in many traditions, is seen as the culmination of a cycle. It symbolizes completion, clarity, and heightened awareness. The full moon encourages looking at what has come to fruition, what is no longer serving you, and what you need to let go of. Many believe that just as the moon influences the tides, it also affects human emotions. The full moon makes it a potent time for healing, self-discovery, and emotional detox. In various spiritual traditions, the full moon has been considered a portal for releasing negativity, recharging energy, and aligning with one's higher self. Whether through meditation, journaling, or rituals passed down through generations, cultures around the world have honoured the full moon as a sacred time for transformation.



ANCIENT FULL MOON RITUALS AND THEIR MEANING

Full moon rituals vary across cultures, but they all share a common theme—reflection, purification, and renewal. Below are some ancient and time-honored full moon practices that can help you align with the lunar energy.

FULL MOON WATER CHARGING: THE ANCIENT ELIXIR

The tradition of charging water under the full moon dates back to ancient civilizations, where it was believed that lunar energy could be absorbed into water and used for healing purposes. Known as 'moon water', this energized liquid is said to carry the moon's vibrations, offering cleansing and renewal. To make moon water, simply place a

glass or jar of clean water outside under the full moon overnight. Some people add crystals like clear quartz or amethyst to amplify its properties. The next day, the water can be used for drinking, bathing, or even watering plants as a way to infuse them with moonlight energy.

FIRE RELEASE RITUAL: LETTING GO OF WHAT NO LONGER SERVES YOU

Many ancient cultures believed that the full moon is the perfect time for releasing old patterns, negative emotions, and anything that is no longer serving one's growth. Fire has long been used in spiritual traditions as a tool for transformation, symbolizing the burning away of the old to make space for the new. To perform a fire release ritual, write down thoughts, fears, or limiting beliefs that you want to let go of on a piece of paper. Then, under the full moon, safely burn the paper while setting the intention of releasing those burdens. As the paper turns to ash, visualize yourself becoming lighter and freer. This simple yet powerful ritual can create a sense of emotional closure and renewed energy.

MOONLIGHT MEDITATION: HARNESSING LUNAR ENERGY

Meditating under the full moon is one of the simplest and most powerful ways to connect with its energy.

In ancient times, yogis, monks, and shamans would sit in stillness under the moon, absorbing its light and allowing its energy to enhance their inner clarity. To practice a moonlight meditation, find a quiet space outdoors where you can sit comfortably under the full moon. Close your eyes, breathe deeply, and visualize the moonlight washing over you, cleansing away



negative energy. This practice can bring a sense of peace and heightened awareness, helping you tune into your emotions and intuition.

MOONLIT CLEANSING BATHS: PURIFICATION AND RENEWAL

Ancient cultures, including the Romans and Egyptians, saw bathing as a sacred act of purification. During a full moon, water is believed to be especially potent, making it a powerful tool for cleansing both the body and spirit. Fill your bathtub with warm water and add sea salt, essential oils like lavender or sandalwood, and herbs like rosemary or chamomile. Visualize the water absorbing any negativity, leaving you refreshed and renewed.

JOURNALING UNDER THE FULL MOON: SELF-REFLECTION AND CLARITY

The full moon's energy is associated with deep self-awareness, making it an ideal time for journaling. Ancient scholars, poets, and mystics often wrote under the full moon, believing that its illumination could bring forth hidden truths. A simple full moon journaling practice involves writing by asking yourself reflective questions like, what patterns am I ready to break? What emotions are surfacing for me?

ART INVESTMENTS 2025

Across civilizations, art has played a pivotal role in shaping culture, documenting eras, and even sparking revolutions. Art collectors worldwide recognize its value, not just as an aesthetic pursuit but as an investment in heritage and creativity. In an effort to bridge the gap between art appreciation and investment, Carpe Diem will organise Art Investments 2025, an exclusive exhibition that highlights artists whose works already hold or are poised to gain significant collector's value. The works of Damodar Madgaonkar, Govind Vishwas, Harshada Kerkar, Kiran Hanamshet, Narsimhalu Almelkar, Praveen Naik, Sachin Upadhye, Shailesh Dabholkar, Shirish Deshpande, Sunil Shirodkar, Uday Chari, Vasudev Shetye, Vibha Singh, Vishesh Chari and Vivek Kumar will be on display. **Venue:** Carpe Diem Art Gallery – Majorda **Date:** February 22 to March 31

KONKANI LYRICS CONTEST LIVE PERFORMANCES

The semi-finals followed by finals of a very unique, Solo Konkani Singing Competition, Konkani Lyrics Contest 2024, will be held. More than 30 Konkani singers will be competing in the semi-finals singing never-heard-before Konkani versions of popular Global Hits from other languages namely English, Hindi, Marathi, Portuguese, Greek, Romanian, Swahili, Persian etc. Organised by Uzoorba, the competition will celebrate the splendid diversity of Konkani with these songs being sung in a mix of a dozen different Konkani dialects. **Venue:** Institute Menezes Braganza, Panjim **Date:** February 22 **Time:** 4pm onwards

Braving the Covid lockdown away from home

An award-winning creative director, writer, and radio producer and host, Canadian-Goan Milena Marques-Zachariah recently released her first book 'Stuck,' which documents her experience of the Covid lockdown in India and the feeling of being stuck

Dolcy D'Crus
dolcy@herald-go.com

Originally from Parra, Milena Marques-Zachariah moved from Goa in 1979 for her post-graduate Diploma in Radio and TV at St Xavier's College, Mumbai after completing her graduation at St Xavier's College, Mapusa. She began her career in Mumbai and then in the UAE before moving to Canada with her husband and her 7 and 5 year old daughters in 1999. However, her bond with Goa has always been strong.

"I have travelled to India to see my mum on an average of one and a half years for the past 25 years. It's a very long journey to India, but I have undertaken it because of a promise I made to myself that I would visit my mum as often as I could while she is alive. Last March 2024, she had a heart attack and was hospitalised; I was there to help her recuperate. One of the best things that came out of being stuck in India was the extra time I got to spend with my family and my Goa. Compared to the hurried visits during time-restricted holidays," says Milena.

She was one of the many travellers who got held back in the country they were visiting during the second wave of the Covid lockdown in 2021. She has now written about her experience in Goa, Ahmedabad, Bangalore and finally her

return to Canada in her debut book, 'Stuck.' "The strict confinement indoors gave me ample time to reflect on my getting stuck in India and observe the way India and Indians were handling the Covid crisis. Being a writer by profession, jotting my thoughts on paper seemed like the logical thing to do," informs Milena, who visited India after the death of her brother, Milton.

Speaking about how living in different places shaped her experiences for the book, she explains, "In Canada, the lockdown had very stringent rules and laws. People observed them diligently. When I arrived in India, I saw the lax and 'take it easy' attitude of the Indian people at Dubai airport itself, as we were boarding for India. People didn't seem to have an idea of how severe the virus was. They were breaking masking rules, distancing rules and every other rule put into place for their safety. It became apparent to me quite quickly that my fight with the virus was going to be that much harder in Bangalore and Goa because of the attitude of most

people who found a way to break laws despite the horrendous Covid situation in India. The difference between Canada and India was stark in the way people reacted to this virus."

However, things were very different in Canada. "Canada was dependent on other countries to get its share of the vaccines. It learnt a bitter lesson must rely on its own pharmaceutical capabilities to survive another virus attack. While the rules and laws were stringent and people observed and obeyed them diligently, the vaccines were made available to people later than people in India received them. Thousands of old and infirm people in senior homes died because of lack of inadequate care which brought the poor state of affairs sharply into focus. Canada should have rallied around their citizens who were left to fend for themselves in other countries, with a better plan to fly them home. They let down their citizens who wanted to return home to Canada during this

crucial time," reminisces Milena.

Through the book, Milena highlights how India, 'the Pharmacy of the world' was helpless during Covid's huge and unprecedented second wave, the resilience of the people of India, especially the poor and less privileged, Canada's inability to arrange mercy flights and help its citizens stranded in India and the loss of good friends and neighbours who lost their lives on a dime. She says, "It had certainly brought home the fragility and vagaries of life home to me in sharper focus. It has underlined the fact that despite our technological advancement in medicine, a virus could bring the world to its knees."

As every nation in the world has been through the dark days of the Covid pandemic, the book has a universal appeal. Every person has been through the emotions of fear and doubt and for many the loss of their loved ones to whom they could not even bid goodbye.

"This book will resonate more with Goans because I have chronicled my experience in India during Covid times. That's the reason why, I looked for a publisher in India. Publisher Frederick Noronha of Goa 1556, actively encouraged me to stay resilient and publish the book. I am forever grateful to him," says Milena, whose book is available at Broadway Book Centre in Panjim and Golden Heart Emporium in Margao.



Herald Gaming Console

Dilbert

DAVE, I SUPPORT YOUR RIGHT TO IDENTIFY ANY WAY YOU WANT.

BUT I'M TRYING TO REACH MY DIVERSITY TARGETS, AND IT ISN'T HELPING ME THAT YOU IDENTIFY AS WHITE.

MAYBE YOU COULD IDENTIFY AS BLACK AND SOLVE YOUR OWN PROBLEM.

THAT'S HOW I PAID FOR COLLEGE.

Garfield

LIZ, I'M WRITING DOWN YOUR BIRTHDAY SO I WON'T FORGET

WHEN IS IT?

IT WAS YESTERDAY

IF YOU NEED ME I'LL BE IN BORNEO

Wizard of id

OW! WHAT DO YOU WANT, WIZ?!

MORE FUN THAN SENDING A PIGEON!

crossword 4775

ACROSS
1- Chicago paper, for short; 5- Partially opened flower; 8- Garage sale sign; 12- Arthur Ashe's alma mater; 13- Hawaiian state birds; 15- Completely without madness; 16- Latvian; e.g.; 17- Elite group; 18- Winter fall; 19- An organization; 22- Ques. response; 23- Neither here nor there; 24- Beef cut; 26- Universe; 29- Handled; 31- Dallas player, briefly; 32- Red as ____; 34- Replay option; 36- Iowa city; 38- That is to say...; 40- Med. school subj.; 41- Slender gulls; 43- How some losses are shown; 45- Wrath; 46- Vast seas; 48- Fit with clothes; 50- Illustrious warrior; 51- Foot digit; 52- 7th letter of the Greek alphabet; 54- Yearly celebration; 61- Sailors; 63- Watering hole; 64- Word that can succeed building, web or burial; 65- Strongly advise; 66- Used up; 67- Pulitzer-winning biographer Leon; 68- Thing; 69- Shoebox letters; 70- Coarse file, angry tone of voice;

DOWN
1- Orchestral heavyweight; 2- Some DVD players; 3- Woes; 4- Conductors' rods; 5- Actor Lugosi; 6- Ton, for one; 7- He loved Lucy; 8- Beast of burden; 9- Site of the Alamo; 10- Party to; 11- Stitches; 13- Capital of Kenya; 14- Ripped off; 20- Deep unconscious state; 21- Denials; 25- To Live and Die ____; 26- Brief

solution 4774

LENO FAR OAHU
TRON MOLAR ACAS
REEL ARONI ACID
ASSOCIATION LERA
DANCE BEERIER
GID POLAR OARED
AVON XEROX RAGU
FELON CIDER TIO
RETORT ERASES
SAVE OVA
TAC APPROXIMATE
HEED ELITE PLAT
ARNE LAPIS LOLA
TOTTA YES EGIS

sudoku 4775

		9	1	3		8	4	
			2					
				8	7	6		
6						7	3	
		8				2		
		4	5					6
		1	7	9				
					4			
		8	4		2	5	9	

Instructions for Sudoku
9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4774

2	1	3	7	5	6	9	8	4
4	6	5	9	8	2	1	7	3
8	7	9	1	3	4	6	2	5
6	8	2	5	9	3	7	4	1
1	9	4	2	6	7	3	5	8
3	5	7	8	4	1	2	9	6
9	4	6	3	7	5	8	1	2
7	3	1	4	2	8	5	6	9
5	2	8	6	1	9	4	3	7