



Full Moon Releasing

A Full Moon Ritual Guide to Harness the Power of Juno and Jupiter



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Introduction

Welcome to this guide on performing a Full Moon Release Ritual honoring Juno and Jupiter. In Greek mythology, these deities are known as Hera and Zeus, respectively. As the king and queen of the Olympian gods, they bring powerful energies of leadership, sovereignty, and divine union to your practice.

Understanding Juno and Jupiter

Juno (Hera) and Jupiter (Zeus) are a celestial power couple, reigning over the pantheon of gods and goddesses. Their combined presence can help you:

- Balance opposing forces in your life
- Tap into the strength of committed partnerships
- Enhance personal relationships
- Achieve your goals



Worksheet 1: Intention Setting



Before you begin your ritual, take some time to reflect on your intentions. Write your answers to the following questions:

- What aspects of my life do I feel need balance or transformation?

- In terms of relationships and self-confidence (Juno's domain), what do I hope to release?

- Regarding prosperity, health, and happiness (Jupiter's domain), what do I wish to let go of?

- What positive changes do I hope to invite into my life through this ritual?



Creating Your Altar



Your altar is a sacred space that serves as a focal point for your ritual. Here's how to set it up:

Altar Base

- Use a white or blue cloth to represent the celestial realm
- Place near a window or outdoors to connect with the sky
- Optional: Add cotton wool "clouds" for a heavenly atmosphere

Divine Representations

- Statues or images of Jupiter and Juno
- Eagle feather (Jupiter) and peacock feather (Juno)
- Small scale (representing justice and marriage contracts)

Crystals

- Citrine for Juno (prosperity and empowerment)
- Amethyst for Jupiter (spiritual growth and wisdom)
- Ametrine (representing their union)
- Lapis Lazuli (symbolizing royalty and divine power)

Sacred Objects for Jupiter

- Eagle figurine or feather
- Oak leaves or acorns
- Small bowl of olive oil
- Miniature lightning bolt symbol
- Small chalice of "ambrosia" (e.g., honey water)

Sacred Objects for Juno

- Peacock feathers
- Pomegranate or pomegranate seeds
- Lily flowers
- Small crown or diadem
- Peonies
- Small key

Shared Symbols

- White candles
- Scepter
- Cow figurines
- Bowl of "nectar and ambrosia"

Offerings

- Wine, tea, or milk
- Sweets and cakes (especially with honey)
- Fresh fruits (figs and apples)
- Aromatic herbs (myrrh, frankincense, bay leaves)
- Small dish of barley or wheat



Worksheet 2: Altar Planning



Use this checklist to plan and gather items for your altar:

Item	Have	Need to Get
White or blue altar cloth	[]	[]
Juno representation	[]	[]
Jupiter representation	[]	[]
Citrine crystal	[]	[]
Amethyst crystal	[]	[]
White candles (2)	[]	[]
Peacock feather	[]	[]
Eagle feather or symbol	[]	[]
Offering bowl	[]	[]
Incense or herbs	[]	[]

Add any additional items you feel called to include:



Custom Tea Blend for Divine Connection



Creating a tea blend to honor Jupiter/Zeus and Juno/Hera is a powerful way to deepen your spiritual connection. This practice symbolizes the intimate bond between the mortal and divine realms, offering a tangible means of sharing and offering. By carefully selecting ingredients associated with these deities, you craft a brew that serves as a sacred libation, enhancing your ritual and fostering a profound spiritual connection.

Here's a my blend that honors Jupiter/Zeus and Juno/Hera, incorporating elements sacred to both deities:

- 3 parts Apple tea (representing the golden apples of immortality)
- 2 parts Cardamom (for its aromatic properties and connection to luxury)
- 1 part Orange peel (for its bright, uplifting energy)
- Crushed: Star Anise + Cinnamon + Clove (for warmth and protection)
- Honey (to sweeten and represent the food of the gods)

Brewing Instructions:

1. Boil fresh water.
2. Pour a generous amount of honey into the pot.
3. Place the herbs in a teapot or infuser.
4. Pour the hot water over the herbs and let steep for 10 minutes.
5. Strain, stir, and pour into a special cup or chalice.
6. Add a splash of milk



Custom Tea Blend for Divine Connection



Here are some additional tea ingredients to honor Juno/Hera and Jupiter/Zeus, incorporating elements that resonate with their mythologies and domains:

- **Lemon Balm:** Associated with Jupiter and Zeus, this herb represents their rulership over the sky and lightning. Its bright, citrusy flavor symbolizes their power and vitality.
- **Rose Petals:** Sacred to Juno and Hera, roses represent love, marriage, and femininity. They add a delicate floral note to the blend.
- **Pomegranate Seeds:** Symbolizing fertility and marriage, pomegranate is closely linked to Juno and Hera's domains. The seeds provide a tart, fruity element.
- **Oak Leaves:** The oak tree is sacred to Jupiter and Zeus, representing strength and longevity. A small amount of dried oak leaves adds an earthy depth.
- **Clove:** Associated with the sun and masculine energy, clove represents Jupiter and Zeus's celestial nature. It contributes a warm, spicy flavor.
- **Cinnamon:** Symbolizing passion and sensuality, cinnamon reflects the divine couple's relationship. It adds warmth and spice to the blend.



Worksheet 3: Custom Tea Blend for Divine Connection



Create and document your own sacred tea blend to honor Jupiter/Zeus and Juno/Hera:

Ingredient	Amount	Symbolic Meaning

Blending Notes:



Full Moon Release Ritual



Materials Needed

- Two white candles
- Two pieces of paper
- Pen
- Lighter or matches
- Bowl of water
- Optional: Crystals and incense for cleansing



Juno/Hera

Jupiter/Zeus



Full Moon Release Ritual



Ritual Steps

- Set up your sacred space in a quiet area.
- Cleanse the space using incense or herbs.
- Ground and center yourself with deep breaths.
- Set intentions for what you wish to release and gain.
- Invoke the deities as you light each candle.
- Place the candles: Juno's on the left, Jupiter's on the right.
- Focus on Juno's candle and ask: "Please reveal what I need to release to have authentic relationships and be confident in myself."
- Write and reflect on the word or phrase that comes to you.
- Focus on Jupiter's candle and ask: "Please show me what I need to release to prosper in wealth, health, and happiness."
- Write and reflect on the second word or phrase.
- Burn the papers carefully using each candle, visualizing the smoke transforming into colored light (Citrine for Juno, Amethyst for Jupiter).
- Discard the ashes in the bowl of water.
- Visualize the combined energies as Ametrine light guiding you.
- Express gratitude to Juno and Jupiter.
- Ground yourself by placing your hands on the earth.
- Close the ritual by extinguishing the candles and stating that the ritual is complete.



Worksheet 4: Ritual Reflection



After completing your ritual, take some time to reflect on your experience:

- What emotions or sensations did you experience during the ritual?

- What insights or messages, if any, did you receive regarding what you need to release?

- How do you plan to integrate the energy of this ritual into your daily life?

- What actions can you take to honor the intentions you set during this ritual?



Conclusion



This ritual is a framework that you can adapt to your personal preferences and spiritual practice. The key is to approach it with sincerity, respect, and an open heart. May the energies of Juno and Jupiter guide you towards authentic relationships, self-confidence, prosperity, wealth, health, and happiness.

Worksheet 5: Moon Cycle Tracker

Use this tracker to plan your rituals and note observations throughout the lunar cycle:

Moon Phase	Date	Ritual Performed	Observations
New Moon			
Waxing Crescent			
First Quarter			
Waxing Gibbous			
Full Moon			
Waning Gibbous			
Last Quarter			
Waning Crescent			



ABOUT NATSUKO & CHAI ASTROLOGY



Hello, beautiful soul! I'm Nat, the heart behind Chai Astrology. Here, I weave together astrology, goddess mythology, and lunar wisdom to bridge the gap between your spiritual insights and everyday life. Picture seamlessly integrating your spirituality into your daily work and routine, sharing your unique gifts with the world, and creating a sustainable income—all while deepening your practices. Together, we'll illuminate your path, uncover hidden growth opportunities, and strengthen your connection to the cosmic rhythms that guiding us all.

So, Are You Ready to Dive Deeper?

Visit www.chaiastrology.com to learn more or book a session. Let's illuminate your path—one moon cycle at a time.

xo Nat ~Chai Astrology





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