

Patriarchy on Fire

A Waning Moon Ritual

Preface:

This Ritual is for anyone, from any tradition or belief system. In the true Wild Woman Way, this is yours to craft as you wish. This is your time. What I offer here are suggestions, which I hope will help you have a whole experience. If & when your inner guidance tells you to add or subtract something, trust it. A Wild Woman's structure is hers to make.

This Ritual involves Fire. Please be wise with safety and fully present with this powerful force. Have a bowl of water or a fire extinguisher handy.

You will need:

- 1 hour of uninterrupted time alone
- A device to stream the Video: [A Woman's Fury Holds Lifetimes of Wisdom](#)
- 3 Candles & something to light them with
- A bowl of water
- A cauldron with a lid or a heat safe bowl or pot with a lid (and something safe to set it on)
- This PDF (printed or on a device) for guidance & poetry
- Your inner guidance & willingness to follow it

Movement 1:

Set up your space, with the items above & any others you feel guided to use. Use your breath to feel a full bodied presence in the moment at hand. Remember with each breath that there is creative intelligence which runs through you, as it does all living things.

Movement 2:

Call upon your Ancestors, Guides (on the Earth realm or any other), Loving Energies, Womankind, and the Natural World to be with you for this ritual. You could say, in these words or your own: "Please offer your presence & guidance as I flow through this Ritual for the greater good of all beings."

Movement 3:

Watch this Ted Talk by [Tracee Ellis Ross: A Woman's Fury Holds Lifetimes of Wisdom](#). As you watch be present to your interior space, allow any feeling to flow freely. Feel the presence of your Ancestors, Guides, Loving Energies, Womankind & the Natural World with you as you let this talk wash through you.

Movement 4:

When the Talk is over, begin to hum on your exhale, allowing your voice to reverberate in you & throughout the space you are in. As you hum, don't worry about doing it any "right" way ~ just sound your voice. Keep humming and light 3 candles: 1 - for the women who have come before us, 2 - for the women who are here on Earth now (including you), 3 - for the women who will be here when we are gone.

Movement 5:

Hover your palms safely over the flames, sending: Love, blessings & sisterhood magic to the women. Speak freely to each flame, each group, say what is on your heart. Know that you can speak internally with your thoughts or on your voice (your choice). Do harness your attention as you do this. Your attention is potent medicine. Take as much time as you need with this Movement.

Movement 6:

Take one hand to belly (below your navel) and one hand to your heart center (center of your chest). Close your eyes and imagine a light in the center of your head, connected to the heart & the low belly. Ask in: "What - in this world - would you like to see burned away & transformed in your lifetime." See what comes. Trust it. It could be the end of rape culture, it could be the hunger of starving children, it could be many things that are hurting us all. So listen to what comes through, big or small.

Movement 7:

Keep your bowl of water near for safety. On pieces of paper, write down what came through. Name it, give it language & then burn it (using the 3 flames). Take your time here, burning each and everything that came up. Be sure that you are fully present as you write & then burn each piece. Once each paper catches the flame, place it in the cauldron/cast-iron pot with lid and let it burn.

Movement 8:

Once the burning is complete, take a few breaths and close your eyes. Begin to visualize a world where all those things you just burned are gone. What would that look like, feel like, be like? Dream into it a bit because, as Gloria Steinem has said, "Dreaming, after all, is a form of planning." Keep your breath steady & dream into this possible future. Take your time, see it and feel it too.

Movement 9:

Feel the passion, heat, energy, creativity & love of womankind fill your body until you feel luminous & lit up! Breathe there, letting your light shine.

Movement 10:

Read aloud these words from the poet Rupi Kaur, from her exquisite collection called the sun and her flowers:

i stand
on the sacrifices
of a million women before me
thinking
*what can i do
to make this mountain taller
so the women after me
can see further*

-legacy

(Stay there for at least 3 rounds breath.)

Movement 11:

In your own way feel & express your gratitude to Womankind (past, present & future). Thank your Ancestors, Guides, Loving Energies, Womankind & the Natural World for being with you now and always.

Movement 12:

Breathe into the center of your brain and on the exhale, Howl! Breathe into your heart center and on the exhale, Howl! Breathe into your low belly and on the exhale, Howl!

Movement 13:

Blow out your candles and revel in the magic you've channelled.

Thank you for your service in offering this Ritual, dear one.

If you'd like to learn more about Wild Woman Spirituality & Ritual Crafting
you are welcome to join us for Spring Circle Leader Training (Online, from Anywhere)!

There are just a few spaces left & we begin on May 14th 2018

[Learn More & Claim Your Seat Here](#)

In Love & Sisterhood,
Chris Maddox