



1. First, find a glass or jar.
2. Fill it with water, preferably spring or distilled and cover.
3. Set your intentions. You can write it on a piece of paper and set it under the glass or jar or simply speak to the water.
4. Set the glass or jar out under the moon light (if it is overcast, you can still capture her energy.)
5. Before sipping, you are invited to give gratitude to the Moon and give a small offering from your glass or jar to Mother Earth. This will keep the energetic relationship that we share with all things in balance.