THE VERDANT GRIMOIRE SERIES



THE 15-MINUTE LUNAR RESET

A ritual guide for when your body forgets how to rest.

ALL ELEMENTS · MOON · NERVOUS SYSTEM

Free — download, use, return to.

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Before You Begin

This is not a meditation. It is not a performance. It is a return — to the body, to the breath, to the rhythm that was already there before you forgot it.

Use it on the Full Moon. The New Moon. Or any night your nervous system feels like a room with all the lights on.

"The Moon does not teach. The Moon modifies conditions."

What You Need

— A candle (white or beeswax)

— A handful of herbs: lavender, rosemary, or whatever is near

— A cup or bowl of water

— An oil, balm, or hydrosol for anointing (optional)

— 15 minutes without your phone

Time

Dusk or just before sleep. If neither is possible, any moment you can close a door.

The Ritual

Step 1

Prepare the space.
Dim the lights. Light the candle. Place the herbs beside the water. Turn off your phone — not on silent, off. This is the gate. You are crossing it.

Step 2

Breathe with the Moon.
Close your eyes. Take nine deep breaths. On each inhale, imagine moonlight entering through the crown of your head. On each exhale, let it fill your chest, your belly, your feet. You are not visualising. You are remembering what light feels like inside a body.

Step 3

Water blessing.
Hold the cup of water in both hands. Bring it close to your mouth. Whisper into it — one thing you want to release, or one thing you want to call in. The water holds both equally. Drink slowly. Consciously. Feel it arrive.

Step 4

Anoint and anchor.
If you have an oil or hydrosol, place a small amount on your wrists, your heart, or the back of your neck. If you have nothing, press your palms together firmly and hold them against your sternum. This touch is the seal. Say, aloud or silently: I return to myself.

Step 5

Close with gratitude.
Thank the Moon. Thank your body. Thank the plant that sat beside you. Blow out the candle. Write one sentence in your journal or on any scrap of paper: Tonight, I returned.

When to Use This

New Moon

The New Moon is for planting. Your whisper into the water should be an invitation — something you are calling toward you. Keep it small. One word is enough.

Full Moon

The Full Moon is for releasing. Your whisper should name what you are finished carrying. Do not dramatise it. Just name it and let the water take it.

Any Other Night

When your body is activated and your mind will not stop — this ritual is not about the Moon. It is about you. The Moon simply gives you permission to pause.

Plant Allies for This Ritual

— Lavender — for nervous system down-regulation. The safest default.

— Rosemary — for clarity after mental overload. Cuts through fog.

— Lemon balm — for emotional flooding. Softens without numbing.

— Immortelle — for grief, for memory, for what the body stores. The island plant.

Use what you have. A sprig from the garden. A tea bag. Dried herbs from the kitchen. The ritual does not require perfection. It requires presence.

The Repeat Protocol

One ritual performed once is a gesture. The same ritual repeated for three lunar cycles becomes a practice.

- Cycle 1 — Moon phase: _____ Date: _____ One word: _____
- Cycle 2 — Moon phase: _____ Date: _____ One word: _____
- Cycle 3 — Moon phase: _____ Date: _____ One word: _____
- Cycle 4 — Moon phase: _____ Date: _____ One word: _____
- Cycle 5 — Moon phase: _____ Date: _____ One word: _____
- Cycle 6 — Moon phase: _____ Date: _____ One word: _____

"One small ritual repeated is stronger than a grand intention performed once."

Continue the Grimoire

— The Earth Protocols — step-by-step ground work for when you feel unanchored. €9

— The Water Protocols — emotional release and lunar rhythm for when feelings flood. €9

— The Elements Quiz — find your dominant element in 2 minutes. Free.

— Lunar Letters — seasonal transmissions from Silba. Free on Substack.

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