

A short introduction to the Crystal Stone Circle

Before you come to the Full Moon Ceremony

This short introduction is meant to give you a little background before joining the Full Moon Stone Circle Ceremony on the beach.

You do not need to study or understand the whole system in advance. The ceremony is meant to be experienced through presence, attention and intuition. This text simply offers a few points of orientation, so you can arrive with a sense of what the Crystal Stone Circle is and how we will work with it.

Ancient stone circles

Stone circles have fascinated people for thousands of years.

They appear in different parts of the world and are often connected with ritual, orientation, the cycles of nature, the movement of the sun and moon, and the relationship between Earth and Sky.

Many ancient stone circles were built as places of gathering, attention and alignment. Their exact meaning is not always known, but their presence still speaks to something deep in human consciousness: the wish to stand in relationship with the Earth, the heavens, the seasons and the unseen field of life.

The Crystal Stone Circle used in this ceremony is a contemporary, portable expression of that ancient wisdom.

The inspiration behind this circle

The Crystal Stone Circle used in this ceremony is inspired by ancient European stone circle traditions, and more specifically by the stone circle of Calanais, also known as Callanish, in the Outer Hebrides of Scotland.

At the same time, the ceremony takes place in Portugal, a land with its own deep megalithic memory. The Alentejo also holds ancient stone circles and standing stones, such as those near Évora.

For this reason, the circle does not belong to one place only. It carries a wider remembrance: of stones, landscapes, directions, cycles and the human wish to stand in conscious relationship with Earth and Sky.



Our own journey with the circle

The Crystal Stone Circle used in this ceremony also carries our own history of working with stone circle patterns.

For several years, we have worked with this circle as a ceremonial and intuitive field for guidance, reflection and inner development. It has been used in personal sessions, meditations and training programmes, helping people listen more deeply to themselves and to the symbolic language of the stones.

Our work with stone circles was also deepened in Scotland, where we worked with groups in connection with the ancient stone circle of Calanais. These experiences helped shape the way we now work with the Crystal Stone Circle: not as an object to study, but as a living field of attention, alignment and inner listening.

In Portugal, the same stones are now brought into a new landscape: the Atlantic coast, the beach, the moon and the open horizon.

A circle of crystals

In this ceremony, we do not work with a large circle of standing stones, but with a crystal stone circle laid on the sand.

Each crystal has its own place within the circle. Together, the stones form a symbolic field: a pattern of Earth, Sky, direction, rhythm and consciousness.

The circle is not meant to be understood only by the mind. It is a field to sit with, listen to and enter through attention. The stones invite you to slow down, become present and allow your own intuitive knowing to become more available.

The 13 levels of consciousness

Within Escola da Mística, the Crystal Stone Circle is connected to 13 levels of consciousness.

They are subtle layers of awareness through which we can observe how life moves within us: through the body, emotions, thoughts, intuition, heart, soul and creation.

During the ceremony, you do not need to know these levels in detail. They are present as part of the field and help bring more precision to what may become visible during the evening.



Working with a personal question

During the ceremony, you are invited to bring a personal question.

This may be a question about something you are experiencing, creating, releasing or beginning. It does not have to be dramatic or complicated. A clear and honest question is enough.

The question helps focus your attention. It gives the circle a doorway through which something can be reflected back to you.

You may also come without a fixed question and allow one to arise naturally during the evening.

Consulting the circle

The Crystal Stone Circle is consulted through attention, intuition and presence.

After grounding and attuning to the heart, you allow your awareness to rest with the circle. Certain stones may draw your attention. These stones are then used as mirrors for intuitive reflection.

The circle does not give fixed predictions. It helps you listen.

Through the stones, their place in the field and your own inner response, something may become clearer: a direction, a quality, a next step, or a deeper understanding of what is already moving within you.

The role of the full moon

The full moon brings light to what is already present.

In many traditions, the full moon is seen as a moment of reflection, completion, release and illumination. In this ceremony, we meet the full moon not as a spectacle, but as a quiet moment of attention.

The moon, the ocean and the circle together create a field in which you are invited to listen more deeply to yourself.

AUM meditation

The ceremony includes an AUM meditation.

Through the vibration of AUM, the body softens, the mind settles and attention naturally returns to the present moment.

AUM is not something you do, but something you allow. The sound moves through breath, chest and silence, creating space, grounding and inner alignment. This meditation helps prepare the body and awareness for the intuitive work with the circle.



A grounded ceremony

This ceremony is not about prediction, performance or escape.

It is a grounded and intuitive practice. You remain responsible for your own choices, insights and actions. The circle can offer reflection, but it does not replace your own discernment, common sense or professional guidance where needed.

The ceremony works through attention, symbolic language and inner listening.

How to prepare

Before coming to the ceremony, you may take a quiet moment to reflect on what is currently alive in you. You could ask yourself:

What is asking for my attention?

What am I ready to see more clearly?

What am I releasing?

What is beginning in me?

There are no good or bad questions so you do not need to find the perfect question.

What to bring

Please bring something warm to wear, water, a notebook and something to sit on.

The ceremony takes place outdoors, close to the ocean. Even on warm days, the evening air can become cooler after sunset.

You are welcome to write down anything that comes to you during or after the ceremony.

Closing note

The Crystal Stone Circle is a starting point, not a complete explanation.

Its deeper meaning reveals itself through experience, attention and practice. During the Full Moon Ceremony, you are invited to meet the circle in a simple way: by sitting around it, listening inwardly and allowing clarity to unfold in its own time.

Held by the moon, the stones, the ocean and your own inner knowing, the evening becomes a quiet space for remembrance, reflection and alignment.

