

# Full Moon

Date: \_\_\_\_\_

Moon is in: \_\_\_\_\_

Uses:

Cleansing Crystals ~ Releasing ~ Shifting through peaking energy

## Energy for the Full Moon

## Cards Pulled

(from video or personal deck)

<b>Full Moon</b>	<b>Introspection</b> <i>What needs to be released?</i>	
<b>Affirmation:</b>		
<b>Waning Moon</b>	<b>Shadow Energy</b> Notice how feelings, thoughts & emotions effect your behaviors	
<b>Affirmation:</b>		
<b>Last Quarter</b>	<b>Steps to remove obstacles</b> <i>Move in the flow of divine guidance</i>	
<b>Affirmation:</b>		
<b>Waning Crescent</b>	<b>Gratitude</b> <i>Take note of &amp; give thanks for the lessons ~ reward yourself</i>	
<b>Affirmation:</b>		

### Simple Full Moon Ritual

(or you can create your own)

- Create sacred space w/ a candle in fire-safe bowl
- Meditate with pen & paper
- Write a list of what you wish to release (situations, people, habits, or behaviors)
- With energy of willingness to release, burn list in fire-safe bowl.

(For an extra boost- Smudge & take a salt bath while visualizing the new actions you will take to move forward)

### What needs more love & attention

_____
_____
_____

### What have I accomplished

_____
_____
_____

### Reward Yourself Ideas

(Including question to the left)

- Buy a fancy coffee*
- Take yourself to the movies*
- Buy yourself a brand new accessory*
- Organize a night out with friends*
- Visit a museum , gallery, etc.*
- Make a spa appt.*
- Buy yourself flowers*
- Read a book under a tree in the park*
- Binge a tv show that you haven't had time for*