



Tailor a Full Moon Ritual fit to you

The full moon is a time to acknowledge all that has been fulfilled in the last month or months. Before we had printed calendars, we had the sky to help us mark time.

The fullness of the moon is a time to metaphorically (or literally) dance and celebrate. The point of setting goals and intentions is to enjoy them as you reach them. Our hearts and minds love to celebrate these markers in our lives.

I invite you to experiment with this Full moon that is near the equinox to mark the end of a season as well as month.

Open this ritual by lighting a candle for yourself and then nestle in to write with writing prompts below. If you feel inclined, take a moment outside in the full moon and fill your heart with gratitude -- in reflection of what you write below. You could also explore relaxing further with a guided meditation.

Journal Prompts

What comes first to mind when I ask you:

1. What are you processing right now? Write about what feels complete in the process. This could be something you are processing in your spiritual, emotional life. Or it could be something you are processing in your outer life like work or relationships.
2. What do you acknowledge yourself for doing in this last month and in the season that is ending?

Guided meditation

Prepare for this guided meditation by finding a comfortable position and quiet space that you can rest for a few minutes. Take a few breaths with your eyes closed to tune into your body and breath. Place your both hands on your chest over your heart and [jump to bottom of blog post](#) or [hit play for the recording](#).

