

LIBRA FULL MOON RITUAL GUIDE

The full moon has long been a symbol of harvest to farmers and keepers of the land. In witchcraft, the full moon is also about letting go of the things that didn't grow.

The full moon is a time to pause and take an energetic inventory.

What's working? What isn't?
What flourished? What didn't?

Then, just like the keepers of the land, we harvest the bountiful growth and we lovingly let go of the things that no longer serve.

Ultimately, the gift of the full moon is teaching us the delicate art of letting go.



EMBODIED MOON RITUAL RELEASE AND BALANCE

Write a list of what's growing + giving you energy and a list of what's stunted + taking energy in your life.

Notice the difference in your feelings when thinking about each of the lists: the variations in your body and the contrast in the thoughts that come up.

This particular moon is in Libra, a sign all about balance - how to find it and how to create it within ourselves.

Let that energy offer a perspective that you engage with your highest self, your deepest knowing, and the fullest moon hanging above your head.



EMBODIED MOON RITUAL RELEASE AND BALANCE

Turn this focused intention and attention to this question: “What can I let go of to create more balance for myself?”

Be open to what you receive. Process what comes up for you in any way that feels best.

You can write it out on paper, connect with your breath, craft a mantra, do a yoga sequence, rest in silence, or primal scream into the abyss.

Whatever your method of choice, take the next 8 minutes to drop into it.

When you're done, take a bath, drink some tea, text a safe friend or lover, and rest.

