



Full Moon
Mini
Workbook

By: Mystic Star Magic

www.mysticstarmagic.weebly.com

Full Moon Journal Mini Workbook

The full moon is a time of releasing all that no longer serves us. It is a time of slowing down and contemplation. Below are some journaling prompts. You can doodle or write your answers.

The best things that happened this moon cycle or month:

Things I wish I can change about this moon cycle. Why?:

The things I'm proud of myself for accomplishing (even small things)

The things I still need to work on.
What steps are you taking to change them?

Full Moon Journal

What things or people I'm grateful for? Why?

What do I need to forgive myself and others for? Why?

What thoughts and actions have helped me during this moon cycle?

What thoughts and actions have constricted me during this moon cycle?

Full Moon Ritual for releasing the old.

Water has cleansing properties so one of the best things to do release stagnant energies is to either take a Full Moon shower. But before your shower, find a quiet and peaceful place where you can see the moon (if the sky is cloudy just imagine the full moon) out in nature is good, but a place with a window works just as well. Start by speaking a prayer of gratitude for the Divine. Follow it by thanking the moon for teaching you about cycles- the ebb and flow of life. Ask the moon to help you as you let go of the old to make room for the new.

Once you have done that it is time for getting the help of water to flush any negativity. When the water is running go under it and imagine it is washing away any old energies, thoughts that are constricting you and habits that are hampering you. By the end of your shower you should feel refreshed and calm. Make sure to drink some water or tea and as you do, picture abundance, joy, health, and fun flowing in through the liquid you are drinking.

Full moon meditation

<https://anchor.fm/mystic-star-magic/episodes/Full-Moon-Meditation-ef1lov/a-a2ctbbk>

Hymn to the Moon

*Thou silver deity of secret night,
Direct my footsteps through the woodland shade;
Thou conscious witness of unknown delight,
The Lover's guardian, and the Muse's aid!
By thy pale beams I solitary rove,
To thee my tender grief confide;
Serenely sweet you gild the silent grove,
My friend, my goddess, and my guide.
E'en thee, fair queen, from thy amazing height,
The charms of young Endymion drew;
Veil'd with the mantle of concealing night;
With all thy greatness and thy coldness too.*

Lady Mary Wortley Montagu
www.mysticstarmagic.weebly.com