

FULL MOON RITUAL

1. Use the fire element and your sense of taste. You can sit in the sun or next to a fire or light a candle. Fire is expanding and passionate and you're honoring those traits right now. Ignite your taste buds with something bitter like dark chocolate. You are really savoring all that is showing up in your life right now.
2. Take your journal or blank sheet of paper and ask yourself these three questions?
 - a. Is there anything I need to act on right now?
 - b. Is there anyone I need to forgive?
 - c. Is there anyone specific I need to express gratitude towards?Use the power and energy of this phase to act on these things.
3. Offer gratitude. Abundance is essential for creation.

