

# Full Moon

## CEREMONY

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IN THE LIGHT OF THE FULL  
MOON, FIRST SET YOUR  
SPACE:



CLEAR YOURSELF OF THE DAY  
BY BATHING OR PERFORM A  
SMOKE CLEANSER WITH SAGE  
OR INCENSE



INCORPORATE CRYSTAL  
ENERGY OR ESSENTIAL OILS  
AS DESIRED & LIGHT YOUR  
CANDLE. REFLECT ON THE  
INTENTION SET UNDER THE  
NEW MOON.



SET INTENTION FOR TODAY:  
FOCUS ON SELF & FILLING YOUR  
CUP



MEDITATE: CELEBRATE YOUR  
JOURNEY & ACHIEVEMENTS;  
TURN INWARD & RELEASE  
EMOTIONS, HABITS, ENERGY,  
PEOPLE, OR THOUGHTS THAT  
NO LONGER SERVE YOU.



INTEGRATE: JOURNAL,  
PERFORM A BURNING  
CEREMONY, OR REPEAT  
AFFIRMATIONS. SLEEP.

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**WHOLE HUMAN**