



## Full Moon in *Libra*

A full moon in the air sign of Libra brings focus to our relationships and anything that is out of balance in our lives. Try not to sit on the fence too much - Libra is known to be indecisive!

THINK OF ANY RELATIONSHIP THAT HAS LEFT A NEGATIVE MARK ON YOU. WRITE DOWN THINGS YOU HAVE LEARNED FROM THE EXPERIENCE. FORGIVE AND RELEASE THE PEOPLE WHO DEALT YOU A BLOW.

WHEN YOU FORGIVE AND RELEASE, YOU MAKE SPACE FOR NEW AND BETTER THINGS. REPLACE NEGATIVE ENERGY WITH POSITIVE TO HELP RAISE YOUR VIBRATION. I AM GRATEFUL FOR...

USE THE LIBRA FULL MOON TO THINK ABOUT WHERE YOUR LIFE MIGHT BE OUT OF BALANCE. SOAK IN A BATH (ADD CRYSTALS IF YOU LIKE!) AND THINK ABOUT WHETHER YOU'RE SPENDING TOO MUCH TIME AT WORK OR NOT PRIORITISING YOUR OWN HEALTH, FOR EXAMPLE. WHAT CHANGES CAN YOU MAKE?

Now burn this paper in a safe place and release the energy into the universe.



## Things to do for a Full Moon in *Libra*

- Is there anything you've had trouble making a decision on? Dwell on it and see if you can come to a conclusion. Light an intention candle and say "I know what I'm going to do. I know where my path is taking me." Write it on paper and burn it to send the energy into the ether.
- Spend time nurturing relationships. Have dinner with your friend or partner. Call someone important to you and spend time listening to them. Make an effort without sacrificing your own needs.
- Analyse your relationship with yourself. Do you talk to yourself as a friend or foe? Can you be kinder? Every time you say something horrible to yourself replace it with something positive.
- Seduce yourself! Treat yourself the way you want to be treated by others. Buy yourself flowers. Lather yourself in sensuous body lotion. Order a nice meal. Spend time doing things you love.
- Avoid any shopping trips where there is too much choice.
- Smoke cleanse your house or use a cleansing spray to remove negative energy. Open your windows to let old energy out.
- Have a full moon bath. Fill your bath with either salts, crystals, flower petals or whatever takes your fancy.
- Meditate with rose quartz or rhodochrosite and imagine breathing in pure love. Think of it like pink air moving down into your heart.

### AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am balanced and whole. My body and mind are in harmony.
- I give as much as I receive. I nurture my relationships well.