



Full moon in *Leo*

The Full Moon in Leo is courageous, passionate and bold. Dare to do things you are scared of doing. Revel at being in the spotlight - this is the sign of the extrovert. Have fun. Let your heart lead you. But don't let your ego get too big.

HAVE YOU BEEN MEEK AND LET GOOD OPPORTUNITIES SLIP BY BECAUSE YOU'VE BEEN TOO SCARED TO STEP UP? LIST THEM. FORGIVE YOURSELF AND RELEASE THEM INTO THE ETHER TO CLEAR YOUR ENERGY.

WHEN YOU FORGIVE AND RELEASE, YOU MAKE SPACE FOR NEW AND BETTER THINGS. THIS IS THE FIRST FULL MOON OF THE YEAR SO IT'S A GOOD TIME TO REPLACE NEGATIVE ENERGY WITH POSITIVE TO HELP RAISE YOUR VIBRATION. I AM GRATEFUL FOR...

LEO LOVES TO HAVE FUN. LIST ALL THE THINGS YOU LOVE DOING. CONSIDER WHETHER YOU'RE DOING THEM ENOUGH. WHAT'S STOPPING YOU? LIST BELOW.

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



Things to do for Full Moon in *Leo*

- Command respect. Don't let people put you down.
- Do things that light you up. Have fun. Follow your passions. What dreams have you left by the wayside?
- Think about any times you've hidden your true self to please someone. Imagine how it could have gone differently.
- Place rose quartz on your heart or imagine your heart filling with pink light. Say to yourself, "I let love in."
- Take risks. Be brave and do something you're scared of doing.
- Be your true self and follow your heart. Go after what you want.
- Join a drama club or perform outside. Be an exhibitionist.
- Write a list of simple things that bring you joy.
- Think of the one thing that would bring you joy right now. Is it in your power to do it? Then do it.
- The sun is in the opposite sign of Aquarius which always thinks of the greater good. Use the loving nature of Leo to spread warmth and happiness to others.
- Have you learned anything about yourself over winter? Can it help guide your path into Spring?
- Keep your ego in check. Be confident but not overbearing.
- Smoke cleanse your house to remove any negative energy.
- Have a full moon bath. Fill your bath with either salts, crystals, flower petals or whatever takes your fancy. Crystals such as tiger's eye and carnelian are good for encouraging courage.

AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am living a life that feels fun and aligned with my passions.
- I am confident and I step into my power.