



Full Moon in *Virgo*

A full moon in the earth sign of practical Virgo forces us to delve deeper into the order in our life (or lack of!). Health is a prime focus for this sign, too. Pay attention to detail but don't be over-critical.

HAVE YOU BEEN OVER-CRITICAL OF YOURSELF OR OTHERS? DO YOU TELL YOURSELF YOU'RE NOT GOOD ENOUGH? LIST DETAILS HERE AND THEN TELL YOURSELF YOU'RE GOING TO FORGIVE AND RELEASE THEM.

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...

THE VIRGO MOON IS A GREAT TIME TO ANALYSE YOUR HEALTH. HAVE YOU BEEN NEGLECTING YOURSELF? EATING TOO MANY UNHEALTHY THINGS? NOT EXERCISING? LIST THINGS YOU CAN STOP DOING SO YOU CAN BE HEALTHIER.

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



nibbled apple
Be happy, not perfect.



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THINGS TO DO DURING A VIRGO FULL MOON

- Analyse your daily routine. Are there ways you can spend your time better? Have you built in enough self-care? Could you wake up or go to sleep earlier to help make you more productive etc.?
- Introduce a new habit such as drinking more water, taking a vitamin, going a daily walk, phoning a loved one, cutting down alcohol or cigarettes to improve your mental and physical health.
- Declutter your life. Remove anything you don't use, tidy kitchen cupboards, clear receipts from your purse, organise yourself!
- Take time to think about what you want to release in your life ahead of the start of the new astrological year coming.
- Do some inner healing. Listen to a chakra cleanse meditation or book in for an energy healing session or sound bath, for example.
- Think practically. What one thing could you let go of right now to make your life better? What have you been avoiding? Why?
- Reflect on your past month. What worked for you and what didn't?
- Prune your garden, cultivate the soil and get ready for spring!
- Work with red jasper or black tourmaline to ground your energy.
- 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.

AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am organised and I can see what I need to do to achieve my goals.
- I let go of my inner critic and perfectionism.