



Full Moon in *Scorpio*

A full moon in the watery sign of Scorpio can be intense. It brings opportunity for transformation and facing our shadows to find light. Don't give in to jealousy or brooding.

FACE YOUR SHADOWS. CLOSE YOUR EYES AND THINK OF THINGS YOU DON'T LIKE ABOUT YOURSELF. LIST THEM HERE. CAN YOU FIND ANYTHING POSITIVE ABOUT EACH OF THEM? IF NOT, TELL YOURSELF YOU'RE GOING TO FORGIVE AND RELEASE THEM. YOU ARE TRANSFORMING INTO WHO YOU WANT TO BE.

THINK OF YOUR CHILDHOOD. DO YOU HAVE AN UNPLEASANT MEMORY? CONSIDER HOW THIS MAY STILL BE AFFECTING YOU AS AN ADULT. DOES IT CONTRIBUTE TO A PHOBIA OR A LIMITING BELIEF YOU HAVE?

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...

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



Things to do for a Full Moon in *Scorpio*

- Meditate while holding black obsidian. This crystal forces us to face our true selves and bring our shadows to the surface. Work with snowflake obsidian or Apache tears if you need something gentler.
- Scorpio is a water sign so walk by rivers, have a bath filled with crystals or... cry. We cry to release emotion. That's good.
- If you feel jealous or moody, acknowledge the feeling and then tell yourself to let it go, It does not serve your highest good.
- Embrace the seductive side of Scorpio by wearing some sexy lingerie.
- Write a list of all the times you have felt jealous or angry lately and try to understand why. What triggered you?
- Trust your intuition. If you have problems doing this then listen to a guided meditation about opening your third eye or carry amethyst.
- Work on unblocking your sacral chakra (the seat of your emotions). Imagine breathing in orange light and it swirling around below your belly button. Breathe in light and exhale dark emotions.
- Scorpio is the sign of transformation. Think about what you would like to transform in your life. What is stopping you from doing it? Imagine removing that block from your life.
- The veil is thin under Scorpio - what questions would you like to ask of your spirit guides and higher self?

AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am ready to be reborn into the person I want to be.
- I am open to being guided back on my soul's true path.