

# My full moon in Scorpio *Journal*



# Why journal?

Releasing words from your body and mind takes some of the pressure off of the emotional furnace bubbling inside of you.

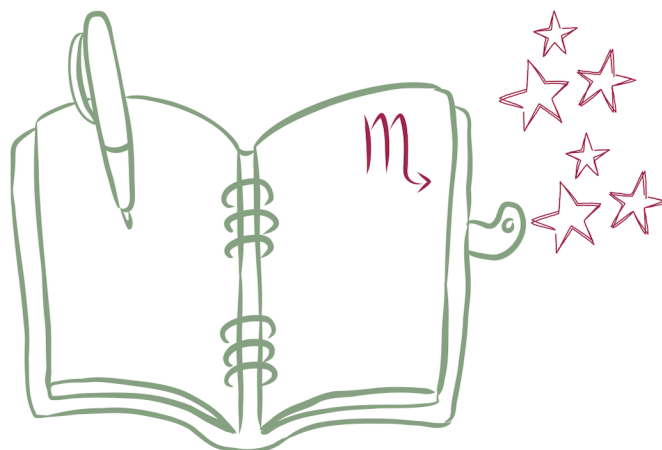
Entering the journalling process can feel almost meditative if you let your thoughts spill out without trying to guide them.

By letting the words flow freely onto paper, answers to your problems often begin to magically materialise of their own accord. Solutions suddenly become clear because they were there inside you all along.

You just had to give yourself the time and space to consider things; to let your intuition guide you.

Gift yourself this time under the **full moon in Scorpio**.

By journalling during each new and full moon, you also begin to notice which moons affect you more deeply and which patterns of emotions, dreams and habits keep appearing. It's an inner journey of self-enquiry and self-awareness.



# The full moon in Scorpio

A Scorpio full moon is an intense and emotional one. It forces us to face our inner shadows and anything we are ashamed of or burdened by.

Use this full moon to shine a light on any negative traits that are holding you back. Is your jealousy of another person giving you imposter syndrome? Are you too quick to anger and this makes people walk on eggshells around you? Look hard at the emotions you are feeling the most.

Scorpio is ruled by Pluto, the planet of death and rebirth, so it's no surprise that these are important themes to address. This lunar energy is transformative and it encourages you to think about what you want to change in your life. Which areas of your life are you going to burn down so that you can then rise up like a phoenix from the ashes (another symbol of Scorpio)?

This full moon might feel overwhelming so gift yourself time to slow down and assess everything that's going on around you. Use the intuitive Scorpio energy to guide you on what you need to release.

When doing the writing exercises try not to look for answers. Although, if they come (which they often do when you're not looking for them) then that is a happy bonus.

The goal is to explore your thoughts and emotions and release them from your body and mind. You can also take time to notice what patterns are emerging throughout your words. Are the same people or habits being mentioned, for example? Well, that is surely interesting and something to consider.

Happy writing.



# Scorpio full moon



The moon moves through each of the 12 zodiac signs every two and a bit days. This gives every full moon some different characteristics and influences we can focus on. And, if we work on them all over the course of the year then we basically spring clean and progress all areas of our lives. How cool is that? A full moon occurs when the moon and sun are on opposite sides of the zodiac.

**Element:** Water

**Quality:** Fixed

**Ruling planet:** Pluto

**Symbol:** The scorpion

**Rules:** Reproductive organs

**Glyph:**



## Affirmations

- ♏ I am facing my shadow self and transforming darkness into light
- ♏ I let go of what no longer serves my highest good
- ♏ I am free of jealousy, anger and grudges
- ♏ I am following my intuition
- ♏ I release my demons and self-destructive habits
- ♏ I am sexy, passionate and uninhibited

## High vibes

Passionate, sexy, intuitive, transformative, rebirth, magnetic, strong-willed

## Low vibes

Jealous, vengeful, unforgiving, intense, manipulative



# How to prepare

Full moons are a magical time but their energy can be quite intense. Before you start writing, it can be nice to calm yourself down with a breathing exercise or meditation. You can find lots of beautiful full moon meditations on Spotify or Youtube.

To encourage your thoughts to flow easily onto paper, it can help to make the environment around you cosy. Light some candles, play soothing music or burn some incense or aromatherapy oils.

My own personal preference is to soak in a healing bath while I write. (I have a bath tray that I can rest my pen and paper on.) I fill the bath with Epsom salts, essential oils, crystals, herbs or flowers - whatever takes my fancy. Then I relax and spill my heart and emotions out onto my journal pages. It never fails to make me feel better.

These are, of course, only suggestions. build your own routine based on what makes you feel happy and relaxed.

Now, let's get journalling...













# Shame, shame!

People like to make us feel ashamed for things that we have no need to feel embarrassed about. Just because they have an opinion on it doesn't put you in the wrong. Work your way through your list of 'shame' from the previous page (add some more too) and identify why it's okay. I've put a couple of examples.

MY SHAME	WHY IT'S OKAY
e.g. I want to earn a lot of money and I charge premium amounts.  e.g. I enjoy "kinky" sex.	e.g. Money is just energy. It's not dirty. I value my worth,  e.g. Sex is not dirty. As long as it's consensual I am entitled to do what turns me on even if it's not for everyone.

# Truth bomb

A Scorpio full moon is for plunging to your depths and dredging up everything you've been hiding.

What have you been avoiding facing up to lately? Why?

---

---

---

---

---

What half-truths have you been telling yourself? e.g. "My job is okay. It could be worse." (When in reality it is draining your soul.)

---

---

---

---

---

What avoidance tactics do you use to stop yourself from facing truths? e.g. keeping yourself too busy to have time to think, or not returning a call to get out of having a difficult conversation.

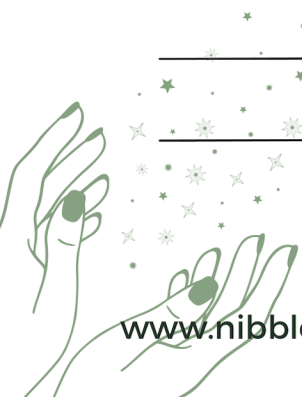
---

---

---

---

---







# Strip off your masks

There's no room for falseness under a Scorpio moon. Stand up and be seen for who you really are. Let your hidden self rise up. Be honest with yourself about the different masks you wear...

In my workplace/ place of learning/ at the school gates, I wear a mask of...

---

---

---

---

---

With my friends, I wear a mask of...

---

---

---

---

---

---

With my family, I wear a mask of...

---

---

---

---

---

---

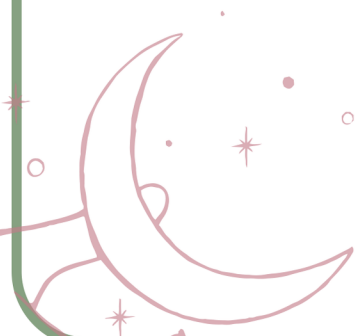




# Final release

Use this page to let go of any final negative emotions you've been feeling. You want to release any anger, jealousy, fear or toxic traits you've been holding onto. The goal is to make as much space within you before the new moon in two weeks' time. This is when you seek to attract better things into your life, so you want to make room for them.

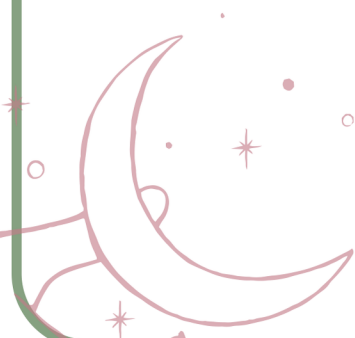
List all the things you want to forgive yourself for, too.



# Reflection

Reflect on the answers you have written. Do you notice any patterns that have emerged? Are there any common blocks to your happiness? Is there any repetition of people, circumstances or habits? Can you do anything to change this? Did you feel better after writing things down?

What revelations or answers have you found while doing this journaling exercise? (Don't worry if there aren't any, just enjoy the feeling of having released your worries.)





# What to do afterwards

Do with these words whatever feels right for you. Maybe you would like to keep them so you can look back on them as you make progress on your self-development over the years.

Or, many people like to burn their words in a ritual ceremony. Fire is symbolic of cleansing to allow regrowth afterwards. It is believed that the energy is released into the universe for it to disperse.

If you do this then remember to do it safely either outside, over a metal sink or in a fire-resistant oven dish, for example.

I truly hope you feel lighter and have learned more about yourself after completing these journal prompts.

Please do connect with me on Instagram, Facebook or Tik Tok and let me know how you got on. My usernames are @nibbled.apple.words and @typewriterandmoon

