Full Moon of Revelation

Prompt: What is being shown to me now that I can no longer ignore?

Ritual: Light a candle and sit in stillness for five minutes. Let truth arrive without interpretation.

Seal: I am willing to see.

Full Moon of Release

Prompt: What is ready to be laid down?

Ritual: Bathe or shower slowly, imagining completion leaving the body with water.

Seal: I release what has finished its work.

Full Moon of Truth

Prompt: What truth feels undeniable in my body?

Ritual: Journal one full page without stopping. Circle the truest sentence.

Seal: I trust what I know.

Full Moon of Boundaries

Prompt: Where do I need to say no or step back?

Ritual: Take a slow walk and feel the edges of your space with each step.

Seal: My no is sacred.

Full Moon of Illumination

Prompt: What pattern is becoming clear?

Ritual: Write three patterns you notice. Do not analyze.

Seal: Clarity is enough.

Full Moon of Forgiveness

Prompt: What am I ready to soften?

Ritual: Place one hand on heart, one on belly. Breathe until tension releases.

Seal: I soften without losing myself.

Full Moon of Power

Prompt: Where am I holding more power than I claim?

Ritual: Stand grounded and speak one truth aloud.

Seal: I claim what is already mine.

Full Moon of Desire

Prompt: What do I want now that I am listening honestly?

Ritual: Light a candle or apply scent and write one sentence of desire.

Seal: My wanting is wise.

Full Moon of Discernment

Prompt: What no longer deserves my energy?

Ritual: Release one object, commitment, or thought.

Seal: I choose where my energy lives.

Full Moon of Harvest

Prompt: What has ripened through my staying?

Ritual: Write three things that grew because you stayed.

Seal: I honor what has ripened.

Full Moon of Surrender

Prompt: What happens if I stop resisting?

Ritual: Lie down with hands open. Rest ten minutes.

Seal: I let life hold me.

Full Moon of Gratitude

Prompt: What am I ready to thank?

Ritual: Speak three gratitudes aloud.

Seal: I receive what has been given.

Full Moon of Closure

Prompt: What is complete, even if imperfect?

Ritual: Write one sentence and tear or burn safely.

Seal: I release this cycle with peace.