



Full Moon in Capricorn

Instructions: Look at your Natal Chart and locate your rising sign. It will be the zodiac sign of the 'ASC' (aka Ascendant). I will post the symbol to match the zodiac signs below.



 *Aries* The Full Moon is a release of emotional codependency or over-identification with career roles (10th house). Let go of the pressure to prove your worth through constant productivity or external achievement. Let go of external validation. Mars in the 6th house shows you how to build a stronger emotional foundation by focusing on your daily habits, health, and work flow. Practical changes to your schedule, how you nourish your body, and what you say yes to will help align your outer achievements with your inner wellness.

 *Taurus* The Full Moon is a release of outdated belief systems or spiritual guilt (9th house). Let go of inherited dogma or ideas about "right and wrong" that limit your freedom to explore and evolve. Your value is not based on 'rightness'. This outdated thinking may be undermining closeness in your relationships. Mars in your 5th house of joy, self-expression, and creativity encourages you to develop emotional connections with others by doing what lights you up. Whether it's art, romance, or passion projects—prioritize whatever expands your spirit and brings your heart back online. Sharing this with others will make a big impact on those in your inner circle.

 *Gemini* The Full Moon is a release of emotional baggage tied to power struggles, shared resources, or intimacy (8th house). It's time to shed attachments rooted in fear or survival-mode behavior. Your home & family is a valuable asset to you. Don't allow financial matters to come between you and those important to you. Mars in your 4th house of home and roots suggests that you tend to your emotional safety. This could involve setting boundaries with family, creating personal space in your home, or engaging in ancestral healing to support your emotional reset.

 *Cancer* The Full Moon is a release of relationships that feel one-sided or stifle your growth (7th house). It's time to let go of relationships, friendships or partnerships dynamics rooted in obligation, guilt, or emotional enmeshment. Reclaim your independence by doing things that excite you; without worrying what others will think. Mars in your 3rd house supports communication and clarity. It's time to speak your truth, write and enforce your emotional boundaries, and express what you need with confidence and compassion.

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♌ *Leo* The Full Moon is a release of unhealthy routines, work patterns, or over-functioning in being of service to others (6th house). Stop overextending your energy at the cost of your emotional peace. You are here to shine as your authentic self. Validation from others gives your power away. Use your Leo courage to reclaim your sparkle. Mars is in your 2nd house, bringing attention to your values and energy investment. Let your routines reflect your worth. Take tangible steps to restructure your time, money, and energy around what sustains you emotionally—not just financially.

♍ *Virgo* The Full Moon is a release of self-judgment or emotional patterns that dim your light (5th house). Let go of guilt around joy, visibility, or creative risk-taking. Don't judge your appearance harshly. Face the reality in a way that shows self-love and acceptance toward yourself and others. Improving family relationships happens when you show up as your perfectly imperfect self, sharing your opinions with love and demonstrate respect for others without judging them. Mars in your 1st house says it's time to lead. Take brave, bold steps that affirm who you are now—not based on who you used to be. It's time to redefine yourself without nit-picking or over-editing. Choose visible without having to be perfect.

♎ *Libra* The Full Moon is a release of family patterns or emotional conditioning that has kept you feeling small (4th house). You may need to lovingly detach from roles you've outgrown within your home or family structure. Retrace your family roots to find the source of codependence with family. Family bonds can be wonderful as long as you make sure you are bringing your 'whole-self' to the relationships. Otherwise you will feel depleted. Mars in your 12th house invites you to slow down and do the inner work. Prioritize healing, meditation, journaling, and rest. This isn't lazy—it's necessary. The real shift is happening beneath the surface.

♏ *Scorpio* The Full Moon is a release of thought loops or outdated narratives that keep you scattered mentally or locked in fear or limitation (3rd house). It's time to release the inner critic and rewrite your story to be one that reflects your inner truth. The trust that often keeps you stuck in fear, begins with trust in yourself first. When you trust yourself, you will see that trust reflected in your outer world. Mars in your 11th house calls you to take aligned action toward your creating what you dream for your future. Connect with new communities, mentors, or circles that reflect your evolved beliefs and support your long-term goals.

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 *Sagittarius* The Full Moon is a release of emotional attachments to success or financial security (2nd house). Let go of limiting beliefs about money or self-worth tied to productivity. You are more than what's in your bank account. Your worth must be tied to what's on the inside. What are your valuable inner assets? What value do you bring to those you hold dear? See your worth from a higher perspective. Mars is lighting up your 10th house, inspiring you to take strategic action in your career. Align your work with your soul's values. Don't be afraid to pivot or restructure if your purpose feels out of sync.

 *Capricorn* The Full Moon is a release of an old and outdated view of yourself that no longer serve your emotional evolution (1st house). This is about shedding the pressure to carry it all or always be "the strong one." You have leadership skills but lead from the inside out. Remember to walk your talk because others look to you to set the pace. Mars in your 9th house is urging you to expand. Travel, study, or spiritual practices could hold the key to your next breakthrough. Take actions that reconnect you to your purpose—not just your responsibilities.

 *Aquarius* The Full Moon is a release of subconscious fears, cut karmic baggage, and ways you disconnect emotionally (12th house). Release habits that create a feeling of guilt or shame. At the root of these feelings is fear of abandonment. But Aquarius, you are the leaders of the new era! Set the tone by showing others how to lead by being authentic & unique. Search for where you stifle your unique qualities. Mars is in your 8th house of shadow work, intimacy, and transformation. It's a powerful time to take courageous steps toward healing trauma, releasing energetic entanglements, or improving emotional trust in your relationships.

 *Pisces* The Full Moon is a release of codependent friendships, social roles, or community expectations that no longer align with who you wish to be (11th house). It's time to let go of trying to fit in where your soul no longer resonates. Focus on being authentically you and trusting yourself and your inner guidance with who and what is in alignment with your soul truth. Mars in your 7th house supports taking initiative in your relationships. Reassess your partnerships, be brave in setting new agreements, and take the lead in calling in what truly aligns with your emotional and spiritual needs.

Happy Full Moon!
Holly

