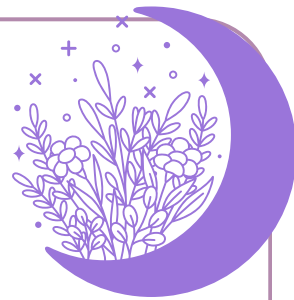


Lunar Reflections

Lunar Rituals for the Soul's Evolution



Hi Friend,

Each Full and New Moon this year will be helping us pave a new path forward as we learn to step into our unique gifts, authenticity & higher vibrations.

On June 21st (at 8:07 pm), the Full Moon in Capricorn at 1 degree, invites us to reflect on areas of life where we take on too many responsibilities and where we shrink from them, as well as, how we nurture and care for ourself. Learning to maintain balance responsibilities with rest and self-nuturing is important to embodying more of our inner divine goddess.

The energy of this full moon is helping us take baby steps to higher self realization & is moving us toward living a soul-led life.

Grab your kit or use what you have on hand. Let's do this work together.

With Love + Gratitude.
Holly



Everything needed for this Lunar Ceremony!
And Pre-Ceremony Instructions

- Full Moon in Cap. Journal Page
- Scan for Spotify Playlist
- Light some Incense
- Cast a Sacred Circle
- Call in Spirit



Gather



- Bath Salt or Bubbles
- Hot Bath
- Tea of Choice



- Affirmations Print out
- Scissors
- Small Jar or Bowl



- Fire-Proof Container
- Lighter
- Pen
- Joss Paper or reg. paper
- Blue or White Candle representing balance

Extras

- Essential Oil Blend- Frankincense, Orange and Cedarwood for calming & optimistic energies. Lightly rub on the candle, asking for support in as we reflect on ways to balance responsibilities with nurturing ourself.

Pre-Ceremony Instructions



- As you mix your tea ingredients, ask spirit for guidance during this Sacred Ceremony. Consume your tea as you begin the ceremony.



Full Moon in Capricorn

Innovate to Elevate

VESTA-GODDESS OF HOME & HEARTH

FRIDAY 6/21/24
SUN-1° CANCER
MOON-1° CAPRICORN

Expect cosmic revelations throughout 2024! Astrological influences are here to push us toward innovation and elevate our conscious awareness. This month, with the Sun in Cancer and the Moon in Capricorn, we're reminded of the importance of taking time to reconsider our responsibilities, tie up loose ends, and show ourselves some well-deserved care and kindness. These are the principles embodied by the Goddess Vesta. By diving deep and reflecting on these inner aspects, we can strike a balance between disciplined actions and nurturing ourselves. This journey of self-discovery and personal growth is all about releasing those counter-productive traits and stepping into our highest potential.

Step1

ETHER ELEMENT ACTIVATION



MEDITATION- SCAN THE CODE WITH YOUR CAMERA



Step2

AIR ELEMENT ACTIVATION (LIGHT YOUR CANDLE)

REFLECTION: REFLECT ON YOUR VISIT WITH VESTA & REFLECT ON THE FOLLOWING AREAS OF LIFE:

SELF IMAGE/SELF-WORTH/EDUCATION/HOME/FUN/HEALTH&SERVING OTHERS/PARTNERSHIP/FINANCES/MENTORING/WORK/FRIENDS/SPIRITUAL CONNECTION

WHAT AM I DISCIPLINED WITH /DEDICATED TO?

WHAT AREA NEEDS MORE DISCIPLINE?

WHICH AREAS NEED NURTURING?

Step3

LET'S TALK ABOUT 'ASCENSION'! IT'S ALL ABOUT ELEVATING OUR CONSCIOUS AWARENESS TO ALIGN OUR ENERGY WITH OUR HIGHER SELF—OUR SOUL. THIS JOURNEY OF COMMUNICATING WITH YOUR HIGHER SELF CAN BRING INCREDIBLE CLARITY ON WHERE YOU NEED TO TAKE MORE, OR MAYBE LESS, RESPONSIBILITY AND HOW TO NURTURE YOURSELF WITH DISCIPLINE AND CARE.

ASK: WHAT IS THE UNDERLYING ISSUE THAT PREVENTS YOU FROM:

A) BEING NICE TO YOURSELF? _____ BEING DISCIPLINED WITH YOURSELF? _____

B) WHAT HOLDS YOU BACK FROM TAKING RESPONSIBILITIES? __TIME? __EMOTIONS? __ENERGY?

WHY DO YOU TAKE ON TOO MANY RESPONSIBILITIES? __TO IMPRESS? __TO KEEP PEACE? __TO PEOPLE PLEASE?

C) WHAT AREAS OF LIFE TUG AT YOU FOR COMPLETION? (LIST THE MOST IMPORTANT, ADD OTHERS ON BACK OF PAGE)

WHICH AREA NEEDS ACTION?

WHAT NEEDS ATTENTION?

WHAT NEEDS HEALING/NURTURING?

Step4 FIRE ELEMENT RITUAL



- ON A PIECE OF PAPER, WRITE 'I RELEASE', THEN ADD THE RESPONSES FROM STEP 3A
- LIGHT THE PAPER ON FIRE & PLACE IT IN A FIRE-SAFE CONTAINER (ALWAYS HAVE WATER TO DOUSE THE FIRE IF NEEDED!)
- AS IT BURNS, IMAGINE HOW IT FEELS TO BE COMPASSIONATE TO YOURSELF, AND RESPONSIBLE FOR YOUR LIFE & NOT EVERYONE ELSE; HOW DOES IT MEAN TO 'FEEL NURTURED'?
- THANK THE FIRE FOR TRANSMUTING YOUR ENERGIES

Affirmation:

Step5

WATER ELEMENT- RELAXATION-

- TAKE A RELAXING, SALT OR BUBBLE BATH

Step6

NURTURE YOURSELF WITH MUSIC, CANDLELIGHT & QUIET

- CUT OUT AFFIRMATIONS ON THE NEXT PAGE

- TRI-FOLD THE PAPER STRIPS & PLACE IN YOUR JAR

Step7

ETHER ELEMENT ACTIVATION

- EACH DAY PULL OUT AN AFFIRMATION
- REFLECT ON HOW THE MESSAGE RESONATES WITH YOU
- DURING THE DAY, OBSERVE OPPORTUNITIES TO DEMONSTRATE YOUR AFFIRMATION
- REFLECT ON YOUR AFFIRMATION AT THE END OF THE DAY

I LET GO OF ALL MY DOUBTS & LIVE IN FAITH.

EVERYDAY I AM
BECOMING A BETTER PERSON

I won't settle for anything less than I deserve.

I am happy with where I'm
at in life

I am full of potential
& I have so much to offer the world

I surround myself with people who inspire me.

I am capable of doing the
hard things

**I DON'T LET THE LITTLE THINGS
BOTHER ME.**

**I AM POISED TO ATTRACT
SUCCESS & HAPPINESS.**

Being consistent helps me succeed.

People who are meant to be in my life
will come into it & stay

I will choose to love myself by thinking thoughts that feel good

I am in control of my reactions.

I HAVE A STRONG HEART
& A KIND SOUL

I invest in myself in some way, everyday.

I trust the process even
when I don't see immediate results.

I have the courage to say 'NO'.

I am healing from my past.

I am letting go of the things that
don't serve me. ng from my past.

I am done playing small.

**I trust myself enough to learn from
any mistakes that I might make.**

**I REMAIN CALM
IN STRESSFUL SITUATIONS.**

I am living my life without fear.

**I AM NOT BEHIND, I AM
EXACTLY WHERE I NEED TO BE.**

**I AM A BETTER PERSON TODAY
THAN I WAS LAST YEAR**

Bit by bit, I am creating
a life that I love.

I AM TRUSTWORTHY AND KEEP MY PROMISES

I release the things & people
that have harmed me in the past

**I OWN MY LIFE AND I'M FREE TO
MAKE MY OWN CHOICES.**

I am creating a life I love.

I celebrate all my wins,
no matter how big or small

I DESERVE TO TAKE UP SPACE.

I don't dwell in the past so
I can have a fresh start each day.

I am my own BFF.