



Full Moon Approaches

Just as the full moon affects the tides, it affects us and our 80% water body composition. As you grow more energetically sensitive, you may feel the effects of the full moon ever more so. I often feel the ramping up energies of the full moon up to a week prior or a few days afterwards. At times it leaves me feeling wired or energized and at others it brings more agitation and emotionality. I sometimes require more sleep with the powerful ones too.

As with all of the shifting energies, being gentle with yourself during the full moon or the moon's cycles is wisest.

The full moon offers us great energy to release. To release stale emotions, situations, people, habits, etc. Pick

your sacred approach – there are many that you may implement:

- Declare what you are releasing to her
- Write down thoughts, emotions or situations that you'd like to release and burn them · You may choose to place your crystals either outside or on a window sill – to moon bathe and cleanse and charge them
- You may choose to put a glass of water under the full moon and intend that that is charged with energy, then drink it, to release what is ready to go, in your system
 - You may choose to make an offering to the Moon. I often take flower petals from cut flowers and sprinkle them outside as an offering to the moon to give thanks for her abiding and supportive nature
 - Welcome in her light into your heart to fuel you throughout the month