

# ARIES FULL MOON RITUAL



You'll need space for both a candle to burn safely and space near to move freely. Totally optional: a few of your favorite things!

Start with a pen and piece of paper or you can use your journal. Take in a few deep breaths and while you do, imagine breathing in pure love. You might visualize breathing in pink clouds, emoji hearts, rainbow glitter, white light, cotton candy, or a mix of any and all - whatever feels right for you. Continue to breath in the pure love until you can feel the love within you. Whenever you feel ready, using your piece of paper or journal, write 22 things you love about yourself. They can be about your appearance: "I love my pretty, long, thick hair" or "I love my big ass and the way it jiggles when I walk" or "I have a beautiful smile." Or they can be about your character or accomplishments: "I love how friendly I am" or "My positivity is contagious," "I'm a great mom" or "I'm proud of my recent promotion at work." Most importantly, they have to be about you and only you!

Once you've completed your list create a small altar to yourself! All you need is your list and a (preferably white) candle, but feel free to go to town with it and get creative! You can use traditional altar items like Tarot or Oracle cards that represent your energy or an energy you'd like to embody (I recommend any of the Queens or the Empress). You can pull out your favorite crystals or use crystals traditionally associated with love, like Rose Quartz or Green Aventurine. Again, don't be afraid to kick it up a notch! You can pour a glass of of your favorite wine or fruity or hot beverage prior to starting the ritual and place it on your altar. Buy your favorite chocolates and flowers beforehand. Pull up a picture on your phone that you know you look bomb in or place a framed photo that you have that you feel your most beautiful in (or both!) on your pop-up altar. Follow your intuition, you can't go wrong building something dedicated to only you!

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Once you have your altar just right, it's time for the most important part: Turn on some really good music and dance! Move your body, feel into the music and let yourself flow. Twerk, twirl, tango, it doesn't matter, whatever feels best to you. Remind yourself, your body and the universe how happy you are to be alive. Reread your love list. Send your love for yourself into the universe using one of your greatest gifts, your body. If you'd like, look in the mirror and admire your beauty, enjoy how wonderful it is to be you, to be loved by you. As you move remind yourself how worthy you are of love like this all the time. Your body is a gift. You are a gift. You are meant to be here. You are meant to love and be loved. Love is all around you.

You might feel called to pick up your altar (if its in a communal place) or leave it where you can see it for the rest of the moon cycle (two weeks) or longer. You might feel so good that you're fired up and ready to get out into the world and socialize, share your love and light. Woohoo, Great! But, before you head out to share your magic, journal about your experience. The ritual connects you with yourself, now is the time to get answer you've wanted and needed, to heal wounds you might not have known existed. Put pen to paper and let it flow. Thank yourself and the universe.