

GEMINI FULL MOON RITUAL



The Moon is Full in Gemini on Wednesday, December 11th at 9:14 pm PST. Gemini is a thinker, full of logic, a seeker of knowledge. She solves problems and communicates to the heart of the matter. But she too can be too harsh on herself, looking at her work as not good enough, potentially falling into a place of not feeling worthy of her dreams. The Twins allow us to continuously explore and be creative, or they can box us in with judgment and criticism at their worst. This Full Moon in Gemini allows us to release the inner criticism we have for ourselves, our problems and the worries we think we have. It allows us to look at our lives from a different perspective.

The Twins act as mirrors, presenting a reality that is reflective of our inner narrative, the stories we tell ourselves, whether, they be, "I'm beautiful and so is everything in my life" or "why doesn't everything always have to be so hard for me?! FML." Gemini presents the love we give, in the love we receive.

Get out your journal, piece of paper, computer or phone, use whatever is easiest to write for you (but I encourage you to handwrite if you can). Take a moment to think about what's been plaguing you, what's holding you back, your biggest concerns, the worries keeping you up at night.

Now, write a letter to the most loving caring and unconditionally nonjudgmental person you can think of. Maybe you think of yourself as a child, your grandmother, your pet or your best friend. Maybe you imagine a deity or a spiritual figure, like Mother Theresa or Virgin Mary. Maybe you think of God or the Universe or someone you've never met, who doesn't exist. Whoever you choose, pour your heart out, get it all out there. Write about what you might think is wrong with you or the mistakes you think you might have made.

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Write for answers to questions you need clarity to, for direction you've been seeking. Write about the small stuff and the big problems. Leave no stone unturned or problem unmentioned, turn it all over.

Then give yourself time to breathe. You might want to just sit with your thoughts for a minute. You might go on a walk or jump back into your regular day. Maybe turn on your favorite song and dance it out or light on a candle, cuddle up and just lay there. But you're not done.

When you're ready (preferably in the next 48 hours) reread the letter and respond by writing another one from the perspective of the kindhearted individual (or animal) you thought of. Give yourself the same kindness you know they would. Give yourself the advice you know you'd likely give another person in your shoes. Take the time, care and energy that you know they would. Don't rush through your response or brush it off because you might feel the urge to. This letter is a gift to yourself, so you might feel inclined to make excuses or to spend this time doing something for someone else. Fight the urge. Remind yourself that you're worthy of that love, compassion and kindness you so easily give to others. Dig deep and commit the time and the energy to show yourself the love that you deserve now and everyday.

Things aren't as bad as they seem and neither are you. It's easy to look in the mirror and see our flaws, but we must remember that so many others look to us for strength, beauty, and inspiration. We might not always see what they see, but we have the opportunity to give ourselves the same love and kindness we give to others. Have compassion for yourself, you deserve it. Sending you so much love.