

TAURUS FULL MOON RITUAL



The moon is Full in Taurus on Tuesday, November 12 at 5:37 am PST. Taurus is ruled by Venus, the planet of love, relationships, beauty, and romance. With the Sun making her way through the sensual and passionate sign of Scorpio now is the perfect time to fall in love more in love with yourself.

Whether you're single or partnered, you're responsible for giving yourself the love you deserve. You are meant to be your number one fan and your biggest cheerleader. And if you don't feel like that now, this ritual is perfect for you! When we want more love in our lives, from our partners, family, friends, coworkers, or to find new love, we must create it first. No one else is ever going to fill our cup or make us feel complete, no matter what the fairytales have taught you. How can we expect to call in a partner that treats us the way we deserve to be treated if we don't treat ourselves with the same love, passion and support? We are our greatest loves. Our partners can only add to our perfection.

This Full Moon Ritual is more of a design-your-own because everyone likes to be loved in their own way and the goal of this ritual is to make you feel the love that is radiating out of you and surrounding you every moment. On the day or the days following the Full Moon do the things for yourself that you'd dream of your perfect lover to do for you. Do the things for yourself that make you feel like the Queen or King that you are. Show yourself how amazing it feels to be treated by someone who is worthy of your love: you! #treatyoself Use the ideas on the following page or come up with your list of love-inducing activities. The point is to feel really good under this Full Moon Energy which will magnetize more love to you!

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Take yourself on a date, or a massage, or send yourself flowers. Buy new lingerie or the coziest pajamas, a bottle of wine or a box of chocolates. Block out an evening and put your phone on airplane mode and make the entire evening about you. Do only things that make YOU happy. Listen to music that makes you feel good. Write a love note to yourself with all your favorite qualities or what you find most beautiful about yourself. Light Rose incense, scented candles, draw a bath with a bath bomb, essential oils or Epsom salt. Read the book sitting on your nightstand collecting dust. Sign up for a fitness class you've wanted to go to but thought was too expensive. Wash your sheets and remake your bed before you climb in with a hot cup of tea. Online window shop: add everything you could possibly want to your cart at as many different shops or stores as you like, then shut your laptop or turn off your phone, close your eyes and imagine everything being delivered to your dream home. Meditate. Slow your mind. Write positive sticky notes and post them around your space. Watch videos of baby animals. Stare in the mirror and admire your beauty.

If you were reading this ritual and experienced any feelings of discomfort, or thought this was a waste of time or stupid, I ask you to sit with those feelings and reflect. I invite you to journal, meditate on or process the feelings that are coming up. Would it truly be uncomfortable to be worshiped? Why do you think it might feel wrong to spend time or resources focused only on your joy? What have you been told or seen in the past that might make you feel unworthy of your own love, potentially forgoing the deep love of others? I want to remind you that you are worthy of everything that brings you joy.