

Aries Full moon Study Guide



Brief summary:

The Aries Full Moon reveals our inner champion and how we're winning. It's a time of independence, freedom, and action. Aries, the sign of the mantra 'I am,' is the embodiment of individualism and simply being yourself.

What is the Full moon:

The full moon simply put is when the moon is completely illuminated in the sky and it has reached its peak in this lunar cycle in the sky. When the moon is completely illuminated it's time to reach full expression. The full moon is the most powerful time of the entire lunar cycle. Enjoy the full expression of life. Be fully engaged. Let the light of the moon energize you. This is your harvest. Harvest new internal realizations. Take note of your epiphanies during this time. Harvest your external success. Enjoy the life you are creating. Celebrate. This is your powerfully healing time for yourself and send healing blessings to others as well.

The full moon is also the perfect time for releasing things and letting go, truly letting go and radically accepting things. With the illumination of the full moon at its brightest it is the perfect time to shed light internally on the things no longer serving and obstacles that need to be fully released to the power of the full moon as she begins to shed after this phase.

A full moon occurs when the transit (moving) Sun and Moon are in the exact opposite positions in the Zodiac (called an opposition). Full moons are related to endings, culminations, and are emotional energy.

Full moon foundations:

Themes: gratitude, results, fruition, shedding, illumination, harvest, releasing,

Associated with the Yang energy

Aligned activities:

- charge your tools

- Make moon water
- Coven magick is very potent now
- Make amends with others
- Celebrate life
- Release rituals
- Cleansing
- Scrying
- Oracle reading
- Grounding
- Charge crystals
- Clean physical space out
- Connect to nature
- Bathe in moonlight
- Draw down the moon
- Property protection magick
- Shadow work
- Set a full moon altar
- Create a release/manifest box
- Cord cutting
- Money spells
- * DO NOT SET NEW INTENTIONS THIS PHASE

Intentions:

- Reflect
- Release
- Celebrate
- Unwind
- Desire
- Expression
- Forgive
- Reveal
- Connect
- Illuminate

Mantras:

- I release any patterns, behaviors, and things in my life that no longer server my highest good.
- I am not afraid to let go and I am open to receive joy and abundance and love.

Full moon correspondances:

Candle colors: blue, white, yellow, silver, orange

Herbs: jasmine, mugroot, lemon, balm, bay leaves, rosemary,
lavender Oils/ incense: rose, jasmine, tea tree, sandalwood,
frankincense

Crystals: moonstone- power energy, abundance, good fortune

Labradite- intuition, astral travel, psychic abilities

Goldstone-creativity, abundance, remove blocks

Selenite-cleanse aura, mental clarity, psychic abilities

Full moon affirmations:

- I release what is no longer serving me
- I open up to receive my highest goals
- I surrender all fears and doubts
- I release all lower vibrational frequencies
- I allow life to flow through me and to me freely
- All obstacles on my path are effortlessly removed with ease and grace •
- I release pain and suffering as a means to grow
- I am open to receiving the abundance of opportunities that are flowing to me • I
- release all beliefs and relationships and people that no longer serve my highest goals • I
- let go of all that is not in alignment with my purpose
- I allow myself to receive all that I desire
- I activate the river joy that flows through me
- I let go of toxic thoughts, feelings, and emotions that are not of service to my highest
good

Full moon prayer:

I release doubt

I release fear

I release pain

I am powerful

I am free

I am grateful

I am enlightened

I am ready

I trust my soul's path

Full moon gratitude ritual:

1. Write 3 things you are grateful for on paper
2. Fill bowl with water and a piece of rose quartz
3. Add paper to water
4. Let it sit under full moon overnight
5. The next morning allow paper to dry and either store on altar or return to the earth

Full moon release ritual:

1. Set up altar or sacred space
2. Light an orange or white candle. If you work with oils I recommend to anoint it as well
3. Write down the 3 biggest stressors, elements, habits, or people in your life you wish to let go of
4. Place list under candle and light, let it finish burning completely while you meditate on the list

Full moon protection ritual:

*has a veil thinning effect/ effects astral realms and travel

1. get grounded
- 2 shield yourself. Expand your aura outwards
3. affirm: I am shielded from all harm, danger and attacks. I am protected by a luminous impenetrable shield. So mote it be.
4. write and reflect on what to let go
5. self care and restore energy

Full moon release invocation:

With this bright white moon

I choose to cleanse myself and release all the no longer serves me.

I release limiting beliefs

I release pain and suffering

I release fears, doubts and insecurities

I release obstacles on my path.

I release those relationships that no longer server my highest good

I release situations and energy that no longer serve me

I now choose to release it all and ask for it to be transmuted to healing

Full moon release spell:

Items: black candle and smoky quartz

Actions: light candle and hold crystal

“ this full moon, I release that which no longer serves me. I release all pain and any blocks that keep me from my connection to the divine. I also cut all chords connecting me to traumas I endured in this life and in past lives. I start new today. Free of guilt, hurt, and self bondage that keeps me from manifesting the life I desire”

Full Moon Phase

Up to 15 to 18.5 days after the new moon phase.

Key Words:

Gratitude, Results, Shedding, Illumination, The Peak, Fruition

Season: Summer

Hormonal Phase: Ovulation

Energy: Yang (Extroverted, Seek & Find)

Aligned Activities:

Charging magickal tools, making moon water, throwing a party, women's circles, coven magick, spending time with loved ones, making amends, group activities, public speaking, showing your appreciation, celebrating life & what you have, celebrating your achievements.

Productivity Vibes:

High energy (then crash), excited energy, emotional energy, may feel a little loopy. Bursts of energy.

*The moon energy tends to rule the mind, whereas your monthly cycle energy tends to rule your physique.

Full Moon Rituals

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- A decorative illustration in the upper right corner featuring a large, textured brown circle with white wavy lines inside, surrounded by smaller stars and a crescent moon. Below it is a small circle with a face and a crescent moon.
- ☾ Set up a sacred space by lighting soothing candles or incense.
 - ★ Meditate for 10-15 minutes.
 - ☾ Write a list of elements, people, habits, behaviours you wish to let go of. With the willingness to release, burn the list and drop it into a bowl of water.
 - ★ Take a salt bath and start visualising new actions you are going to take.
 - ☾ Do a moon inspired yoga flow.

FULL MOON

AFFIRMATIONS

I release what is no longer serving me.

I open up to receive my highest good.

I surrender all fears and doubts.

I release all lower vibrational frequencies.

I allow life to flow through me freely.

All obstacles on my path are effortlessly removed with ease and grace.

I release pain and suffering as a means to grow.

I am open to receiving the abundance of opportunities that are flowing to me.

I release all beliefs, relationships, and people that no longer serve my highest good.

I Let go off all that is not in alignment with my purpose.

I allow myself to receive all that I desire.

I activate the river joy that flows through me.



Full Moon in Aries:

Aries energy helps you believe in yourself and take confident action as a leader.

Aries is a fire sign, a cardinal sign, a personal sign.

The Aries full moon is a full moon that comes with a lot of energy. Aries is the high-energy Zodiac sign, so we can feel motivated to take action based on what we feel. Full moons are emotional, and those emotions can inspire us to act. We have to make sure we're not being impulsive about it though, otherwise we may rush into something we regret later.

Aries is the first sign and is associated with new beginnings, while full moons are associated with endings, so we may see the beginning of the end of something, or the end of the beginning of something.

We can focus on our own identities, and if we have struggled with being true to ourselves, there can be extra frustration with the full moon. We have to work on opening up more and not rejecting who we are.

With there being a lot of energy with Aries full moons, this can be ripe for anger, and some may lash out with violence, so it's important we have healthy outlets for frustrations and not let them get the best of us.

Leadership

Aries is the first sign of the zodiac calendar, symbolizing “I am.” It is a fiercely independent sign.

Aries sun signs are known for being great business leaders because they are ready to charge forward toward their goals. This Full Moon in Aries is a great time to take charge of a project, or start a new business venture. The powerful energy of Aries will give you the confidence you need to accomplish your goals.

While Aries are confident and powerful, they can also be bossy and abrasive. Be careful this full moon when being the leader of your team. The energy of Aries can make you want to have a “I’ll do it myself” attitude towards your projects. Teamwork makes the dream work, so be sure to be treating your team with respect and gratitude. Sometimes being a leader makes us think that we need assert dominance and be in charge.

Confidence

Aries is a fire sign, so be prepared to strut your stuff this full moon. Fire signs are known for being passionate and confident. Confidence can be a struggle for many individuals, so take this time and do your best. Put on your favorite outfit and go out for the night. Laugh out loud and dance like you don’t care whose watching. This is a great time to get in touch with yourself and your freedom.

This full moon is all about you, so do the things that make you happy. Sometimes building confidence is all about enjoying your time. Start that craft project that you’ve been thinking about, or make a big yummy dinner you’ll enjoy. Take a brain break for yourself. Remember that sometimes the limits we feel like are in our lives are limits we have set for ourselves. This Full Moon in Aries is the best time to cut your strings and fly free.

Correspondances:

Theme: embrace enthusiasm, move from internal to external, leadership, coming full circle, standing in your own power

Plants/ herbs: thistle, honeysuckle, cayenne, impatiens, rosehip,

yarrow Element: fire

Chakra: solar plexus

Planet: mars

Allies: leo/ Sagittarius

Symbol: the ram

Crystals for the Full Moon in Aries



Smokey Quartz-

Releases and controls anger, rage, frustrations, and resentment. It is also a powerful grounding and centering crystal.



Aquamarine-

Aquamarine is known as the stone of courage, it is a calming stone that helps provide the courage to fully express yourself.



Clear Quartz-

Clear Quartz is a powerful amplifying crystal that magnifies our intentions and connects us to higher realms of consciousness.



Labradorite-

The stone of transformation and magic, bringing the subconscious to light so that hidden emotional triggers may be seen and released.



Carnelian-

Known as the stone of motivation and courage, Carnelian ignites our inner fire, encouraging us to take inspired action.

ARIES

Modality

Cardinal
create, take action,
initiate relationships

Ruling

Mars
action
desire
agression

Rulership

1st house
ego, sense of self

Symbolizing

Singular Spirit

Element

Fire - intuition,
ego recognition
possibility



Beneficial Herb

Basil, Nettle, Chervil,
Wormwood, Gerenaum

Tarot

Ace of Wands





FULL MOON IN ARIES INVOCATION

I invoke the spirit within me
to unleash my untapped potential.

I am ready to break through
all remaining obstacles.

I am transforming them into
thriving opportunities to learn.

I have the ability to succeed
in my individual endeavors.

I am successful in helping
my community reach new heights.

Shadow work prompts:

- What is my goal this cycle
- What must I leave behind
- How can I release my inner warrior and leader •
What fuels my drive
 - Where have I been too impulsive
 - Where have I been too demanding
 - How has my temper affected others
 - How can I better handle myself as a leader
- What unhealthy habits do I need to cut out this lunar cycle



Fire scrying/ gazing





Invocation of Fire

To invoke the element of fire, light a red candle
and recite:

Element of Fire bring to me
Energy, passion, sensuality
Give me ambition, help me grow
Warm me with your fire's glow
As this candle I do light
My creative forces will ignite

So mote it be!

Willow Witchcraft

Fire Scrying

Sit quietly, holding a question or intent in your mind, and gaze at a flame. Allow the flickering of the flame to lull you into a light trance as you chant:

Flame of fire, flame of light

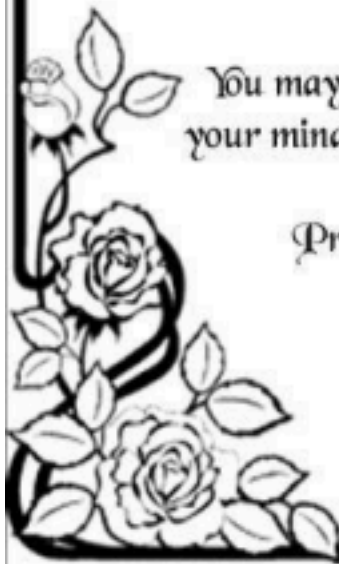
Bring to me now the second sight.

Bless me and help me see

The answers that are right for me.

You may begin to see images in the flame or in your mind. At first, these may seem insignificant or faint, but stick with it.

Practice will increase your ability to see what you seek.



Candle Flame Reading

How to read flames on spell candles.

Dances/Waves

Spirit favors your work and will help you succeed.

Flickers/Fades

Your spell is not strong enough to produce full results. Cleanse and repeat.

Sparks

This work will create conflict or arguments.

Wick Balls Up

Spirit advises caution. Unexpected results.

Pearly Light

Good luck and blessings follow your work. Fast results follow.

Double Flames

A second person is present in this situation. If the flame goes out they are leaving. If it joins the main flame they will stay.

Split Wick

Your spell will have two results: one positive, one frustrating. You may need to try again.



