

## **THE NORTH STAR RITUAL GUIDE**

*A Full Moon reflection to release what's no longer true, realign with your inner compass, and follow the fire of your becoming.*

### **This Ritual Will Guide You To:**

- Release outdated beliefs and paths
- Realign with your truth + values
- Declare a bold next step
- Anchor it all in your body with movement + ritual

### **How to Use:**

File → Make a Copy → Customize for your own reflection + ritual practice.

Move through this under the moonlight, by a fire, or near a window that opens to the sky.

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## **PART 1: DROP THE MAP**

*Sometimes what we need most is to admit—we don't know. Not because we're lost... but because we've outgrown the old route.*

### **Reflection Prompts:**

- What have I been pretending still fits?
- Where am I trying to force clarity instead of letting direction unfold?
- What truths am I clinging to that no longer feel alive?

### **Your Ritual Move:**

Write a "False Path List." These are the ideas, goals, or identities you've followed out of habit, fear, or obligation. Burn it, bury it, or let the wind carry it—let the elements take what no longer belongs.

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## **PART 2: FIND THE SIGNAL**

*Your North Star isn't outside you—it's that quiet knowing within. The flicker that says: "this is mine." Even if you don't have proof yet.*

### **Reflection Prompts:**

- What lights me up even when no one's watching?
- Where do I feel pulled, even if it doesn't make logical sense?
- What values guide my life more than any outcome?

### **Your Ritual Move:**

Create a "Core Compass." Choose 3–5 values, passions, or truths that will guide your next chapter. Write them like directional stars.

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### **PART 3: SAY YES TO THE FIRE**

*You don't need all the steps. You just need the next one—and the courage to take it.*

#### **Reflection Prompts:**

- What's one bold move I'm ready to say yes to—before I feel ready?
- What fear needs to be stretched, not silenced?
- Who do I become when I stop shrinking to stay safe?

#### **Your Ritual Move:**

Write a one-sentence *North Star Statement*—a bold truth you're choosing to follow. Place it somewhere you'll see it all week.

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### **PART 4: THE RITUAL**

Light a candle or small fire. Sip something that opens you up (peppermint, lemon balm, or cacao). Stand barefoot if you can. Speak your North Star Statement aloud, and take one embodied action toward it—dance, walk, stretch, move your body like it trusts what's next.

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#### **AFFIRMATIONS TO ANCHOR IN:**

- *My truth is my direction.*
  - *Even without all the answers, I trust where I'm going.*
  - *I follow what lights me up.*
  - *Every step I take is guided by something real inside me.*
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#### **NORTH STAR VOW:**

*On this Full Moon, I commit to following my inner truth. Even if it's scary. Even if it's unknown. Even if I have to walk it alone.*

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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#### **Want to go deeper?**

Write a letter to your Future Self from the version of you who followed their North Star. Read it aloud under the moonlight.