

FULL MOON IN LEO

MEDITATION REFLECTIONS

What has come into clarity for me?

Under this Full Moon, what truth feels ready to be seen—without judgment or urgency?

Listening to the heart...

Where in my life am I being invited to express myself more honestly?

What does authentic self-expression feel like in my body?

Belonging without shrinking...

Where do I feel most like myself right now?

Where do I feel connected—to others, to purpose, or to something larger than me?

Tending the Imbolc flame...

What is quietly awakening within me at this seasonal threshold?

What needs gentleness, patience, or protection rather than pressure?

A simple blessing...

Write a blessing for yourself as you move toward the light.

Begin with:

“May I...”

