

The Soul School

Hello,
Moon

A Full Moon Companion Journal

Scorpio Full Moon

I am ready to let this go.

I'm having difficulty letting go of... because...

Back in November, I was working on... and now this focus has evolved into...

(flip back in your journal/calendar/photos to see what was going on psychologically, physically, relationally, professionally, spiritually, etc)

In conclusion, I want to be free of... I imagine it would feel like...

Forgiveness & Evolution



Hello Magnificent Light,

Moon here. I am here to remind you of your truth, I am the Grandmother Moon.

Tonight, I am celebrating my fullness... I am a bright reflection of your beaming light. Let your light out and unhinge all that is attached to you that is fogging your expression of this light. I've been observing you and your ancestors forever and I am here to tell you that your desire to evolve and expand through experiences is not only natural for your Soul, but it is also available to you. Just take a second and notice where you were during my last lunar eclipse in November... 6 months of breaths, of choices, of events, small and large. You made it! Here you are.

You are needed and are an integral part of your planet's evolution. Please let that sink in.

Your impact is unfathomable for a human's mind, but your soul knows.

What is weighing on your heart, shielding it from feeling this expansion, is stemming from your brain, not from your eternal soul.

And this is okay, and it is normal and it is human. There is no shame in the shield, in the unnecessary heaviness. I love you even when you resist the trust fall into our universe out of fear of harm. Nevertheless, you are bound to desire your own evolution. You yearn for it. There is turmoil sometimes between the heart and the mind. Let's bring these two together and unite over the right to love and to be loved. When you begin to connect these two parts of you, you become more courageous and more loving for the fear of being unacceptable, no longer shields you from expressing it to those who are disconnected themselves.

Whisper into my cosmic space the wishes you have for yourself. Go ahead. What do you need?

I ask these questions to help you determine and declare whole-heartedly and with integrity, what you want to attract! The world is changed by example not by opinions.

Prayer for your Soul: The more I connect and understand myself, the more opportunity for expansion I see. I accept all people, places and things for who they are in their unique expression. I am no longer tied to the story that keeps me from fully expressing myself. The more I grow in compassion for myself, the more unshakeable I am in the seat of my soul. I am a vast being of light and connected to the great web of life. I am a free sovereign being. I am called to move beyond all chaos of this plain. I choose to connect to those who choose to live in the light. I am detaching from the illusions and despections of scarcity. I have boundaries between my truth and my fears. I have compassion for those who question my acceptability. I am already whole and I am working on becoming a clearer expression of this wholeness by choosing only healthy, reparative and expansive friendships. I feel the energy of life itself. I call on my ancestors, my guides, my Big Soul, the Spark of Love burning in my heart to nurture this lifetime. Cleanse and purify my delicate heart, clever mind and miraculous body so that I can pursue what I have been brought here to experience, to indulge in, to learn and to share. This life is a grand collaboration.

I am forever grateful for the wisdom that has been passed through my lineage. And I take responsibility for that which I am here heal and to pass on. I walk with my Soul leading the way. I inspire others to live a life of authenticity and thrive in communal expression of individuality.

I am always connected, loved and embraced, therefore I am free. I am excited for new invitations of evolution offered to my soul. My heart is expanding beyond all old bindings. Trust falling into the universe.

See you around,

- the Moon

@thesoulschool

HUDDLE UP (NOTE TO SELF...)



TOP 3 THINGS TO EMBRACE THIS MONTH

WHAT STRENGTHS CAN I TAP INTO THIS MONTH?

I AM TAKING RESPONSIBILITY FOR MY WELL-BEING BY...

WHAT INSPIRED ME THE MOST TONIGHT?

RESOURCES I CAN CALL ON THIS MONTH FOR SUPPORT
