

FULL MOON IN VIRGO



What you need for your circle or ritual

Journal/Notebook
Pen
Candle (White or Green)
Incense
Music (optional)

Getting started

Always purify or cleanse the space you are going to use. I recommend smudging (Sage, Palo Santo or Rosemary are my top three) but you can follow other purification practices like salt water spritzing.

Start your circle or ritual with prayer and meditation. Ask for guidance from the Divine. You can also chant mantras. A particularly powerful one during the Full Moon is the Ganesh Mantra. If you don't know how to meditate or have no interest in meditation, focus on your breath for at least 3 minutes. If you practice yoga then a gentle hour long yoga flow before setting up is a good idea. Begin by asking every member in the circle to introduce themselves. Then talk about the astrology for the particular event you are celebrating and pause for at least 15 minutes for journal exercises.

Once you have finished working through this document, ask if anyone wants to share any insights. Give everyone in your circle the opportunity to speak but do not push or insist they speak. End with a brief meditation and express your gratitude to everyone who attended the circle with you.

About the Full Moon

The Full Moon is our monthly invitation to release any barriers that are preventing us from accomplishing our goals and manifesting our intentions.

The Full Moon is a time of **completion, illumination and fulfillment**. Wishes are granted, prayers are answered and truths are revealed (not all will be to our liking but all are for our best).

This **Full Moon in Virgo** on March 9, 2020 is the last moon in the astrological year. The astrological New Year begins with the **New Moon in Aries** (March 24). Here is an invitation to clear up the chaos and clutter and heal through full acceptance of all parts of our personality including the shadow parts we deny or suppress.

About Virgo

Virgo is the sign of the maiden or virgin and is the zodiac ruler of the 6th House (Health, service, routine, skills and craft). The planetary ruler is Mercury.

[Virgo](#) is associated with discipline, practicality, efficiency, intelligence, helpfulness and order.

Clues to what needs to be “brought to light” at this time lie in the sign opposite Virgo, in watery Pisces. The Sun is always opposite a Full Moon.

Pisces is the sign of imagination, dreams, empathy and spirituality. The shadow side of Pisces is addiction, co-dependency and escapism. Virgo, being the sign opposite Pisces in the Zodiac, is the sign of order, practicality and wellness. Virgo’s shadow includes criticism (of self and others), perfectionism and controlling behaviour/rigidity.

Journal Questions:

- ❖ What in your environment needs to be “brought into order”?
How can you eliminate clutter?
- ❖ How do you choose to escape your reality and avoid doing what must be done in order to achieve your goals? (Alcohol, Drugs, Netflix...)
- ❖ What feelings do you compulsively avoid because you’ve associated those feelings with danger or pain?
- ❖ How critical are you of yourself and others?
- ❖ How does perfectionism keep you stuck?
- ❖ What are you ready to release? Complete the following sentence:

I now release

Virgo, as a representation here of the Divine Feminine, asks us to honour body wisdom and the intelligence of our feelings.

- ❖ How do you honour your body?
- ❖ What bad habits can you eliminate at this time?

If you are struggling with reframing or knowing what to aim for after completing your journal exercises you may find the below table helpful:

Instead of	Aim for
Perfectionism	A new level of competence
Rigidity	Flexibility. Learn to tolerate ambiguity and practice letting go of the small stuff.
Body shaming	Compassionate language that is supportive of self and grateful acknowledgement of what your body does for you to keep you alive.

Astrological Aspects

Except for Mercury who is in Aquarius at this time and the Sun and Neptune in Pisces, all the other planets are in Earth Signs. Earth energy encourages growth and balance. Goddess-inspired activities like crafting, making art and spending time with animals, children and communing with nature are favoured..

Opposing this Full Moon is the Sun and Neptune in Pisces. Neptune is the planet of dreams, imagination, illusion, enchantment and spirituality. This conjunction is one of heightened intuition and surreal or mystical experiences. Take note of any hunches and pay close attention to your dreams this week. That said, Neptune does enjoy parlor tricks so not everything you see, hear or feel will be grounded in truth at this time. Be receptive but don't make any life-altering decisions this week.

Next up, Jupiter and Pluto in Capricorn are trine the Moon. Jupiter in Capricorn reminds us to commit to our goals and to continue working with faith and determination. This aspect with the Moon specifically invites us to take a closer look at how perfectionism or inflexibility continue to prevent us from making progress. Baby steps are preferable to leaping over canyons.

Pluto is highlighting the need to let go of the past. I'm reminded of how climbers who reach the top of Everest, can only get there with tremendous effort and minimum equipment. Specifically, their clothes and an oxygen tank. The message then is this: *What is not necessary or helpful must be "left behind" in the past where it belongs.*

While Saturn is not in a close aspect with the Moon, there is nevertheless strong *reap-what-you-sow* energy at work. Watch your thoughts (towards yourself and others) and be aware of your motivations.

Mars in Capricorn is also in dialogue with the Moon and brings some welcome motivation and warmth.

Lastly **Venus** and **Uranus in Taurus** add beautiful vibrations. The planet of beauty, love and relationships is in a close dance with the planet of innovation and surprises. Together they inspire us to be innovative and visionary with our art and encourage novel money-making ideas. In aspecting the Moon they want us to live our genius which is our unique landscape of ancestral inheritance, ability and story.

Full Moon Illuminations

Please read both your Sun sign and Ascendant (Rising Sign) if you know it. At this time, issues or challenges that need to be addressed will be illuminated or things will come to fruition in the following areas:

Aries:

Health, Learning to Give And Receive with Grace, Self-belief (trusting your inner knowing)

Taurus:

Children, Need for Fun, Light-heartedness, Creativity

Gemini:

Home, Self-acceptance, Self-love

Cancer:

Self-expression, Communicating with clarity and confidence

Leo:

Financial Resources (Blocks to Abundance), Self-worth

Virgo:

Self-identity (how you choose to appear), Your shadow

Libra:

Spirituality, Secrets coming to light, Trusting your intuition

Scorpio:

Friends, Acquaintances, Setting and maintaining boundaries

Sagittarius:

Self-acceptance, Career/Vocation

Capricorn:

Fear around new experiences/meeting new people, Higher Education

Aquarius:

Transformation, Shedding old skin, Self-healing

Pisces:

Partnerships, Relationships, Self-criticism and self-denial

Fire Ceremony

A fire ceremony is a powerful way to get rid of attachments, unwanted habits or thoughts and negative energies. You may choose to do this with other members or when you are alone at home.

Use a fireproof dish or candle and make sure it is in a safe location. Have a glass or jug of water nearby.

- 1) Call in divine support: Spirit, Goddess, the Universe, spirit helpers or guardians.
- 2) Ask the Divine to help you release what you want to let go of.
- 3) Place each written intention in the fire and say out loud (or in your head) what you are releasing.
- 4) Give thanks to the Divine.

Full Moon Altar

If you want to create a physical representation of this Moon's invitation to work on self-acceptance and self-love, here are a few ideas:

Please note this is not about worshipping the Moon although if you do worship the Goddess in any of her representations I recommend you create another altar where you can make applicable offerings.

This altar is self-affirming. It's meant to be a visual expression of devotion to the divinity that resides within you and the power of your intentions.

Crystals for self-love

Rose Quartz is the stone of unconditional love.

Amazonite cultivates compassionate thinking.

Rhodochrosite is known as the Stone of the Compassionate Heart.

Include a card from either your favourite tarot deck. I have included an Affirmator card (below).



Candles

Green is the colour associated with Virgo and the colour of growth, healing and hope. Emotional correspondences include compassion, endurance and kindness.

Flower

If you want to include flowers that represent the sign of Virgo on your altar any small flower like buttercups are excellent representations. Personally, I almost always choose roses.

Offerings

Grains, nuts, handcrafted items, your own art and to-do lists.

Spend a few minutes each day before your altar, giving thanks for your physical body, wellbeing, work and positive habits.

Additional aids:

Flower Essences for self-love

Buttercup - helps with negative self-judgement. Also helps you recognize your own self worth based on who you are and not on outward recognition or reward.

Sunflower - helps with recognition of inner abilities and talent and helps us radiate with self-confidence.

Tarot Meditation

The Empress (III)

Permission:

You are welcome to print out and share this document in its entirety with circle members. No part may be edited or used for any other purpose without my written consent.

If you have any questions or would like to invite me to hold a circle in your community, please email me: yolanda@iamyolandabella.com

For information on astrological readings and other services please visit: <https://www.iamyolandabella.com/readings>

