



Full Moon in Aquarius Guide

@MoonchildsObsession



WHAT IS THIS FULL MOON?

HOW DO I CHANNEL THIS ENERGY?

- A Full Moon happens when the moon is precisely opposite of the Sun, positioning the Earth in between.
- Each Full Moon falls under a Star Sign, August 19th being in Aquarius!
- As a fixed sign, (fixed=doers) Aquarius keeps their eye on the prize and thrives on their goals' forward momentum.
- This energy has already been in motion since the Aquarius New Moon in February of this year and these difficulties are pushing use closer to freedom.
- What does freedom mean to you?
- Collectively we have all been experiencing and awakening and this is affecting the way we conduct ourselves throughout our day.
- The uncomfortable feeling is being forced on us from Saturn (Structure & Responsibility; the bringer of discipline & commitment) & Jupiter (growth & expansion; bringer of opportunity & wealth)
- If you are feeling this pressure then freedom & expansion are already yours, it comes down to the matter of structure.



WHAT IS THIS FULL MOON?

HOW DO I CHANNEL THIS ENERGY?

- Since February you have been going through cycles & have been given clues on what needs to be done to move forward.
- There are no shortcuts. You have to face the challenges BUT do so with compassion & intuitively! Remember Mercury retrograde is still reminding us to take it slow and thoroughly assess before making any long lasting decisions.
- Be Clear & Concise about your overall goals & what is holding you back from them.
- The truth is, if you can envision it for yourself then you can also work hard to manifest & bring that to fruition as well!
- Surround yourself with people who love & support you! If the people around you were contagious, what would you get infected by on a daily basis?
- If it doesn't add value to your success or happiness it goes out the window!
- One thing that will cheer you up is honoring how far you've come. You have made it a very very long way and you need to acknowledge that! Think back to the beginning of the year...the load may still feel heavy but you are now understanding how to distribute your energy in a way that is more beneficial for you. Go you!



Full Moon Aquarius Prompts



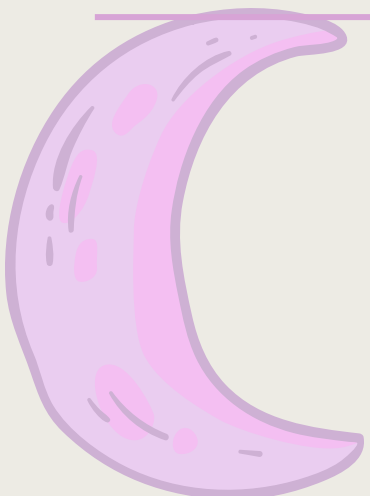
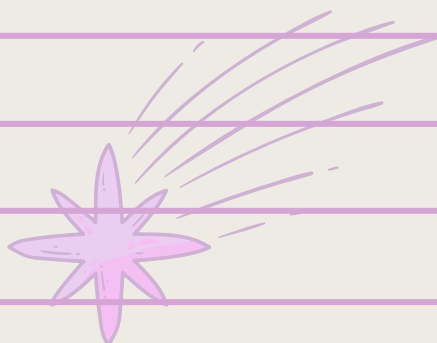
What does freedom mean to you?



What lessons keep revisiting you this season? How are you learning from them?



What is your overall goal/dream in life? What are you going to do to achieve it? No limit! Not even the sky! Dream BIG





Full Moon Aquarius



MAKE IT HAPPEN!



Staying motivated is the #1 hardest feeling to keep constant
BUT consistency REGARDLESS of motivation brings results.

So show up anyway!

Baby steps still get you close to your destination even if it
“takes longer”.

You must work as hard, if not even harder, for yourself &
your mission as you do for your day job!

Here are a few quotes of motivation to get you thinking.

“Believe you can and
you’re halfway there.”
— Theodore Roosevelt

“If you don’t like the
road you’re walking,
start paving another
one.” — Dolly Parton

“All dreams are within
reach. All you have to
do is keep moving
towards them.”
— Viola Davis

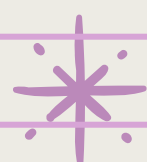
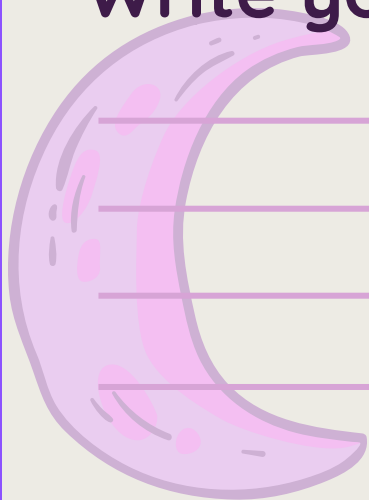


“The most common
way people give up
their power is by
thinking they don’t
have any.”
— Alice Walker

“Vitality shows not only
in the ability to persist
but in the ability to
start over.”
— F. Scott Fitzgerald

“A problem is a chance
for you to do your
best.” — Duke Ellington

Write your favorite inspirational quote.



Full Moon Aquarius

MAKE IT HAPPEN!

My Goals

Professional Goals

- _____
- _____
- _____
- _____
- _____

Personal Goals

- _____
- _____
- _____
- _____
- _____

Health Goals

- _____
- _____
- _____
- _____
- _____

Financial Goals

- _____
- _____
- _____
- _____
- _____

Love Goals

- _____
- _____
- _____
- _____
- _____

Passion Goals

- _____
- _____
- _____
- _____
- _____

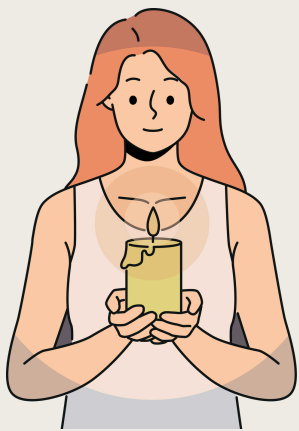
To Start Done Delay Stuck Cancel

Please burn candles responsibly!

Lighting Your Candle

a step-by-step guide

1



Gather Materials

candle, flame source, intentions, full moon guide

2



Set Intentions

be thorough in everything you want to release

3



Pray your heart out

Hover your hands above your candle and feed it your intentions, light when done.

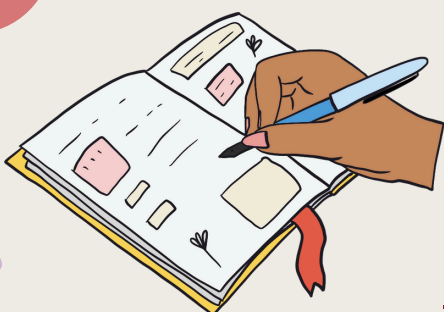
4



Watch for messages

watch the flame of the candle for confirmation of your prayer. (Tall happy flame vs weak flame) Also any thoughts or feelings you may have

5



Journal & Close

Write down any and everything weighing you down from what you desire, and do not hold back. Do not even hold back physical emotion! After you are done, use your flame from your candle to burn this "declaration of release" and flush the ashes down the toilet. **Please burn candles responsibly! MoonchildsObsession is not responsible for any harm or damage you experience during these ceremonies.** Allow your candle to extinguish by itself & enjoy the new clarity & beginning that awaits you!

Full Moon Aquarius

Dream Journal

(Remember)

Embark on a sacred journey within through daily dream journaling—a spiritual practice that uplifts your mindset and nurtures well-being.

(Day):

(Month):

(Year):

(Dream
Overview)

Record a detailed description of the dream. Include people, places, emotions, and any vivid details.

Mood Tracker



Lucidity Level



Sleep Quality



Recurring?

yes no

Interrupted?

yes no

(People and Relationships)

(Emotions Felt)

Note the emotions experienced during the dream. How did the dream make you feel?

(Interpretation)

Dive deep into dream interpretation — decode messages, symbols, and insights



Best Time to charge your crystals in the Moonlight!

If you are feeling Aquarius energy heavy, you should lean into:

1. Rose Quartz or Angelite for Love & Balance
2. Amethyst or Aquamarine for Comfort & Intuition
3. Hematite for Grounding & Protection
4. Garnet for Success & Drive

If you are feeling Leo energy heavy, you should lean into:

1. Tiger's Eye or Sunstone for Ambition & Drive
2. Carnelian or Peridot for Empowerment & Courage
3. Pyrite for Motivation
4. Onyx or Obsidian for Perseverance



Thank you & congratulations on
taking this big step for yourself &
your future!

Today you planted the seeds of your success,
now it is up to you to water and care for your
success if you want to enjoy a fruitful harvest.

Constantly remind yourself of this fire feeling of
optimism, motivation, determination, and luck!

Everything is unfolding perfectly for you. Once you
truly accept that and release any resistance positive
energy will flow without restriction.

And as always be nice to yourself, your
thoughts affect your actions so make sure
they are kind ones!