

FULL MOON IN CANCER



journal prompts





FULL MOON IN CANCER

We've finally made it to the end of a very transformative year and we are embarking on the last full moon of 2020! Each year, we end with the watery sign of Cancer signifying a need to release emotionally as we enter the new year.

The sign of Cancer is ruled by the Moon and represents our emotional needs, family, home, our early childhood environment, women, the public, and our mothers/motherhood.





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This full moon is the time we will be harvesting the seeds we planted back during the New Moon Solar Eclipse in Cancer on June 21st! With that moon being an eclipse, it may take some time for the energy to really sink in, but you can look over the past 6 months to see how things have unfolded for you to receive this harvest.

With the Sun in Capricorn, the sign of tradition, legacy, commitment, self-mastery, and delayed gratification, it's shining light on our home, physical & metaphysical, to see if we how we progressed since June.





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Sun Oppose Moon (Capricorn/Cancer Axis)

The Capricorn/Cancer Axis is largely known as the masculine/feminine axis as well as work/home life axis.

With this moon phase happening at 8 degrees, a Scorpio degree, we'll be looking at what needs to be integrated and what needs to end. Looking beneath the surface and getting honest about what we truly need and want to commit to and how we can sustain ourselves to keep up with what we harvest.

8° = Scorpio Degree (regeneration, endings, passion, mystery)





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Sun in Capricorn trine Uranus in Taurus
Moon in Cancer sextile Uranus in Taurus

Another aspect between the Sun and the Moon is the trine (*harmony & ease*) and sextile (*cooperation & flow*) with Uranus (*planet of surprise, shock, and insights*) in Taurus (*finances, the human senses, values, self-worth*).

With Uranus at 6 degrees, Virgo degree, we could be looking at how our daily routine, health, and habits could receive an electrified enhancement to allow for the abundance & prosperity we seek to flow in with ease.

6° = Virgo Degree (*analysis, health, routine, observe*)

8° = Scorpio Degree (*regeneration, endings, passion, mystery*)





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North Node in Gemini **oppose** Venus in Sagittarius

The North Node is the direction we are moving towards and in Gemini, it talks about being adaptable, exchanging ideas & curiosity. Venus in Sagittarius talks about valuing freedom and expanding your horizons in the relationships you're in.

It's going to be ~CRITICAL~ to analyze the way we balance our personal freedom and how we share/exchange messages with others. Be light-hearted and objective.

18° = Virgo Degree (CRITICAL: analysis, habits, health, routine, observe)





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Venus in Sagittarius **Square** Neptune in Pisces

Another critical aspect including Venus this time with Neptune at home in Pisces. There's tension between what we value and what we believe to be true. Don't let the fog of illusion disorient you. When all else fails, get quiet and meditate. Beware not to overindulge in consuming sweets, alcohol, drugs, social media, and/or physical or mental overworking & overdoing -- all ways to avoid the real issues at hand.

Everything in moderation.

18°= Virgo Degree (CRITICAL: analysis, habits, health, routine, observe)



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- What are you most proud of **accomplishing** this year? Write the **first thing** to come to mind.

- How can you bring more **balance** in your work/home life especially as many of us **work-from-home** and with the kids in the homeschool/virtual school setup?



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- Have you established what is **enough** in terms of your **efforts** to do what you want/have to get done?
Don't forget to celebrate your hard work!

*(Know when it is time to chill out and when to proceed forward.
Be gentle and practical.)*

- What are some **repeated insights** you have been receiving when it comes to your **values** and sense of **self-worth**?



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- Do you feel in your **root and sacral chakras** that you are **safe, secure, worthy, and deserving** of all you desire?

(TIP: Listen to some binaural beats: 396hz + 417hz, tune in to these areas and journal the messages that come through. Self-forgiveness & self-acceptance are vital.)

- What **routines** do you have in place to **release pent-up energy/emotions**? ie: salt bath, crying, singing

(This moon is emotional so don't try to repress your emotions.)



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- Do you trust your **intuition**? Why or why not?

- What is **one unhealthy indulgence** you want/need to leave behind? What about this habit has **held you hostage**? Why are you **ready** to let it go?



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- What are some ways you have **adapted** to the intense changes of 2020 to **stay grounded** in the present? What have you realized about yourself this year?





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You don't have to know all the answers, but opening yourself up to pondering these types of questions will **allow** you to experience the answers. Through the experience, you'll learn the answers and will begin to **integrate** them into your life over time.

If you feel called, please share this with a friend!

My wish is that this helps you navigate the next 2 weeks and the rest of the year with more clarity and self-awareness.

SEE YOU NEXT YEAR!

