

FULL MOON IN CAPRICORN



Journal Prompts



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Capricorn, ruled by **Saturn**, represents structures, authority, longevity, concrete, and discipline. **Cancer**, ruled by the **Moon**, represents our unconscious feelings, innermost needs, family/ancestry, our roots, and home.

With the **Sun** in **Cancer** and the **Moon** in **Capricorn**, there are parts of our lives being **illuminated** about what has been holding us back from achieving what we say we want. What comes up won't be something new; we've allowed it to hold us back for possibly **years**.

You've been doing the work, **it's in your face**, what will you do with the knowledge this time? **Face the shadow**.

3° = Gemini deg (translate, interpret, duality, curiosity)



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Sun in Cancer **trine** Jupiter RX in Pisces

- The best use of this energy is to experience the **expansiveness** of your breath, the **jubilance** of the sun shining, being in **awe** of all that surrounds you. Tap into what **lights you up**. With the Sun in Cancer, allow yourself to **indulge** in those **deep belly laughs**, have some fun with **family/friends**, sing your heart out. Let your heart **explode** with joy. The **releasing** energy of a **Capricorn Full Moon** can be *intense* so it is important that you allow yourself to **soften**.

Stay hydrated, get some Sun, visit a body of water.

2° = Taurus Degree (values, throat, vocalize, senses, possess)



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Moon in Capricorn **Sextile** Jupiter RX in Pisces

- With the moon also in aspect to Jupiter, your inner emotions may be further **expanded**, shadow selves **revealing** what needs to be released. Do not fear the imagery as Pisces can be an **elusive** sign that speaks in **tongues and symbols**. It's a time to feel, not a time to rush through the emotions. **Emotions are energy in motion**. Allow them to move through you and then let them go. At a Taurus degree, you may benefit from saying **words of affirmation** to keep you in high vibrations as well as indulge in delicious comfort food.

2°= Taurus Degree (values, throat, vocalize, money, possess)



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Venus in Cancer opposite Pluto RX in Capricorn

- Some **personal values** and **relationships** we may have in regards to our **families** can come up to be **reviewed** and **purged**. It can and will be hard to **separate** our feelings from what is **familiar** to us. **Balance** those emotions with knowing the changes that need to be made are in our **best interest**. We aren't who we were last year or even last month or yesterday. There's **healing** in accepting that **truth**.

Choose to **nurture** what **supports** you.

26° = Taurus Degree (*senses, money, vocalize, worth, values*)



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Neptune in Pisces **sextile** Pluto RX in Capricorn

- **Neptune and Pluto** won't be in an **exact** sextile until 2025 when **Pluto** is in **Aquarius** and **Neptune** in **Aries**. For now, they share with us the **dream** of what can become a **reality** if we are willing to **destroy outdated concepts**. What no longer serves the **dream** of your life? What no longer **resonates** with your soul's longing?

Take steps to figure it out and **visualize** it. If you can see it, you can bring it into the **physical** realm.

23° = Aquarius Deg (separation, innovation, community)



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NOTE:

Jupiter in Pisces went **retrograde** on **June 20th** and make its way back into **Aquarius**. We'll be **reflecting** on the energy of the past few weeks of **Jupiter in Pisces**, a preview of how it will be when it **reenters Pisces in December**. Also, we'll have a chance to **make any necessary changes** to better **harness** that energy as it revisits **Aquarius** for the next **6 months**.

(Check to see where you have Pisces/Aquarius in your birth chart for the themes)

Mercury went **direct** on **June 22nd** in its home sign of **Gemini**. Since it was at home, it really showed us the **power of the mind** and how we are truly **magicians** of our lives.



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- Where in my life have I allowed myself to be a **prisoner** of my **habits/addictions**?
- What **familial patterns** have I been working on purging/rewriting? How?
- What is the **legacy** I want to leave behind? How can I build on the **foundation**?
- Who is on my **support team**? Who/what kind of **support** would I like to **add** to this team?



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- What does my **heart** truly desire at this moment? *(take a deep breath & tune within)*
- How can I be a better **friend/lover** to **myself**?
- How can I redefine what **hard work** looks so my energy isn't **depleted**?

AFFIRMATION:

I am ready and willing to release my grip on what wants to be released. I allow myself to nurture what hurts and I'm reminded to always be gentle with myself.



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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, save, and like this post!

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

