



September 2020 Full Moon in Pisces

The water sign of Pisces can leave us highly sensitive and emotional. This is not a day to make decisions or look back with rose-tinted glasses. It is a good day to daydream and pay attention to your intuition.

I WANT TO FORGIVE AND RELEASE THE FOLLOWING THINGS...

WHEN YOU FORGIVE AND RELEASE, YOU MAKE SPACE FOR NEW AND BETTER THINGS. REPLACE NEGATIVE ENERGY WITH POSITIVE TO HELP RAISE YOUR VIBRATION. I AM GRATEFUL FOR...

PISCES IS THE DREAMY SIGN OF THE ZODIAC. SPEND SOME TIME DAYDREAMING ABOUT WHAT YOU WANT TO ACHIEVE. WRITE NOTES DOWN HERE AND WORK ON MANIFESTING THEM AT THE NEXT NEW MOON (TAKE A COPY OR CUT THIS BIT OUT BEFORE BURNING).

Now burn this paper in a safe place and release the energy into the universe.



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THINGS TO DO DURING A PISCES FULL MOON

- Stay grounded throughout the day. Use grounding crystals such as hematite, black tourmaline or smoky quartz. Take deep breaths. Imagine roots coming out of your feet and into the earth. Walk barefoot outside. Connect with nature.
- Pay attention to messages sent to you via your dreams. Put Red Jasper under your pillow to help with dream recall. Keep a notepad handy to record and reflect.
- Sage your house to remove any negative energy. Remember to open your windows to release everything.
- Have a full moon bath. Fill your bath with either salts, crystals, flower petals or whatever takes your fancy.
- Put your crystals out to charge in the moonlight.
- Step outside and give yourself a "moonbath".
- Meditate while daydreaming about things you want to manifest.

AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am calm, grounded and can think clearly.
- My dreams are realistic and achievable and I follow them fearlessly.