

Take time to



Reflect

A Full Moon Workbook

A WLE Workbook

August 31st 2023

Perigee Blue Supermoon

The term **blue moon** is a common one, but did you know it means when there is a second full moon in one month? (And no, sadly it won't appear in a nice shade of blue. Regular ol' moon colour.)



Supermoon means this will be close to the earth and look extra bright and big.

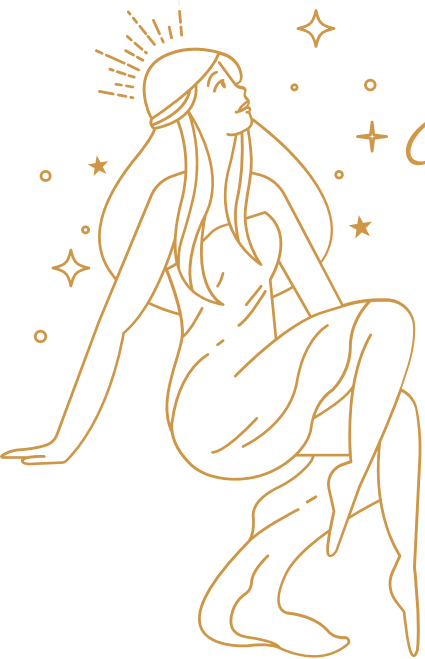
This moon is also known as a **Perigee** Blue Moon, making it the largest & brightest supermoon of the year.

The last Perigee Blue moon was in 1996 and the next won't be until 2115.

In astrology, full moons are considered a time of reflection and release.

Full moons invite us to **let go**. We pause and look for patterns. Ask ourselves how we learned those patterns - and most importantly, do we need to let this pattern go, in order to evolve?

Allow yourself time and space to feel emotions you have been avoiding, and let them move on.



Your Full Moon Card Pull

This card pull was done using the **Work Your Light Oracle Cards**. The author **Rebecca Campbell** is a best selling author (she wrote Light is the New Black & Rise Sister Rise) and the cards are beautifully illustrated by **Danielle Noel**.

Card 1



Card 2



See page 7 for further detail on this full moon card pull! ✨



Card 3



Your Full Moon Card Pull

Use this space to make notes, scribble reminders, or jot down inspiration. ✨



What needs to be let go of as we greet a new month?

Let the excitement in you, point you in the direction of something. Something you don't want anymore.

Maybe it's a habit of yours. Maybe it's the lack of a habit. Maybe you have too much downtime (scrolling time). What's something in your life right now – that's calling your attention? What needs to be let go of?

Is it a memory? Is there someone that keeps popping up into your mind that you need to forgive? Is it something that you've done? Perhaps you need to forgive yourself for something.

Just with so much love, letting the mind find what it is that it wants to release.

Breathe. Reflect. Release.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Letting something go doesn't mean that it wasn't valuable, or that it isn't appreciated, or that it didn't teach you something.

Letting something go just allows you to move forwards without carrying the past with you.

Allowing you to be present.

Undistracted from the past or a future worry.



Your Full Moon Card Pull



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Expanding on Your Full Moon Card Pull

This card pull was done using the **Work Your Light Oracle Cards**. The author **Rebecca Campbell** is a best selling author (she wrote *Light is the New Black* & *Rise Sister Rise*) and the cards are beautifully illustrated by **Danielle Noel**.

The below quotes are from the **Work Your Light Oracle Cards Guidebook**, written by Rebecca Campbell. Please see resources page at the very back of the book for more info on Rebecca & Danielle.

"How can you Mother yourself?"

"You are more held than you could possibly imagine."

"Your capacity to love and hold others is limited to your capacity to love and hold yourself. Be compassionate with your sweet body, mind, and soul."

Birthing a New Age

"Birthing new creations. Dreaming a new world into being."

"Right now we're in a transition period between ages. In the process of allowing the old cycle to fall away and the new to rise. Like driving in the fog and trusting the road will appear ahead, we need to release old identities and ways that no longer serve us, using our intuition as a compass."

Transformation

"Things are changing at a cellular level. Deep healing."

"Keep doing the work, you are transforming."

"A rethreading is happening. Healing of the deepest levels."



Thank you so much for joining me

Full Moon Resources:

<https://www.almanac.com/content/full-moon-august>

<https://www.timeanddate.com/astronomy/moon/blue-moon.html>

<https://starwalk.space/en/news/full-moon-august>

<https://www.farmersalmanac.com/blue-moon-horoscopes-august-2023>

<https://www.theweathernetwork.com/en/news/science/space/super-rare-perigee-blue-full-moon-shines-at-the-end-of-august>

More on Rebecca Campbell:

<https://rebeccacampbell.me/>

& her cards:

<https://www.amazon.ca/Work-Your-Light-Oracle-Cards/dp/178180995X>

or #supportlocal:

<https://districtnoir.ca/collections/tarot-oracle-cards>

& Danielle Noel:

<https://www.daniellenoe.art/>

If you have any questions or feedback, please reach out to me anytime at the below contact information:

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OR

connect with me on socials

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