



# FULL MOON

*Cosmic Healing*

by rahel j. papis



# HI! I'M RAHEL

We'll explore the power of astrology, meditation, and intuition to bring clarity, healing, and alignment. Get ready to tap into your inner wisdom and embrace the transformative energy of the full moon!"

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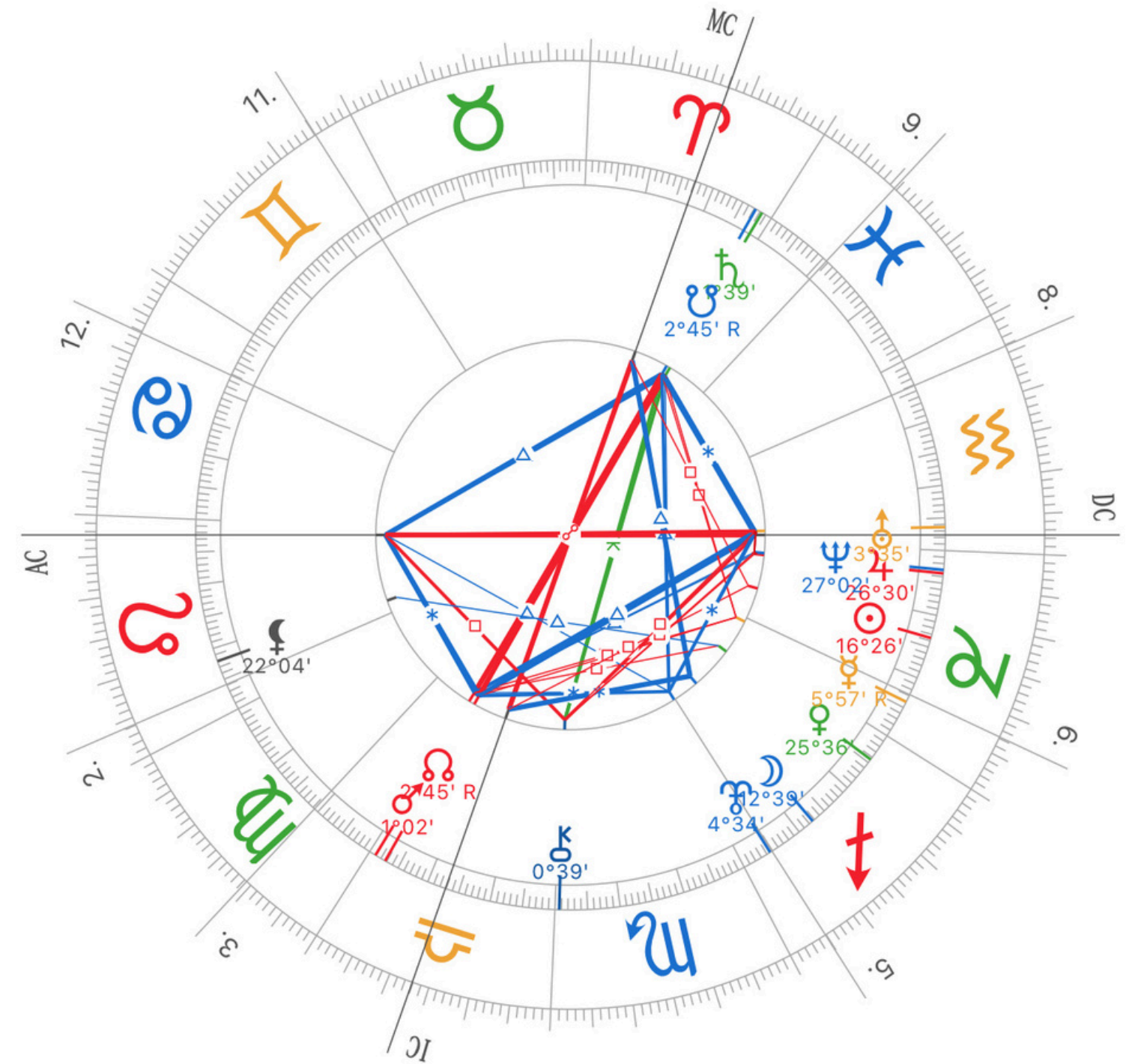


# HOROSCOPE

- Create your own chart on: [www.astro.com](http://www.astro.com)
- Birthplace: Enter your birth location to get precise planetary positions. 🌍
- Birth-Time: Ensure you have your accurate birth time to capture an authentic chart. 🕒
- House System: Choose the Koch House System or any preferred house system for an in-depth exploration of your astrological placements.
- Once you've generated your chart, you'll be able to explore the key aspects of your natal planets, houses, and Full Moon energies as they align with your unique cosmic blueprint. 🌟

Apps: Astroworx, Co-Star

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# CEREMONY ITINERARY

- 🌸 Opening & Welcome — Set your intention for the ceremony.
- ✨ Astrological Insights — Learn about the Full Moon and how it affects your chart (or doesn't)
- 🧘 Guided Meditation — Deep dive into peace and emotional release.
- 📖 Reflective Journaling — Explore the messages from your intuition.
- 💧 Ritual Ceremony — A nurturing water ritual to realign and cleanse.
- 🌿 Sharing Circle (Optional) — Connect and share your insights with the group.

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# CREATE YOUR OWN ALTAR

🌸 A Quiet, Comfortable Space — Free of distractions, to immerse yourself fully.

📖 Journal and Pen — To write down your reflections and intuitive messages.

💎 Crystals

🕯️ Candle — A small candle to light your sacred space.

🌿 Essential Oils/Incense: Lavender, Jasmine, or Chamomile for calm and focus.

🧘 Blanket or Yoga Mat — To sit or lie down comfortably during the meditation.

🍵 Comforting Drink — Herbal tea or water to stay hydrated and grounded.

🔮 Oracle Cards, if you have.



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# SACRED SPACE

- 🌸 Fresh flowers or plants for beauty and connection to nature
- ✨ Soft lighting like fairy lights for a cozy atmosphere
- 🎧 A playlist of soothing or instrumental music

## 🌙 Tech Preparation:

- You will get a Zoom Link
- Test your audio and video before the ceremony starts.
- Bring headphones for better focus (optional).

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# RECOMMENDATIONS

- Astrology - Using the Wisdom of the Stars in Your Everyday Life - Carole Taylor
- The Only Astrology Book you'll ever need - Joanna Martine Woolfolk
- You were born like this - Chani Nicholas
- Astrology for real relationships - Jessica Lanyadoo
- The Astrology Podcast
- The Astrology Hub Podcast
- Cosmos Documentary
- Apps: Astroworx, The Pattern, Moonly, Nebula, Moon Calendar, Co-Star, Skyview

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# REASONS TO USE ASTROLOGY

- Personal Growth
- A guiding light in life
- Freedom and choice lesson
- Multi dimensional Perspectives
- For the everyday life applicable- Job, Money, Friendships, Relationships, Sex, Feelings, Communication, Drive, how to deal with weaknesses
- Understanding crisis, changing times with transits
- Giving life more meaning & depth

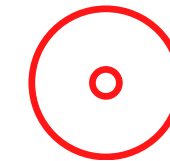




# THE BIG 3

Sun (zodiac sign)

- "I am", consciousness, identity, activity, creation



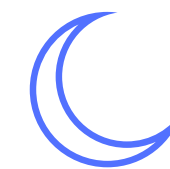
Ascendant (Rising sign) (stage, how I show myself)

- Mask, how we appear to others, how we see the world

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Moon (feelings, emotions)

- Subconscious, privacy, intuition, unconscious behaviour and actions



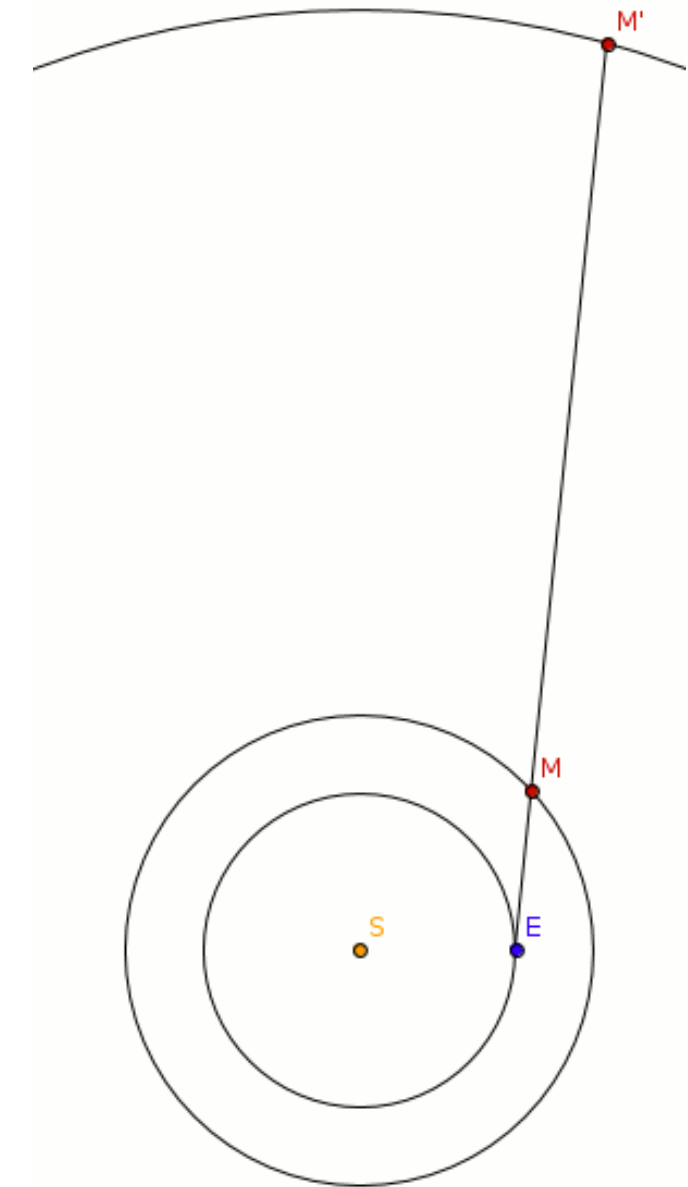
# RETROGRADE

Optical illusion (like on a train - which one is running?)

- Mercury most frequent (3x a year)

To note with Mercury retrograde:

- Information, communication, planning, technology (example collapse 2020 Facebook / Instagram).
- Miscommunication
- Signing contracts - double checking
- Double bookings
- Reflection, meditation







*Astrology*

LEARN ABOUT YOUR BIG 3!  
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THANK YOU  
FOR YOUR TIME!

YOU SHARE & I CARE

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