Full Wolf Moon in Cancer

Cancer full moon calls us to focus on radical self care. One of the greatest forms of self care that is oft forgotten is connection with breath. Start by sitting comfortably with a straight spine, hands resting palms down in your tap for grounding. Deepen your breath. Imagine you are inhaling from your root, up into your abdomen, through your heart space, rising past your throat, continuing to your third eye and finding the top of your inhale at your crown. Exhale slowly and move the energy from your crown, journeying all the way back down to your root. Continue this wave of energy with your breath through your chakras, inhaling root to crown, and exhaling crown to root. Tune into this flow of energy. Notice where energy is fl ease and where there may

Aquarius

Aquaries is interested in shaking up whatever has grown stale or too traditional Aquarius is an air sign known as the 'water bearer,' so this ritual is a 'rinse and reset.'

While washing your hands, say out loud things you want to release for the hall the negativity

e and meditate

12-MONTH CALENDAR OF RITUALS

MITCHIVE

INCLUDES 13 FULL MOONS, 12 NEW MOONS, 8 SABBATS

PRINTABLE RITUAL CALENDAR