



# FULL MOON IN CAPRICORN RITUAL

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# FULL MOON IN CAPRICORN RITUAL

An intense, transformative Full Moon in Pluto is dawning on 13 July - a witchy number for a witchy Moon - perfect! This Full Moon has its roots in the concept of security, both when it comes to our private life and in our professional world.

The themes at the moment are all about learning to let go and make space for greater achievements and success, whilst balancing hard work with nourishing rest. Let's get started!

## HERE'S WHAT YOU'LL NEED:

A photograph or picture of someone you admire -  
this can be someone you know, dead or alive, or someone famous.



A couple of candles



Incense or essential oils

Meditation music

Comfortable blankets/cushions



A bunch of flowers

Pen & paper

Black string



# STEP 1

Set up your space. Place your photo on an altar or table of some kind and arrange the flowers around it. Light your candles, incense or fragrance oil, and create a comfortable place to sit. Get your meditation music ready.



# STEP 2

Begin by deep breathing into the belly. Put on your music, close your eyes and place your left hand on your heart, and the right on your chest. Take at least ten slow breaths. This Full Moon can be quite intense, so notice any strong feelings that could be arising for you. Breathe through them.



# STEP 3

Open your eyes and focus on the photograph or picture on your 'altar'. Take your pen & paper and begin listing the qualities that you admire in this person and how they shaped their career or calling. Notice if there are any similar qualities in you. There are probably quite a few!



# STEP 4

On the other side of the paper, list the goals and steps that you can take to achieve the same or even greater success than this person. Beneath that, write down what patterns/ behaviors or habits you need to release in order to step into your full potential. For example, maybe you need to take on one extra responsibility or habit - but in order to do that, you

need to go to sleep one hour earlier or cut out an hour of screen time every day. Take your time with this - you can even get up, walk around, think for a bit, drink a cup of tea or daydream until you feel you can complete your lists. But don't break the ritual by doing something like watching tv or playing on your phone.



## STEP 5

The final step is to take your paper, read through it out loud a few times and then roll it up into a scroll, tying it with a black string. Place that scroll somewhere safe, and put a reminder on your phone to open it again in a few months' time. If you need to, write down one single major goal / habit that came up for you over and over again and place that on your mirror or somewhere where you can see it every day.