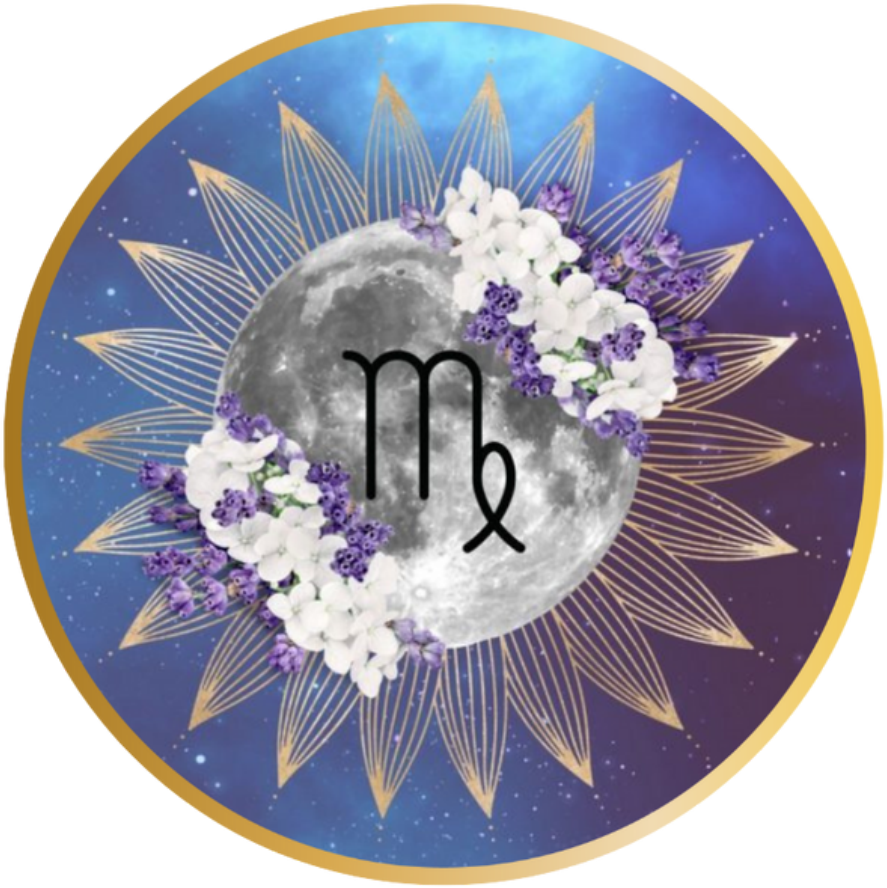
THE

VIRGO FULL MOON

HEARTMIND ACTIVATION



CURATED BY

Sheri Moise

VIRGO FULL MOON

OVERVIEW OF VIRGO FULL MOON

The full moon in Virgo arrives Tuesday March7th at 4:40AM PST. The same day Saturn enters Pisces shifting the energies of our commitments and responsibilities.

Annabel Gat shares: *Information can surface under the light of the full moon—and a full moon in Virgo, the analytical earth sign, could reveal intriguing details! During this time, a reorganization may take place (Virgo is all about organization), and with that, we may be letting go of projects, relationships, or ideas that no longer make sense for where we're at in our life. Being thoughtful about what stays and goes—and who—is key.*

Full moons can bring issues that had been brewing to a climax, but they also invite collaboration, and with the planet of the unexpected, Uranus, in the mix, surprising pairings may take place, or novel approaches may be taken. Keep an open mind during this full moon: with Uranus in aspect to the sun and moon, previously unimaginable solutions or opportunities could arrive!

Pisces cycle has, and continues to be, an opportunity to lean into your intuitive guidance. As Virgo comes in to counterbalance the Piscean energy, it doesn't mean that we need to shift from that focus, but rather remember that decisions come easier when we are tapped into our intuition.

This full moon can be an opportunity to unlock something deeper within you. It is preparing us for the next step in the journey. Don't be afraid to let things go. They are making space for what is to come.

Tanaaz shares...
Drink in whatever medicine this March Full Moon brings and recognize you are being prepared for something bigger. Pay attention to your needs and keep listening to your mind, body, and soul. All that needs to be illuminated will shine. All that you need to journey into this next chapter will be presented.

The sun in Pisces reminds us that anything is possible—but the moon in Virgo calls us to be picky about what we choose to pursue. Tap into your Heartmind for the guidance you need to make those powerful and important decisions for yourself.

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INNER EXPLORATION



Invitation to explore.. what are the seeds that I want to plant - or get planting?
Areas of focus for this full moon:

- Preparing for something bigger.
- Tuning into a layers of your BEing - mind, body, and soul.

As always you can personalize this by looking to see what house this moon fall in your own personal transit chart.

Work with this **FULL MOON GUIDED MEDITATION** and journal prompts to assist this exploration.

JOURNAL PROMPTS:

What projects, relationship, or ideas are not meant to move forward into the next phase of my journey?

What does it mean for me to be in the "driver's seat" of my own life/business? What supports me in honoring that power and wisdom that is already inside of me?

Am I honoring my needs? What do my mind/body/soul have to share?

Are there any old wounds that have prevented you from making progress in life and business that are ready to be healed?

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INNER EXPLORATION



Work with this **FULL MOON GUIDED MEDITATION** to assist this exploration. Use the space below or your journal to write what comes through.

REVIEW - RELEASE - RESET

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