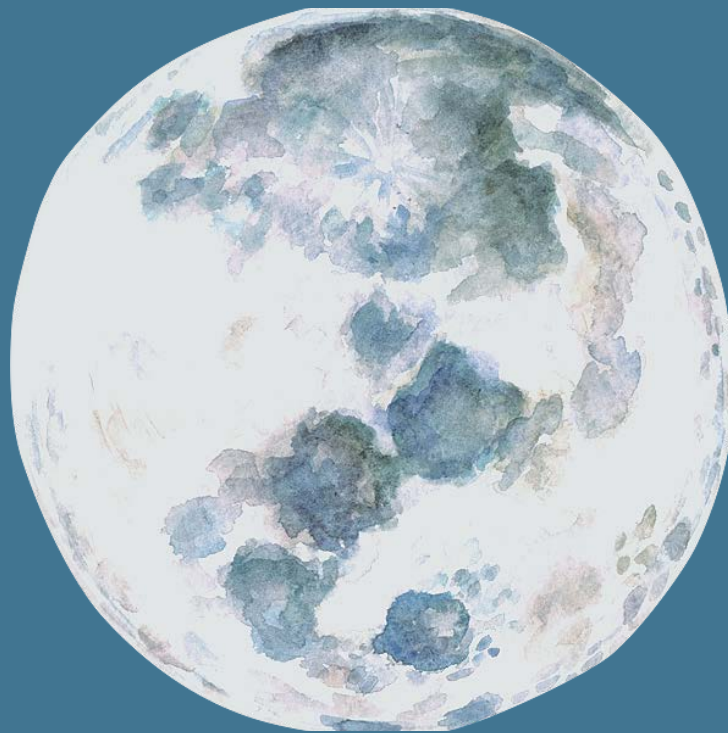


THE  
FULL MOON  
JOURNAL

AQUARIUS



CREATED BY

*LizKriz*

# Welcome, beautiful.

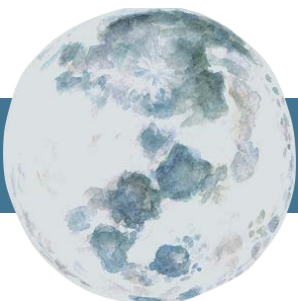
The full moon in Aquarius falls in the Leo season on August 11th, 2022.

Following the moon allows us to get in touch with the natural rhythms of life. Our energy ebbs and flows as the moon does. Let her guide you and teach you how to harness your energy.

Like the tides, we naturally have periods of more and less energy. Allow and honor those shifts. We are not linear beings. Expecting ourselves to have a consistent energy level harms our bodies and spirits. We often self-medicate with caffeine or sugar to keep going, to push through our normal low-energy shifts. Is it a wonder why we have sleep issues and anxiety?

Rest as the moon does. Grow full and bright like her light. Shine lovelies! The moon can help us learn more about our inner wisdom and patterns.

*Liz Kriz*



# Full Moon in Aquarius

The full moon in Aquarius falls in the Leo Season, and this year we celebrate this energy on August 11th, 2022.

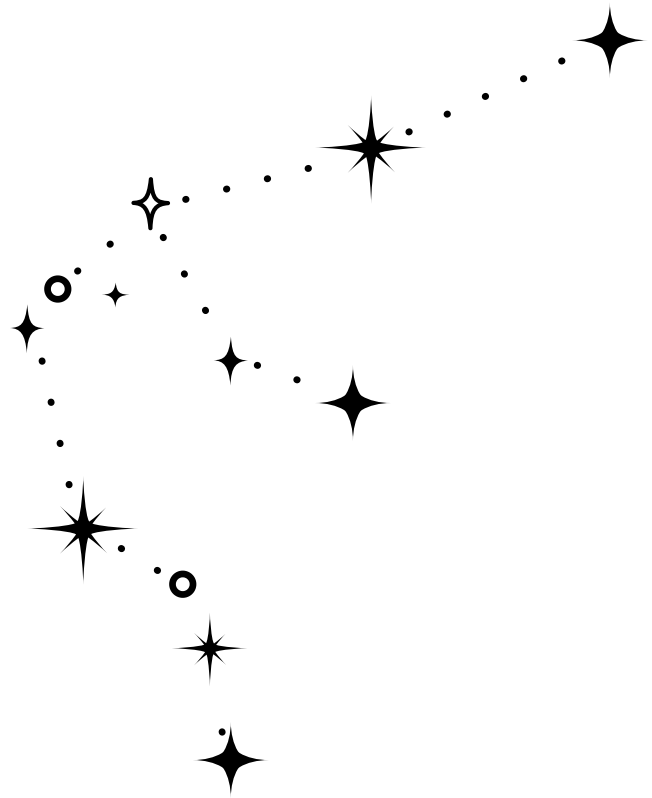
Aquarius is an Air element and is often confused with water because Aquarius is the water bearer, but this symbolizes Aquarius's thirst for knowledge and desire to help and be of service to others.

This full moon is here to help you untangle and release what is holding you back. What are your chains? Are they self-imposed? and how can you find a way to loosen their hold?

The sun in Leo supports warm heart energy. Use Leo's brilliance to warm the cool intellect of Aquarius. Allow these two forces to create a balance and bring your ideas to fruition so you can live them fully from your heart and into the world.



# *How to use this journal*



I have included journal prompts for the next 14 days leading to the new moon. During the waning moon, it is a time for deep reflection and introspection. This moon in Aquarius is to guide you to realign with your deep purpose but to get there, you must break free of your chains.

Some prompts ask you to reflect and write lists, Some prompts ask you to dream and plan.

Have fun and aim to joyfully run toward your most fulfilling desire!

*“Aquarius moon can help you  
realign with your purpose.”*

# LINK YOUR HEAD AND YOUR HEART

**Complete this before you begin this journey**, take some time to write out what your heart's deep callings. Write down those wild ideas, especially if they seem scary or unimaginable!

## MY HEART'S CALLINGS

FULL MOON IN AQUARIUS

*What small actions can I take towards my callings?*

*Make these steps so small they are easy!*



FULL MOON IN AQUARIUS

*I know what I need to learn to move forward.*






WHAT MAKES YOUR  
HEART SING?



JOURNAL PROMPT





“The purpose of life  
is to live it,  
to taste experience  
to the utmost,  
to reach out eagerly  
and without fear for  
newer and richer  
experience.”

- Eleanor Roosevelt



BEING OF SERVICE

JOURNAL PROMPT

**I KNOW MY SERVICE TO HUMANITY...**



## MAKE A CLEAN BREAK

Make a list of any areas of your life, relationships and situations that hold you back from your heart's longings? What blocks your path to taking your small actions steps?

WHAT HOLD YOU BACK?

FULL MOON IN AQUARIUS

*Let go of those things that have run their course.  
List or write about what you need to let go of.*







# CREATE MORE FREEDOM



Make a list of ways you can create more space to create. learn and take your small action steps. What can you shift, delegate or drop?

## MAKE SPACE FOR FREEDOM

A large, empty rectangular area intended for writing a list of ways to create more space to create.



FULL MOON IN AQUARIUS

*Write about your feelings of delegating and letting go of anything listed from yesterday*



FULL MOON IN AQUARIUS

*I know how to let go*

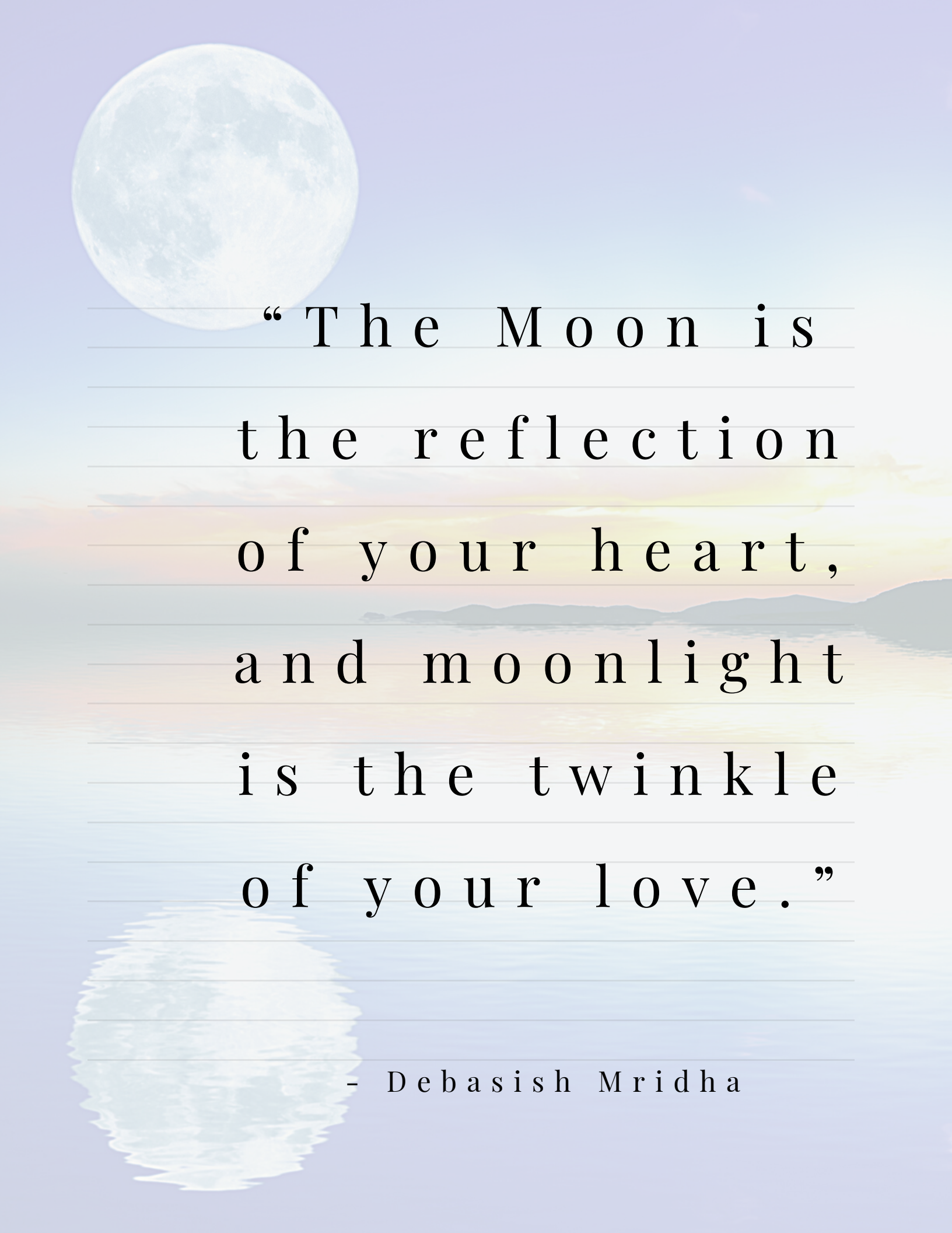


FULL MOON IN AQUARIUS

*I know how to have more joy!*







“The Moon is  
the reflection  
of your heart,  
and moonlight  
is the twinkle  
of your love.”

- Debasish Mridha



# FINAL REFLECTIONS



Thank you for coming on this journey with me!  
As a human with Aquarius rising, I am keenly aware of the cool intellect of Aquarius and my constant need to balance my head with my heart,

Traveling with the Moon has taught me to honor the ebbs and flows of my energy, thoughts, and emotions.

I hope you find the Moon a gentle guide and constant companion. She is always shining her loving light to help illuminate the dark.

Peace to you,

*Liz Kriz*



## FINAL REFLECTIONS

**Complete this after you finish your journal.** Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts, and insights you have had will following the moon.

### MY EXPERIENCE

A large, empty rectangular area with a light beige background, intended for writing reflections.





## MEET LIZ

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Mauris congue velit eget mauris blandit, eget sagittis augue iaculis. Praesent dignissim, turpis ac dapibus blandit, neque sem facilisis nulla, ac sollicitudin felis dolor a tortor. Mauris efficitur lacus fringilla, tincidunt urna sit amet, commodo enim. Aenean in puru. Mauris congue velit eget mauris blandit, eget sagittis augue iaculis.



*“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”*

RALPH WALDO EMERSON

WORK WITH LIZ

# *Reiki & Sound Therapy*

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Relax and release tension in your body and mind with vibrational and auditory sound therapy. Himalayan charka tuned singing bowls are placed around and on your body to infuse your tissues with vibration and envelop your mind with gentle sounds. These metal bowls are softer in tone than the crystal singing bowls. Their tones are low and deep.

Sound therapy can help ease stress, anxiety, depression, sleep disorders, and physical pain.

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