

THE
FULL MOON
JOURNAL

SAGITTARIUS



CREATED BY

LizKriz

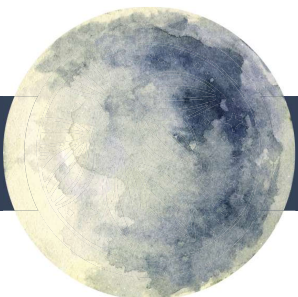
Welcome, beautiful.



The full moon in Sagittarius is on June 14th, 2022. This is the last full moon before the summer solstice, and it marks the end of the first half of the year. This moon can illuminate your way forward! Take a few days to reflect on the past 6 months. After some quiet space under her moonlight, how do you wish to chart your path for the remainder of 2022?

It is time to tie up all those loose ends. The waning moon is the best time for closure. This moon can shine a light on all that confines you, all that binds you. This moon can help you release all that no longer serves your highest good. Let go now and make room for the new beginnings of the second half of the year. Use the next two weeks to let go so you are ready at the new moon to build your new way forward!

Liz Kriz



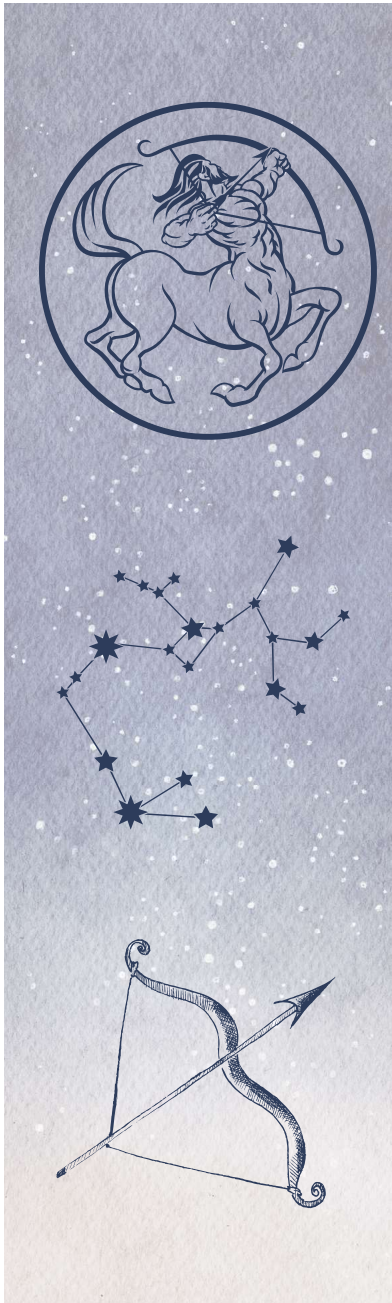
Full Moon in Sagittarius

The full moon in late June or Gemini season falls in Sagittarius. This year we celebrate this energy on June 14th, 2022.

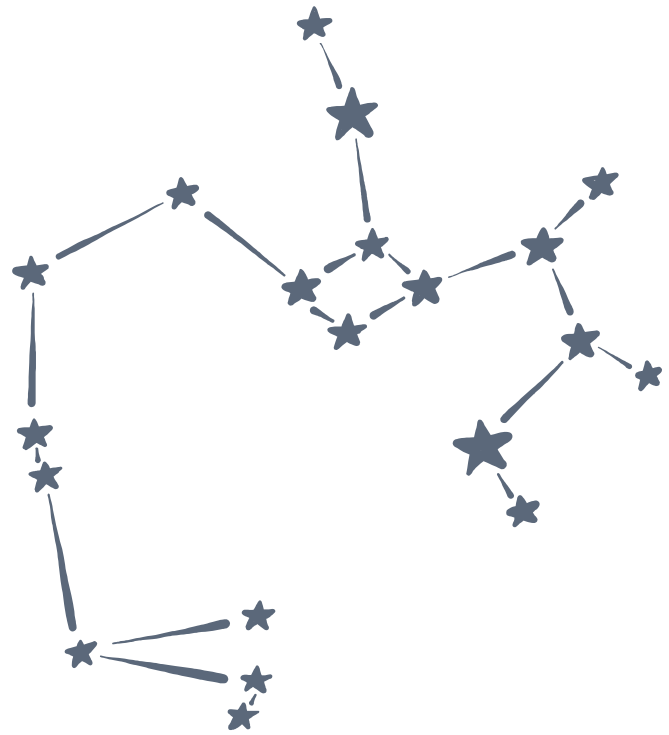
Sagittarius is the Archer and ruled by Jupiter. It is a fire element, mutable, and has positive energy. All these qualities make it a change-maker, and to harness this energy, it is best to remove obstacles and get ready to aim for your goals.

During the Full moon, dream of your perfect future. What are your heart's truest desires? What positive change can you make or contribute?

It's time to speak your truth, find joy, run through the forest and take aim at what makes you feel free.



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. Don't worry! This moon in Sagittarius is all about joy and freedom, but to get there, you must uncover what is holding you back from your best life.

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!

***“It's time to break through fear to
live your authentic truth.”***

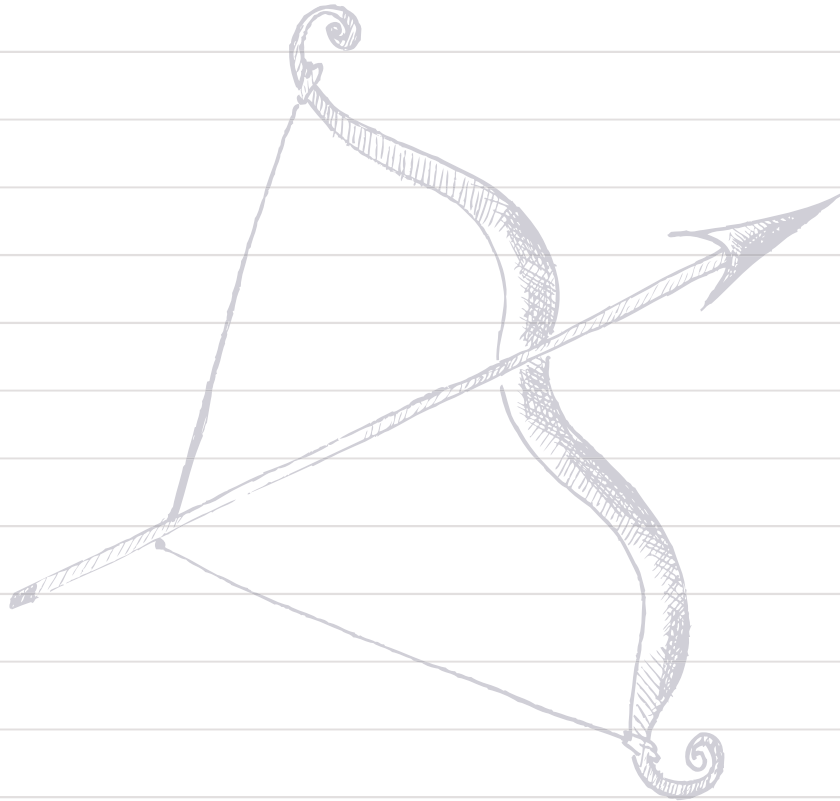
REVEAL YOUR DREAMS

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS

FULL MOON IN SAGITTARIUS

Reflecting on the list from yesterday, how can I aim to fulfil my full potential.



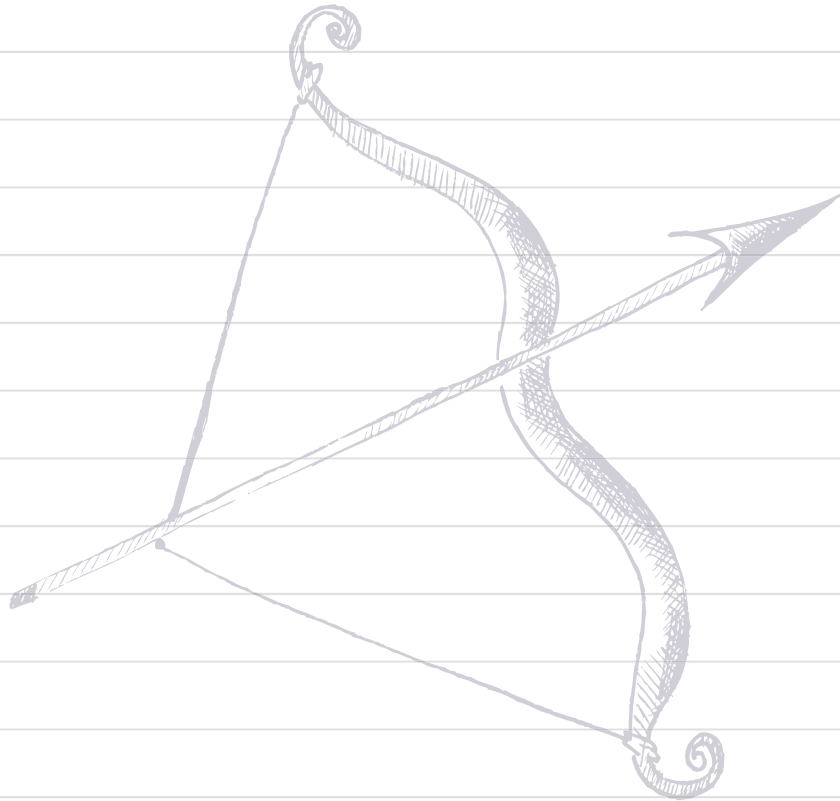
REVEAL YOUR DREAMS

Becoming clear about your dreams, write a list of your short term goals for the rest of 2022. What small steps can you take to get closer to your dream vision?

MY GOALS FOR 2022

FULL MOON IN SAGITTARIUS

I aim my vision toward my goals and dreams.



RELEASE WHAT BINDS YOU



What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

THESE HOLD ME DOWN

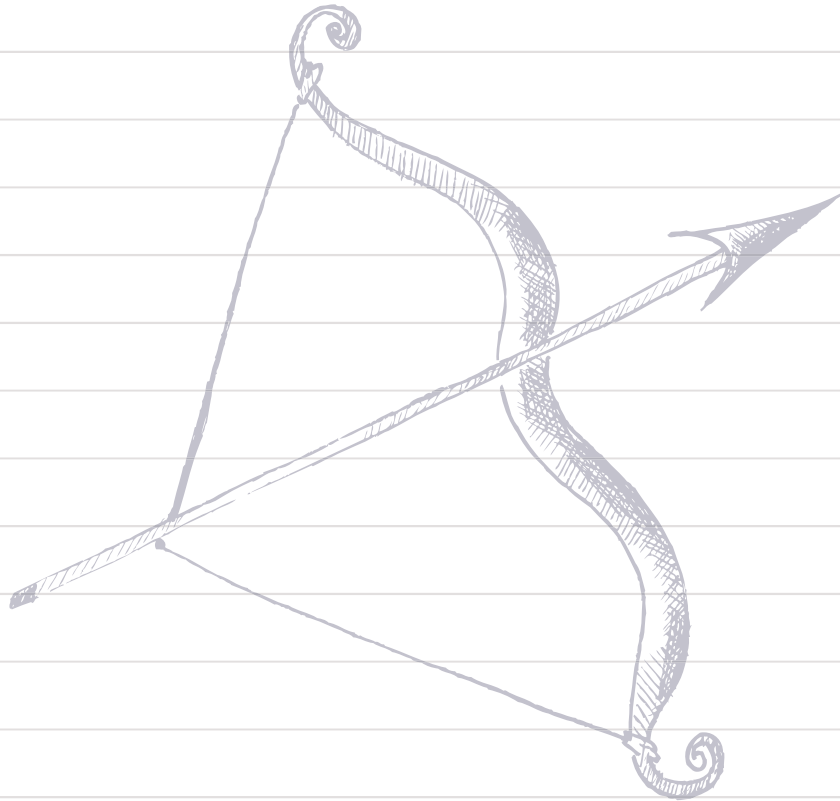
A large, empty rectangular box with a light beige background, intended for writing down things that hold the user down.

THESE KEEP ME STUCK

A large, empty rectangular box with a light beige background, intended for writing down things that keep the user stuck.

FULL MOON IN SAGITTARIUS

I aim to remove the obstacles in my path.



FIND MORE FREEDOM

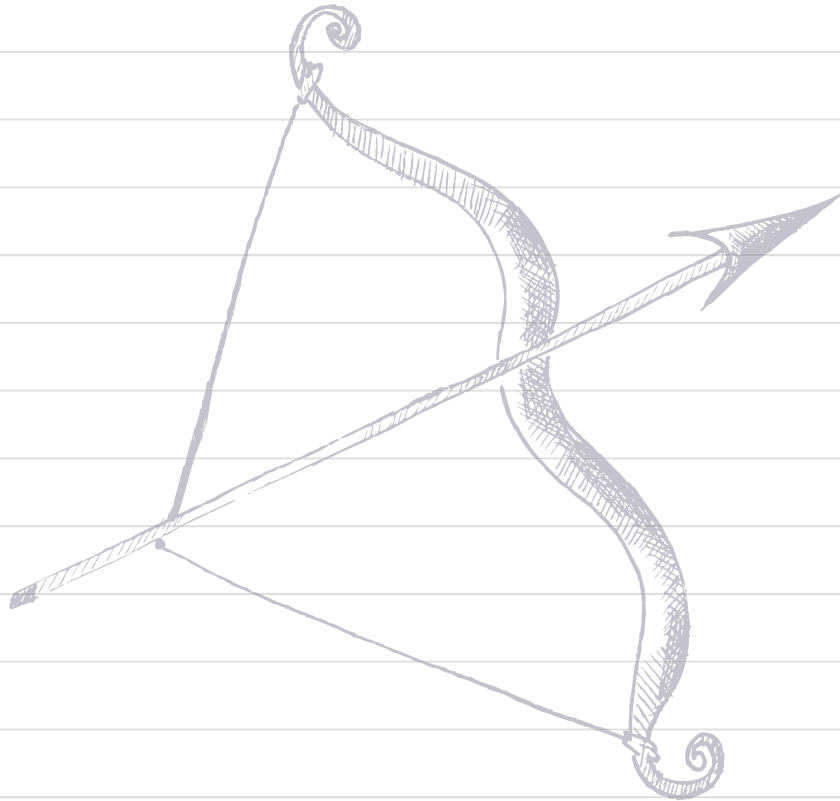
**What can you do to find more freedom from those things that bind you?
What small changes can you make over this month?**

I CAN LET GO OF...

I CAN ADD...

FULL MOON IN SAGITTARIUS

I aim to find more freedom.



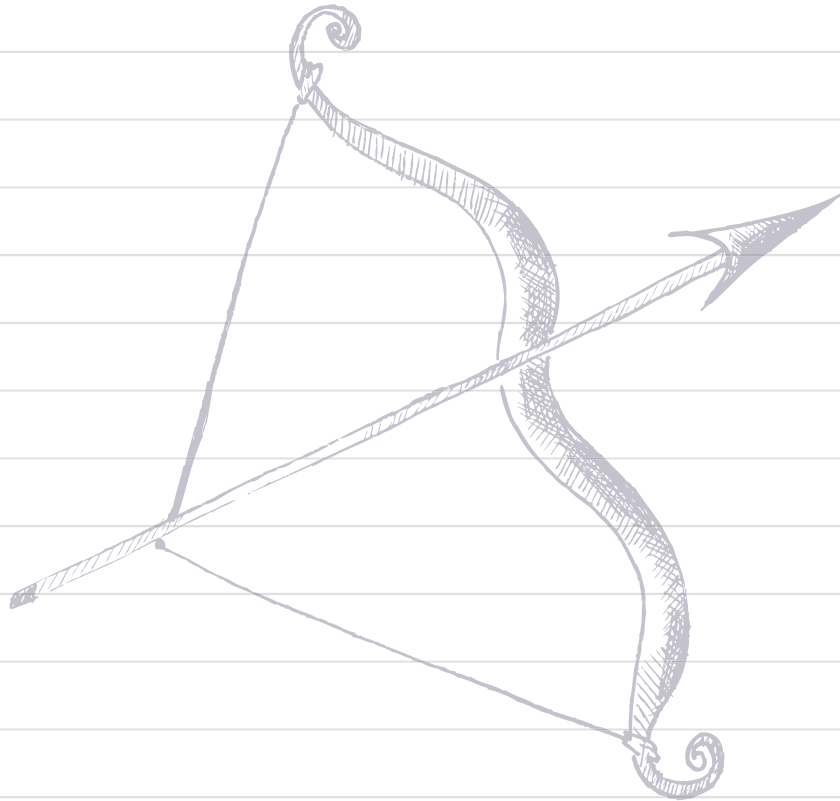
DECLARE YOUR INTENSIONS

It's time to redefine what you want to focus on. What would you like to do, accomplish or try this summer? List or draw your ideas!



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I aim to have more joy!





REPEATING PATTERNS

It's time to notice patterns in yourself. Where are you repeating lessons? What behavior or situations do you find yourself in over and over?

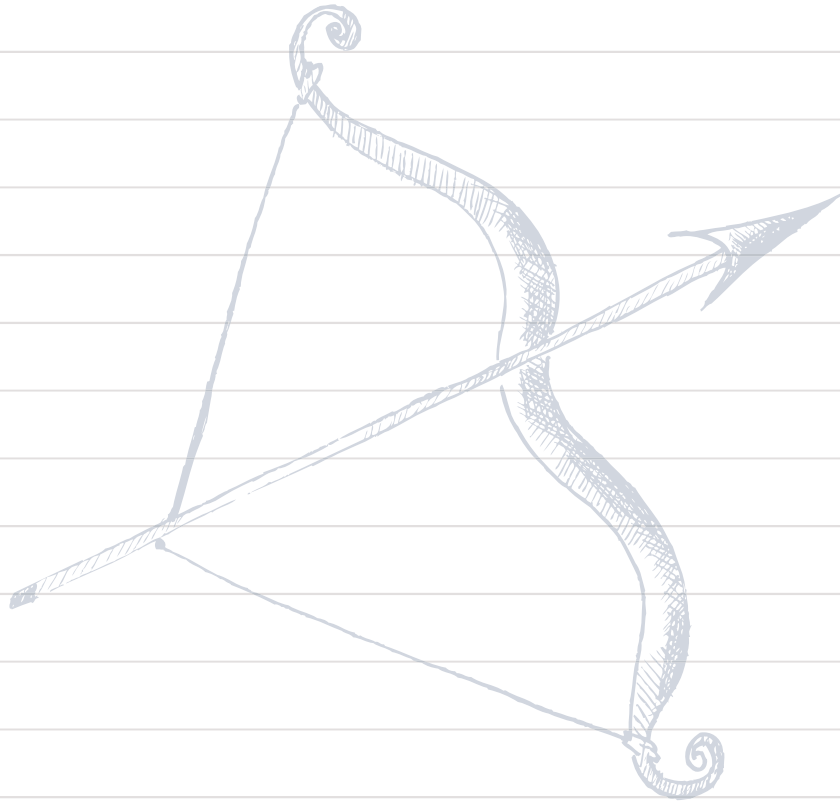
PHYSICAL PATTERNS

MENTAL PATTERNS

OTHER PATTERNS

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I aim to see my limiting patterns & beliefs.



CHANGING PATTERNS

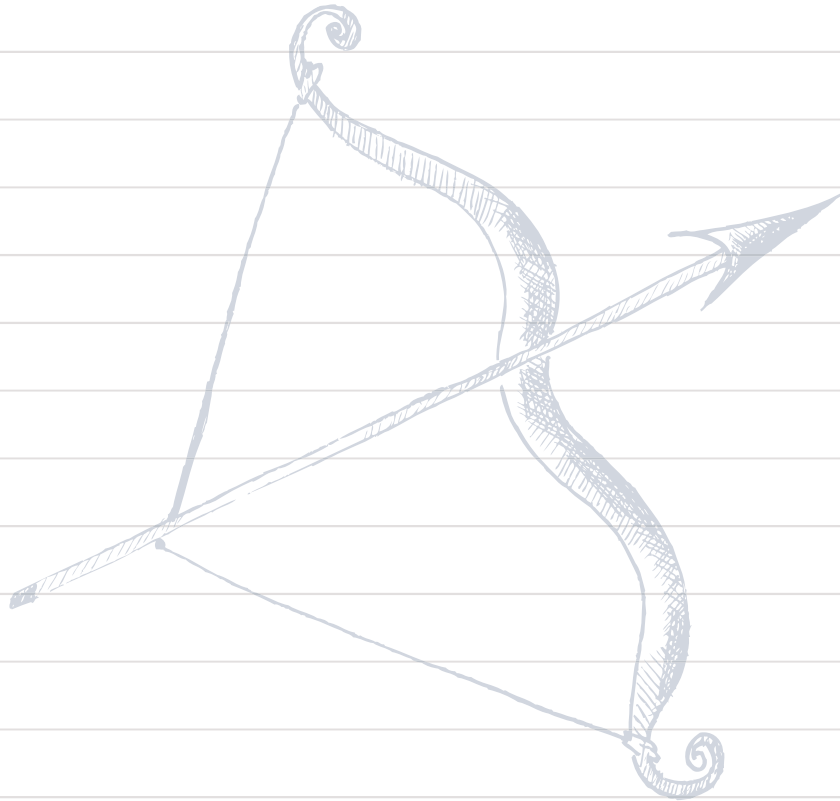
1% changes add up to incredible new directions. How can you create new patterns that align with your essential self? 1 small step at a time allows you to run a marathon. *1st step, put on your shoes, 2nd step, walk out the door.*

1ST INCREMENTAL STEP TO CREATE A NEW PATTERN

2ND INCREMENTAL STEP TO EXPAND MY NEW PATTERN

FULL MOON IN SAGITTARIUS

I aim to start with small steps to create new patterns .



FINAL REFLECTIONS



Call on Sagittarius to help clear the path of obstacles and aim true to the dreams of your essential self. Dream under this full moon of positive energy to move forward. Harness the waning of the moon to easily let go of what holds you back from your true nature.

Reflect
Dream
Release

Listen to your inner wisdom, your heart knows the truth. Aim for what makes you feel free and joyful. It is your highest calling. With Jupiter as our guide, anything is possible, but use your discrimination to aim true to your path and stay on course.

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 this waning full moon.

MY EXPERIENCE



MEET LIZ

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Being of service is my calling.

My favorite mantra is:

Lokah samastah sukhino bhavantu.

It means:

May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all.

That about sums it up.

Sat Nam.



"Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer."

DENIS WAITLEY

WORK WITH LIZ

Reiki & Sound Therapy



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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