

## Lilith

*In the darkened stillness within each of us, Lilith whispers invitingly.*

*“Come here.”*

*She encourages us not to be afraid. No shame, nor judgment is rendered.*

*Can we lovingly embrace our own inner demons?*

*Can we be compassionate in understanding our untamed and abandoned parts of ourselves?*

*Can we be naked and yet stand in awe of our powerful selves?*

*Can we answer her call?*

## Full Moon Intentions

In the Lunar cycle, a peaked bright Full Moon, is an opportune time to gain awareness.

Set an intention to resonate with the archetypal Lilith energy.

Ask in these intense days of light to have illumination.

It is possible to see what is typically hidden, hiding in the shadows.

The Full Moon potential helps achieve perspective and balance for what seems to be at conflict within; hence, an opportunity for emotional transformation.

Read the following according to the Zodiac sign the Full Moon is transiting in. Choose the day before, the day of or the day after the Full Moon to ask –

♈ Full Moon in Aries      What keeps you from being a vitally dynamic person?  
What keeps you from living life in a fully committed way?

♉ Full Moon in Taurus      What keeps you from being fully present to your body?  
What keeps you from feeling the physical sensations of your body?

♊ Full Moon in Gemini      What keeps you from fully breathing in life?  
What keeps you from voicing what needs to be said?

♋ Full Moon in Cancer      What keeps you from nurturing yourself?  
What keeps you from fully feeling your emotions?

- ♌ Full Moon in Leo  
What keeps you from exploring your heart's desires?  
What keeps you from creatively expressing yourself?
- ♍ Full Moon in Virgo  
What keeps you being healthy and maintaining your health?  
What keeps you from maintaining your inner balance?
- ♎ Full Moon in Libra  
What keeps you off balance in intimate relationships?  
What keeps you from being content?
- ♏ Full Moon in Scorpio  
What keeps you from receiving?  
What keeps triggering your core issues?
- ♐ Full Moon in Sagittarius  
What keeps you repeating a life lesson?  
What keeps you locked into an old belief system?
- ♑ Full Moon in Capricorn  
What keeps you from being your authentic self?  
What keeps you from fully using your gifts to help others?
- ♒ Full Moon in Aquarius  
What keeps you from acknowledging your own unique qualities?  
What keeps you from being tolerant of others?
- ♓ Full Moon in Pisces  
What keeps you from establishing clear boundaries with others?  
What keeps you in isolation and limits you from feeling a sacred connection with the Universe?