

THE
GROUNDED GROWTH
COLLECTIVE



FULL MOON IN LEO

FEBRUARY 24, 2024

CONTENTS

01

ABOUT US

02

INTRODUCTION

3

SECTION ONE: UNDERSTANDING THE
FULL MOON IN LEO

7

SECTION TWO: NURTURING YOUR
INNER FIRE

10

SECTION THREE: CHANNELING MAIN
CHARACTER ENERGY

13

SECTION FOUR: SIMPLE RITUALS FOR
THE FULL MOON



ABOUT US

Welcome to the Grounded Growth Collective, where we are committed to empowering individuals on their journey to holistic well-being. Our mission is to guide you, in embracing your unique human experience. Wellness, for us, is the harmonious blend of mind, body, and spirit.

Our collective creates a safe and inclusive space for your exploration and self-honouring. Whether you're navigating health, mindfulness, or self-care, our evidence-based approach merges ancient wisdom with a deep understanding of interconnected well-being.

We celebrate the diversity of humanity, recognising that the sacred experience transcends gender boundaries. Our embrace extends warmly to trans and non-binary individuals who resonate with the transformative practices we offer.

Embark on a journey of self-discovery, self-love, and empowerment. Join our vibrant community, explore our curated resources, and let us accompany you as you tap into your power, creating a life marked by balance, vitality, and joy.

Step into our wellness sanctuary, where everyone is welcome.

With love and support,

Kit Kirby
Founder,
the Grounded Growth Collective

INTRODUCTION

Greetings, luminous souls! As we stand under the cosmic embrace of the Full Moon in Leo, a celestial spectacle unfolds, casting its golden glow upon our earthly realm. In this celestial dance, the fiery essence of Leo takes center stage, infusing the night sky with its bold and radiant energy.

The Significance of the Full Moon in Leo:

In astrology, the Full Moon in Leo is a cosmic celebration of self-expression, creativity, and unwavering confidence. Governed by the mighty lion, Leo encourages us to step into the spotlight of our lives, embodying the essence of our own main character.

Embracing Self-Care, Empowerment, and Main Character Energy:

As we bask in the luminosity of this celestial event, let's embark on a journey of self-discovery and empowerment. This guide is not just about the stars; it's about you—your radiance, your inner fire, and the narrative you weave for yourself.

Join us as we set the stage for a transformative experience under the Full Moon in Leo, where self-care becomes a ritual, empowerment resonates in every affirmation, and main character energy propels you into the starring role of your own story.

Let the cosmic curtain rise on this enchanting celestial performance, and may you be inspired to embrace your inner fire with grace and confidence. The universe applauds your presence on this illuminated stage of life. Are you ready to shine? Let's begin this celestial journey together.

SECTION ONE

UNDERSTANDING
THE FULL MOON
IN LEO



1.1 ASTROLOGICAL INSIGHTS

Exploring Leo's Influence on the Full Moon

Astrology, the cosmic language written in the stars, plays a significant role in understanding the nuances of the Full Moon in Leo. Leo, ruled by the Sun, infuses this lunar event with its vibrant and charismatic energy. As the moon reaches its peak in the sign of the lion, it amplifies Leo's regal qualities, urging us to bask in the spotlight of self-expression.

MAIN CHARACTER TRAITS ASSOCIATED WITH LEO



Confidence

Leos are known for their innate confidence. During this Full Moon, channel your inner lioness, stand tall, and embrace the assurance that comes from knowing your worth.



Creativity: The lion is a creative force, and so are you. Use this lunar energy to ignite your imagination, whether through artistic endeavours, brainstorming sessions, or exploring new hobbies.



Passion: Like a flame that never dims, Leos approach life with unbridled passion. Identify what sets your heart ablaze and pursue it with fervour under the influence of this Full Moon.



Leadership: Leos are natural leaders, guiding others with a regal presence. Take the reins in your life, be the protagonist of your story, and lead with authenticity.



Generosity: The lion's heart is generous and warm. Extend acts of kindness and generosity during this lunar phase, fostering connections that amplify the collective glow.

1.2 SPIRITUAL SIGNIFICANCE

Connecting with Inner Fire and Passion

As the Full Moon graces us with its luminous presence in Leo, it invites us to tap into our inner fire and passion. Leo, a fire sign, symbolises the flame that burns brightly within each of us. During this celestial event, take a moment to connect with that primal energy, allowing it to fuel your desires and illuminate the path to your aspirations.

Ritual Suggestion: Light a candle during the Full Moon, symbolising the flame of your inner passion. As you gaze at the flickering light, visualise your goals and dreams manifesting with the same intensity.

Embracing Fearless Spirit and Self-Confidence

Leo's energy radiates fearlessness and self-confidence, urging us to cast aside doubts and step into our personal power. This Full Moon provides an opportune moment to release insecurities and embrace the courageous spirit within. Channel the lion's roar as you stand tall in your authenticity, unapologetically expressing your unique self.

Ritual Suggestion: Write down any self-limiting beliefs or doubts on a piece of paper. Under the light of the Full Moon, burn the paper, symbolising the release of these inhibitions and the emergence of your bold, fearless self.

In this spiritual journey under the Full Moon in Leo, ignite the flames of passion within and stand fearlessly in the brilliance of your own light. The cosmos align to support your journey toward self-confidence and fearless authenticity, allowing you to embody the regal essence of the lion within.

SECTION TWO

NURTURING
YOUR INNER
FIRE

2.1 SELF-CARE PRACTICES

Radiant Skincare Routines

Harness the Full Moon's illuminating energy to elevate your skincare rituals. Infuse your routine with intention, visualizing the moon's glow infusing your skin with radiance. Consider incorporating botanical oils or lunar-charged crystals for an added touch of celestial care.

Tip: Create a moon-infused skincare mist by placing your favourite toner or facial mist under the moonlight before application.

Invigorating Exercises to Boost Confidence

Embrace the empowering energy of Leo by engaging in invigorating exercises that boost confidence. Whether it's a dance session under the moon or a brisk outdoor workout, allow the Full Moon to energise your movements and uplift your spirits.

Tip: Practice yoga poses that activate your solar plexus chakra, fostering a sense of personal power and confidence.

Mindful Practices for Self-Love

This Full Moon encourages profound self-love. Dedicate moments of stillness to reflect on your journey, appreciating the unique qualities that make you shine. Engage in mindful activities such as journaling, meditation, or a moonlit stroll to nurture a deep connection with yourself.

Tip: Keep a "Leo Moon Journal" to record moments of self-love and achievements under the moon's influence.

2.2 EMPOWERMENT AFFIRMATIONS

Crafting Affirmations for Empowerment

Utilise the potent energy of the Full Moon to craft personalised affirmations that resonate with your journey. Infuse these affirmations with the vibrancy of Leo, focusing on themes of courage, self-expression, and unwavering confidence.

Example Affirmation: "I am a radiant force of creativity and confidence, fearlessly expressing my authentic self."

Daily Affirmations to Boost Self-Confidence:

Incorporate empowering affirmations into your daily routine to reinforce a positive mindset. Begin each day by reciting affirmations that align with the regal energy of Leo, setting the tone for a day filled with self-assurance and boldness.

Example Affirmation: "Today, I stand tall in my uniqueness, radiating confidence and embracing the power within me."

As you embrace self-care practices and affirmations tailored for empowerment, the Full Moon in Leo becomes a catalyst for personal growth and confidence, empowering you to navigate life with regal assurance.



SECTION THREE

CHANNELING
MAIN
CHARACTER
ENERGY

3.1 GOAL SETTING AND VISUALISATION

Harnessing the Full Moon Energy for Goal Setting

Under the influence of the Full Moon in Leo, tap into its potent energy to set bold and inspiring goals. Use this celestial phase to envision your aspirations with vivid clarity. Write down your goals, infusing them with the fiery energy of Leo's ambition.

Tip: Create a vision board illuminated by the glow of the Full Moon, featuring images and words that symbolise your desired achievements.

3.2 CREATIVE EXPRESSION

Engaging in Bold and Creative Endeavours:

Leo's influence encourages bold and creative expression. Embrace this phase by engaging in artistic pursuits that reflect your unique self. Whether it's painting, writing, or crafting, let your creativity flow freely under the radiant light of the Full Moon.

Tip: Set aside dedicated time for a creative project during the Full Moon, allowing your imagination to flourish.

Connecting with Unique Self-Expression

This Full Moon invites you to explore and celebrate your individuality. Embrace unique self-expression in various aspects of your life. Express yourself authentically, whether through fashion, communication, or any other form that resonates with your true essence.

Tip: Experiment with a bold and expressive look during the Full Moon, reflecting the vibrant energy of Leo.

As you immerse yourself in goal setting, visualization, and creative expression, the Full Moon in Leo becomes a transformative period for aligning with your ambitions and expressing your true self. Let the energy of this celestial event fuel your journey towards personal growth and creative fulfilment.

SECTION FOUR

SIMPLE RITUALS
FOR THE FULL
MOON

4.1 MOONLIT WALKS AND REFLECTION

Harnessing the Energy of the Full Moon Outdoors

Take advantage of the luminous energy of the Full Moon by spending time outdoors. A moonlit walk allows you to absorb the celestial vibrations, promoting a sense of serenity and connection. Find a tranquil spot, bask in the moonlight, and let the energy rejuvenate your spirit.

Tip: Consider journaling your thoughts and reflections during your moonlit walk for a deeper connection with the lunar energy.

Reflective Practices Under the Moonlight

Use the quietude of the night to engage in reflective practices. Allow the soft glow of the moon to inspire introspection. Consider your achievements, aspirations, and areas for personal growth. This contemplative time aligns with the introspective qualities of the Full Moon in Leo.

Tip: Find a comfortable outdoor space, sit in quiet contemplation, and let the moonlight guide your reflections.





4.2 CANDLE MAGIC

Incorporating Candles for Intention Setting

Candle magic lite involves using candles to amplify your intentions. Choose candles in colours associated with Leo, such as gold or orange, to enhance their connection with the Full Moon's energy. Light the candles with a clear intention in mind, focusing on your goals and desires.

Tip: Write your intentions on a small piece of paper, place it beneath the lit candle, and visualise your goals manifesting.

Creating a Simple Candle Ritual

Craft a simple candle ritual by incorporating focused intention into your evening routine. As you light the candle, speak aloud your aspirations and affirmations. Let the soft illumination of the flame symbolise the clarity and strength of your intentions.

Tip: Repeat this candle ritual during subsequent Full Moons to track your progress and stay aligned with your goals.

CONCLUSION

Summing up this guide to the Full Moon in Leo, you've explored avenues for self-care, empowerment, and harnessing the celestial energy. Continue embracing these practices beyond this lunar phase, integrating them into your routine for sustained well-being and personal growth.

NEED MORE SUPPORT?

