



FULL MOON IN TAURUS

Grounding, Abundance, Release of Old Roots

MISS DANA'S WISDOM

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FULL MOON IN TAURUS

RITUAL GUIDE

The Full Moon in Taurus invites you to slow down, get grounded, and reconnect with what truly brings you peace and stability.

Taurus, ruled by Venus, governs beauty, comfort, money, and self-worth.

This moon is also called the Beaver Moon, a name rooted in Indigenous and colonial North American traditions. It marked the time when beavers were actively preparing their lodges for winter. Spiritually, we too are invited to prepare our emotional homes — letting go of fear, and settling into the foundation of our truth.

This ritual guide will help you align with the powerful energy of Taurus to nourish your roots, release fear around resources, and ground into a life that feels truly abundant.

RITUAL TOOLS FOR YOUR ALTAR

Create a sacred space for your ritual using the following items:

Crystals:

- **Green Aventurine** – Prosperity, heart-centered growth
- **Rose Quartz** – Self-love, healing, gentle release
- **Smoky Quartz** – Grounding, letting go of fear

ceremony

RITUAL TOOLS FOR YOUR ALTAR

Create a sacred space for your ritual using the following items:

Herbs & Earth Elements:

- **Chamomile or Thyme** – Calm and soothing
- **Cinnamon or Clove** – Earthy richness and warmth
- **A bowl of soil or salt** – Grounding and stability

Other Tools:

- **Earth-toned candle** (brown, green, or white)
- Journal + pen
- A small offering (such as honey, oats, or herbs)
- Fire-safe dish for releasing ceremony

TAURUS FULL MOON RITUAL STEPS

1. Cleanse & Center

Burn a calming herb like chamomile or thyme. Stand barefoot if possible, and take three deep grounding breaths. Imagine your energy connecting with the Earth beneath you.

2. Set Sacred Space

Light your candle and arrange your crystals around your bowl of soil or salt. Place your journal in front of you and state aloud:

“I call upon the steady, nurturing energy of Taurus. I open myself to peace, prosperity, and release.”

TAURUS FULL MOON RITUAL STEPS

3. Reflect & Write

Use the journal prompts on the next page to explore your current emotional and material landscape.

4. Release Ceremony

Write down one belief or habit tied to scarcity, self-worth, or over-attachment. Hold the paper and say:

“I release what no longer supports my growth. I trust in the cycles of life.”

Burn the paper in your dish (safely) or bury it in the soil.

TAURUS FULL MOON RITUAL STEPS

5. Abundance Blessing

Place your offering on the earth or your altar. Whisper:

“As I honor the Earth, I receive her blessings in return.”

6. Close with Gratitude

Thank the moon, the Earth, and your inner self. Close your ritual with a grounding breath.

JOURNAL PROMPTS FOR THE BEAVER MOON

- Where in my life do I feel secure and stable—and where do I need more grounding?
 - What outdated patterns around money, comfort, or relationships am I ready to release?
 - How do I define abundance? What would it look like to live in harmony with that definition?
 - What can I simplify in my daily life to feel more connected and aligned?
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TAURUS FULL MOON AFFIRMATIONS

I release scarcity and embrace
grounded abundance.

My worth is inherent. I am enough
exactly as I am.

I choose peace, presence, and pleasure
in all I do.

My roots are deep, my heart is open,
and my path is secure.

I allow the Earth to support and
nourish me.
