

FULL MOON IN GEMINI RITUAL GUIDE



*This ritual is perfect for
mental clarity, journaling
breakthroughs, and
reconnecting with your voice.*

MISS DANA'S WISDOM



FULL MOON IN GEMINI

RITUAL GUIDE



The final full moon of the year rises in the air sign of Gemini, activating our thoughts, words, and inner dialogue. As the Cold Moon, it invites us to slow down, reflect on what the year has taught us, and release outdated stories before the new cycle begins.

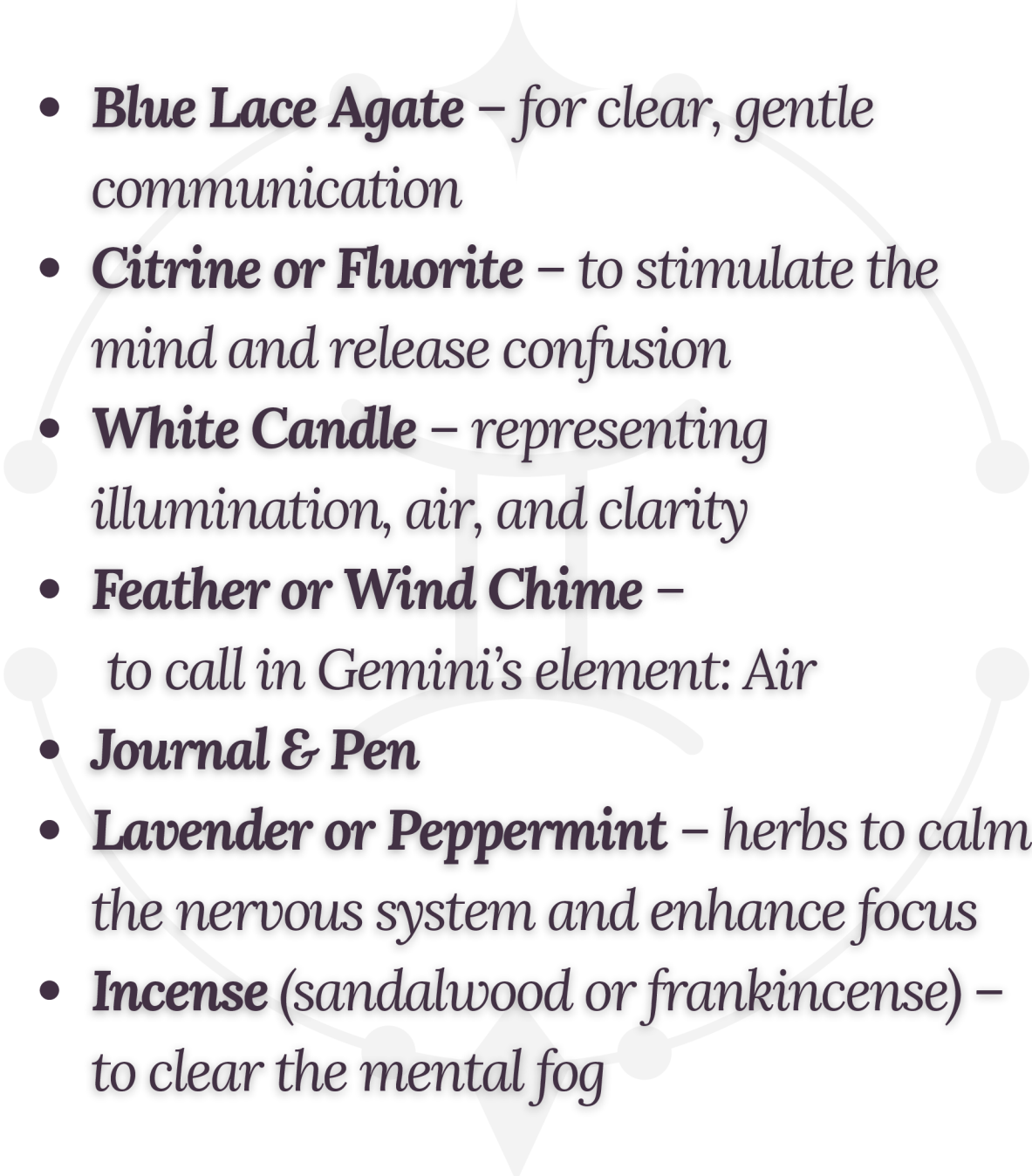
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FULL MOON IN GEMINI

RITUAL TOOLS FOR YOUR ALTAR



- 
- **Blue Lace Agate** – for clear, gentle communication
 - **Citrine or Fluorite** – to stimulate the mind and release confusion
 - **White Candle** – representing illumination, air, and clarity
 - **Feather or Wind Chime** –
to call in Gemini's element: Air
 - **Journal & Pen**
 - **Lavender or Peppermint** – herbs to calm the nervous system and enhance focus
 - **Incense** (sandalwood or frankincense) –
to clear the mental fog

COLD MOON IN GEMINI RITUAL

1. Cleanse Your Space

Burn incense or lavender to sweep away mental clutter. Open a window for a few minutes to allow fresh air and new energy in.

2. Air Invocation

Hold your feather or wind chime and say:
"Spirits of Air and Moonlight above,
Guide my thoughts with truth and love.
I breathe in wisdom, I breathe out doubt.
Let the winds of clarity clear me out."

3. Candle Focus + Breathwork

Light your white candle. Sit comfortably and take 5 deep, conscious breaths.

Imagine the light of the flame expanding into your mind, clearing cobwebs and outdated stories.

COLD MOON IN GEMINI RITUAL

4. Stream-of-Consciousness Journaling

Open your journal and answer the prompts (see below). Don't censor. Let your thoughts flow like wind across an open field.

5. Word Release Spell

Write down one belief or inner dialogue you're ready to let go of (ex: "I'm not good enough," "I always mess things up," etc.).

Tear the paper and safely burn it, or bury it outside under a tree. As you do, say:

"I release this thought, it no longer defines me. I speak truth, and my truth sets me free."

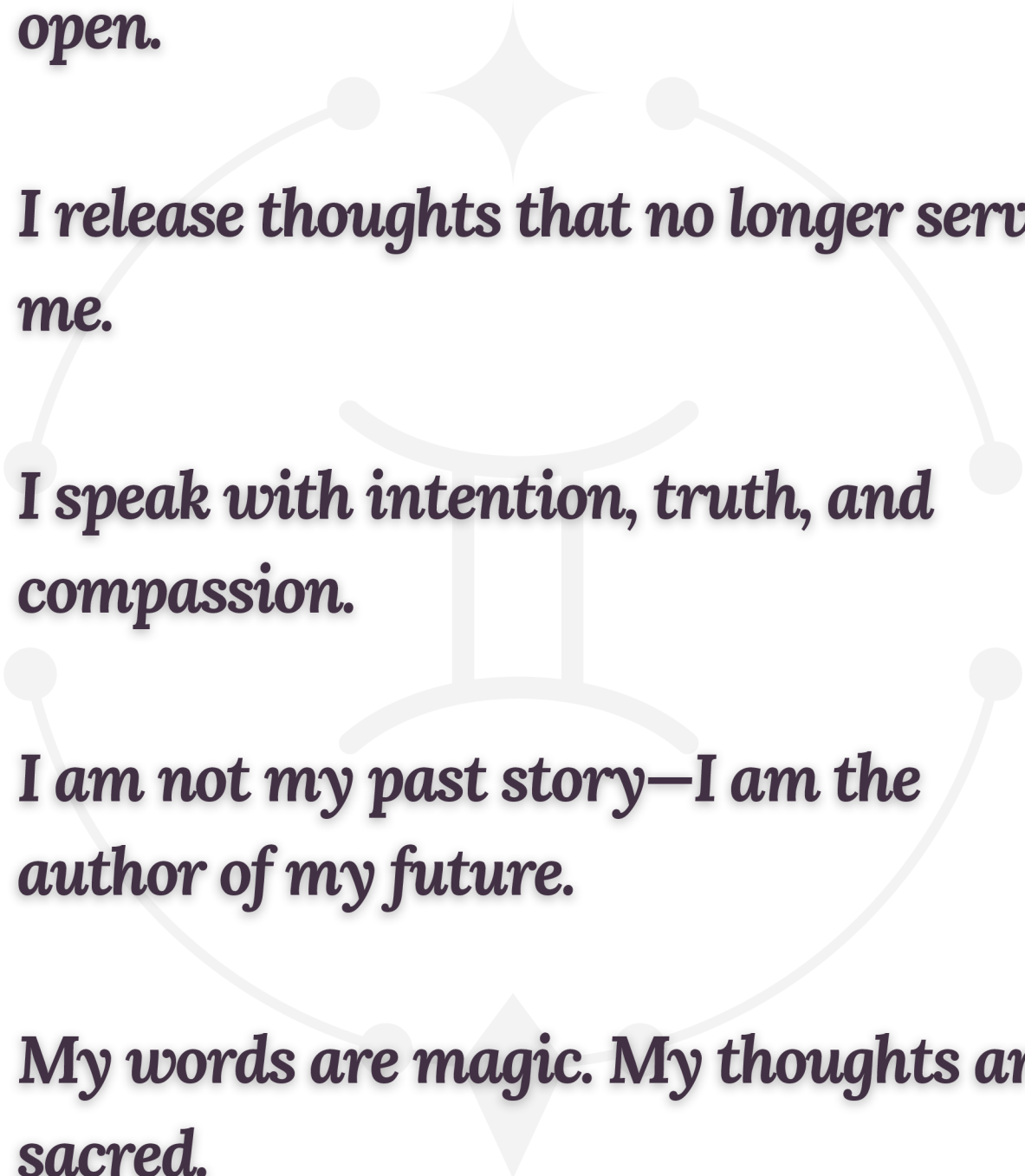
6. Anchor with Affirmations

Speak your chosen affirmations aloud. Let them feel like new mantras for your mind and heart.



COLD MOON AFFIRMATIONS



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- *My mind is clear, and my heart is open.*
 - *I release thoughts that no longer serve me.*
 - *I speak with intention, truth, and compassion.*
 - *I am not my past story—I am the author of my future.*
 - *My words are magic. My thoughts are sacred.*

GEMINI JOURNAL PROMPTS

- What thoughts have been keeping me small this year?
- What stories am I ready to stop telling myself?
- How has my communication style evolved in 2025?
- What truth do I need to speak or write before the year ends?
- What does clarity feel like in my body, mind, and spirit?



COLD MOON RITUAL CLOSING



Sit in stillness for a few final minutes, breathing deeply. Visualize yourself walking through a wintry forest path—each step forward clears space in your mind and opens you to the possibilities of the new year ahead.

Snuff out your candle. Thank the Moon, the element of Air, and your own voice for showing up.

With warmth in the chill and magic in
your breath,
Miss Dana