



Full Moon in Leo Ritual Guide

MISS DANA'S WISDOM
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February 1, 2026 – The
Snow Moon

Let your heart be bold, even
in the stillness of winter.



This Full Moon is a time of emotional confidence, creative expression, and soul-centered bravery. Leo energy reminds us to honor the light within ourselves—even when the world outside feels cold, dark, or still. Let this moon awaken your wild joy. Let it unfreeze your bold voice. Let it guide you back to your inner fire.

Altar Tools for the Snow Moon in Leo

Prepare a space that honors both Leo's warmth and the still beauty of February.

Altar Tools:

- **Sun-colored candle** (gold, orange, or yellow) for Leo's fire
- **Mirror** – to reflect your light back to yourself
- **Citrine or Carnelian** – joy, confidence, radiant energy
- **Rose petals** – for love and heart-centered power
- **Leo Glyph or Lion Figurine** – symbol of courage
- **Notebook or Journal** – for heart-fueled reflections
- **Optional:** A soft white cloth to represent snow, anchoring the Snow Moon energy



Full Moon Ritual in 5 Steps

This ritual is designed to melt fear, awaken confidence, and reignite your creative fire.



1. Cleanse Your Space

Use incense, herbal smoke (like rosemary or frankincense), or sound to clear the area. Light your candle and place your tools in a way that feels empowering.

3. Write From the Heart

Answer the journal prompts (see next page). Let your words pour out like a fire melting ice. Don't edit, just feel.

2. Center and Reflect

Stand or sit before the mirror. Gaze softly into your own eyes and say: "I see you. I honor you. I am ready to shine."

4. Speak Your Power

Choose 1–2 affirmations and speak them aloud to your reflection. Let them echo into your being. Repeat them until you feel a shift.

5. Close with Gratitude

Place your hands on your heart. Thank the Moon, the moment, and your brave soul. Blow out the candle with a whisper of intention.

LEO FULL MOON JOURNAL PROMPTS



Use these prompts to access your inner lion's wisdom.

- What am I proud of—even if no one else saw it?
- Where have I been holding back my light?
- What does “bold joy” look like for me right now?
- What truth do I need to express without apology?
- How do I lead from my heart?

Affirmation

LEO FULL MOON

Write these in your journal, speak them aloud, or tape them to your mirror.

I radiate with
authentic
joy and bold truth.

I release
fear and let my
light shine.

I honor
the courage it
takes to be seen.

I lead with heart
and my fire warms
the world.



Reflections and Integration

The Snow Moon invites us to burn bright in a quiet world. It's not about noise or performance—it's about sacred, grounded self-expression.

In the days after the ritual, pay attention to when and where you dim your light. Gently challenge yourself to speak up, create, or show up more boldly—even in small ways.

Let this Leo Full Moon warm your spirit, melt fear, and remind you of your worth.

With courage and moonlight,
Miss Dana



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