



# FULL MOON IN CANCER RITUAL GUIDE

*This ritual is designed to help you release emotional weight, soothe the nervous system, and begin the year feeling held, safe, and supported.*

Miss Dana's Wisdom

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# FULL MOON IN CANCER

## RITUAL GUIDE

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The first full moon of the year rises as a Super Full Moon in Cancer, glowing brighter and closer than usual. Known as the Wolf Moon, this lunation calls us home—to our emotions, our intuition, and our inner sanctuary. It is a moon of deep feeling, release, and sacred nourishment.

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# FULL MOON IN CANCER

## RITUAL TOOLS FOR YOUR ALTAR

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*Gather what feels right to you.*

*Suggested tools include:*

- **Moonstone** – emotional balance, intuition, lunar wisdom
- **Rose Quartz** – self-love, comfort, heart healing
- **Selenite** – gentle cleansing, spiritual protection
- **White or Silver Candle** – the Moon and Cancer energy
- **Bowl of Water** – emotional flow and cleansing
- **Sea Salt or Epsom Salt** – grounding and release
- **Journal & Pen**
- **Comfort Item** (shawl, blanket, photo, shell) – something that feels like home



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## CLEANSE & CREATE SAFETY

Begin by tidying your space. Light your candle and add salt to the bowl of water. As you do, say softly:

**“I create a space of safety, softness, and truth.”**

Sit comfortably. Wrap yourself in your blanket or shawl if you wish.

## GROUND INTO THE BODY

Place one hand on your heart and one on your belly. Take slow, deep breaths.

With each exhale, imagine releasing tension stored in your chest, shoulders, and jaw.

Cancer energy works best when the body feels safe.

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## JOURNAL PROMPTS

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In your journal, gently explore the prompts below. There is no rush

- What emotions have followed me into this new year?
- What have I been holding that is ready to be released?
- Where do I need more comfort, care, or boundaries?
- What does home mean to me right now—internally and externally?
- How can I nurture myself more consistently this year?

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# WOLF MOON IN CANCER RITUAL WATER RELEASE CEREMONY

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Write down one emotional pattern,  
memory, or weight you're ready to let go  
of.

Hold the paper over the bowl of water and  
say:

**“With the light of the Wolf Moon, I  
release what no longer needs to be  
carried.”**

Tear the paper and place it into the water,  
allowing it to soften and dissolve.

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## AFFIRMATIONS

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Speak these aloud or write them in your journal:

- I allow myself to feel deeply and safely.
- My emotions are wise messengers, not burdens.
- I create a life that feels like home.
- I am protected, supported, and guided.
- I nurture myself with compassion and patience.

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# WOLF MOON IN CANCER RITUAL

## CLOSING THE RITUAL

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Sit quietly for a few moments. Visualize moonlight wrapping around you like a protective cloak.

When ready, thank the Moon, the sign of Cancer, and your own inner wisdom. Snuff out the candle gently. Pour the water outside or down the drain with intention.

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## FINAL REFLECTION

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The Wolf Moon teaches us that vulnerability is not weakness—it is instinct, wisdom, and truth. Under this Super Full Moon in Cancer, you are invited to begin the year not by pushing forward, but by coming home to yourself.

May you move through 2026 feeling emotionally nourished, intuitively guided, and deeply supported.

With lunar love,  
Miss Dana

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