

# *Full Moon in Capricorn*

There is a tug of war between home life and work life. You might be flitting between feeling resigned and feeling like controlling everyone and everything. You may therefore overlook what you need at this time. Don't let this lead to a resentment towards others. Be clear with those around you about what you need and want right now. And most importantly, do not seek validation from others right now. Work on eliminating your own self-doubt and self-worth.

## **Ask yourself:**

1. Have I let my ambition override my compassion (to others and myself)?
2. Has my personal life suffered due to my work life?
3. Am I completely ignoring my heart in favour of my head?

## **Affected organs:**

Take special care of the following during this moon phase: knees, skin, hair, back.

## **Aromas:**

Cypress, sandalwood, patchouli.

## **Element:**

Earth: grounding, dependable, nurturing, practical, stable.

## **Tarot Suit:**

Pentacles: dependable, industrious, cautious, diligent, material stability.

## **Crystals:**

Malachite, jade, aquamarine, garnet.

## **Affirmation:**

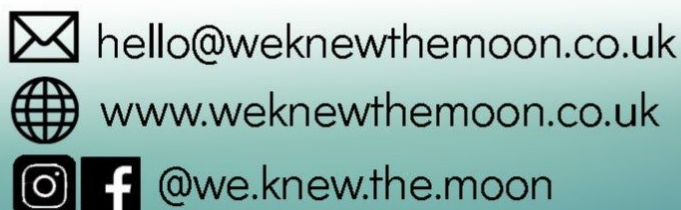
I am self-aware and full of wisdom.

## **Numerology:**

The number 8: connection, abundance, prosperity, ambitious, rule-driven, loyal. Try thinking outside the box.

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