



August Full Moon Workbook



MOON MAGICK MANIFESTATION WORKBOOK

Welcome to your Moon Ritual Workbook, a guide to connecting with the moon's energy and aligning your intentions with its natural cycles. This workbook is designed for individuals and families to create meaningful rituals and fostering connection with each other and the world around you.

This workbook is a tool for creating intentional, magical moments. There's no right or wrong way to use it: what matters most is the time you spend together, the connections you build, and the joy of aligning with the moon's natural rhythm.



WHAT'S INCLUDED

Understanding the August Moons

August Moon Overview



Activities & Rituals (Family & Personal)

Journal Prompts & Tarot Spread

2025 Moon Calendars

AUGUST MOON DATES

Below are the different moons for August combined with their times, astrological signs and energies.

First Quarter	Date & Time	Astrological Sign	Energies
	Monday, August 1 8:41 am	Scorpio	<ul style="list-style-type: none">• Shadow Work & Transformation• Protection & Banishing• Emotional Healing
Full Moon	Date & Time	Astrological Sign	Energies
	Saturday, August 9 3:55 am	Aquarius	<ul style="list-style-type: none">• Innovation & Creativity• Freedom & Rebellion• Humanitarianism
Last Quarter	Date & Time	Astrological Sign	Energies
	Saturday, August 16 1:12 am	Taurus	<ul style="list-style-type: none">• Abundance & Prosperity• Self-Care• Earth Magick
New Moon	Date & Time	Astrological Sign	Energies
	Saturday, August 23 2:07 am	Virgo	<ul style="list-style-type: none">• Focusing on Details• Organizing Your Life• Working on Self-Improvement



Understanding the August Moons



AUGUST'S FULL MOON: STURGEON MOON

The name Sturgeon Moon originates from the fishing traditions of Indigenous North American tribes, particularly the Algonquin peoples. During August, sturgeon fish, a large, prehistoric freshwater species, were most readily caught in the Great Lakes and other major bodies of water. Because this was the peak time for successful fishing, the full moon during this month was named in honor of this seasonal abundance.



The Sturgeon Moon is about gathering the fruits of your labor, not just in gardens, but in your personal growth, spiritual work, and intentions set earlier in the year. Paired with Aquarius energy in 2025, this moon offers a beautiful blend of:

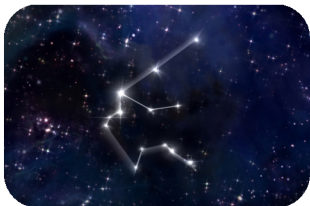
- Emotional detachment + visionary thinking
- Rebellion against limiting structures
- Breakthroughs in self-expression and purpose

It's a time to celebrate progress, release what no longer serves, and reconnect with your role in the collective. It's also perfect for rituals of freedom, clarity, and courage, especially when paired with fire or water magick.

THE FULL MOON IN AQUARIUS

The Full Moon in Aquarius shines a spotlight on authenticity, innovation, and collective transformation. As a sign ruled by Uranus, Aquarius brings a wave of insight, rebellious clarity, and a desire to break free from outdated norms.

This lunation encourages you to step into your truth unapologetically and consider how your unique gifts contribute to the greater good. It's a powerful time to reflect on your place within the collective, release limiting labels, and embrace visionary thinking. Use this moon to reconnect with your ideals, activate your inner rebel, and make space for radical self-expression.



ENERGIES OF THE FULL MOON IN AQUARIUS

The Full Moon in Aquarius brings a refreshing surge of clarity, innovation, and detachment, making it an ideal time for gaining perspective and releasing emotional entanglements that no longer serve your growth. Aquarius energy is future-focused and community-minded, urging you to think big, act with purpose, and stay true to your unique voice. This moon's energy supports:

- Emotional clarity - Detaching from drama and seeing situations with objectivity
- Authenticity - Embracing your quirks, differences, and personal truth
- Liberation - Breaking free from expectations, routines, or roles that feel restrictive
- Visionary thinking - Seeing the big picture and dreaming into the future
- Collective connection - Tuning into your role in the community and how you can serve the greater good

MOON SYMBOLISM FOR FAMILIES

The Sturgeon Full Moon is a beautiful time for families to come together and reflect on how much they've grown over the summer. Named after the giant sturgeon fish once plentiful during this season, this moon reminds us to appreciate nature's gifts and the abundance we've created in our lives—whether that's learning new things, spending time outdoors, or reaching personal goals. It's a great time to share stories, celebrate small wins, and talk about what each family member is proud of. Under this moonlight, families can connect through simple rituals like moon gazing, creating gratitude jars, or making a shared intention for the rest of the season.



The Full Moon in Aquarius invites families to celebrate what makes each member unique while also honoring the power of working together. Aquarius energy encourages creative thinking, open-minded conversations, and dreaming big for the future. This is a wonderful time to talk about hopes, inventions, and even "wild ideas" without judgment. Families can explore each other's strengths, create a shared vision board, or do a fun group activity that highlights collaboration and individuality. Under this moon, it's especially powerful to teach children that being different is something to be proud of—and that each person's light contributes to the magic of the whole.



Family Rituals & Activities



FAMILY FULL MOON ACTIVITIES

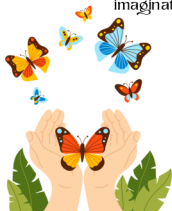
Harvest Reflection Activity

Sit down as a family and talk about what each person has “harvested” this summer—skills learned, fun memories made, or challenges overcome. Celebrate each person’s growth with words of encouragement, and write them down to revisit later in the year.



“Invent the Future” Family Brainstorm

Inspired by Aquarius energy, invite each family member to come up with one idea to make the world (or your home) a better place—no idea is too silly or wild! Write or draw your visions, and hang them up as a reminder that every dream starts with imagination.



Family Circle & Release Ritual

Sit in a circle and let each person write something they want to let go of on a slip of paper. Burn the papers safely (or tear them up) as a symbol of release, and then share something each person is proud of.



Create a Family Vision Board

Gather old magazines, scissors, glue, and a poster board to craft a shared vision for your family’s dreams and goals. Talk about what each person hopes to grow, change, or create in the coming months.

FAMILY FULL MOON RITUAL

A FAMILY RITUAL FOR HARVESTING OUR LIGHT

To reflect on personal and collective growth, celebrate each family member's uniqueness, and set a shared vision for the future.

What You'll Need:

- A candle or lantern (one per person or one shared)
- A bowl of water or moon-charged water
- Paper and pens or markers
- A small stone or natural item for each person (optional)
- A quiet outdoor or indoor space



FAMILY FULL MOON RITUAL

1. Gather in a Circle

Sit together under the moonlight or near a window where the moon is visible. If outdoors, take a moment to listen to the night sounds and breathe together in silence.

2. Light the Candle(s)

As you light the candle or lantern, say: "Under this August Full Moon, we gather to honor who we are, what we've grown, and where we're going."



3. Reflect and Share

Pass the bowl of water around and let each person dip their fingers in and say: (1) One thing they've learned or accomplished this summer (2) One thing they're ready to let go of (3) One word that describes their unique magic

4. Write and Release

On a piece of paper, have each family member write or draw something they want to release (a fear, habit, or worry). Safely burn it, tear it up, or bury it in the earth, saying: "I release what no longer helps me grow."



5. Create a Family Vision Stone

Using a natural item (like a stone, shell, or leaf), invite everyone to hold it and silently make a wish for the family's future. Place these in a jar or dish on your altar or a shared space as a reminder of your connection."

6. Close with Gratitude

End the ritual by holding hands and saying together: "We are a family of light, love, and magic. Together we grow, together we shine."





Solitary Rituals & Activities



FULL MOON ACTIVITIES

Starlight Breathwork + Moon Meditation

Find a quiet space under the stars or near a window. Breathe deeply and visualize moonlight filling your body with clarity, freedom, and lightness—perfect for Aquarius's airy, visionary energy. End with silent meditation, asking your higher self what you're ready to express or create.



Harvest Reflection Ritual

Sit under the moonlight with your journal and write about what you've cultivated this summer—goals achieved, lessons learned, or personal growth. Light a candle and offer gratitude for the abundance in your life, both tangible and spiritual.

Liberation Release Spell

Write down one habit, belief, or pattern that's holding you back. Burn or bury it with intention, saying aloud: "I release what no longer aligns. I create space for my truth to shine."



Visionary Tarot or Oracle Spread

Do a 3- to 5-card spread focused on the themes of clarity, purpose, and future direction. Ask: What truth do I need to honor? What am I ready to contribute? What will support my growth moving forward?

SOLITARY FULL MOON RITUAL

ILLUMINATE & LIBERATE

To celebrate your growth, release limiting patterns, and set visionary intentions aligned with your authentic self.

What You'll Need:

- A white or silver candle
- A small bowl of moon water or regular water
- Paper and pen
- A fireproof dish (or a place to safely tear and discard paper)
- A crystal like amethyst, labradorite, or clear quartz (optional)
- Quiet space near a window or outdoors under the moon



SOLITARY FULL MOON RITUAL

1. Prepare Your Space

Cleanse your space with smoke, sound, or breath. Sit comfortably and light your candle, saying: "I call in the light of the August Full Moon. Illuminate my truth. Liberate my spirit."



2. Reflect on the Season's Growth

Take your journal or paper and write down three things you've cultivated this summer, like personal insights, accomplishments, or emotional healing. Hold them in gratitude.



3. Release What No Longer Serves

Now write one belief, habit, or energy that you are ready to release, something holding you back from expressing your true self. Hold the paper to your heart, then burn it (safely) or tear it up and place the pieces in your bowl of water, saying: "I release this weight. I create space for clarity, courage, and alignment."

4. Moon Meditation & Activation

Close your eyes and take several deep breaths. Imagine moonlight pouring down over you, filling your crown and heart with luminous energy. Visualize your highest self—free, radiant, and aligned—stepping forward to guide your path.

5. Seal Your Intentions

Hold your crystal (or place your hands over your heart) and say: "Under this Sturgeon Moon, I honor my growth and my truth. I move forward with vision, freedom, and purpose."

6. Close the Ritual

Extinguish your candle and give thanks to the moon and your spirit team. You may choose to bury the water or pour it outside as an offering.





Journal Prompts & Tarot Spread



JOURNALING PROMPTS

STURGEON MOON REFLECTIONS

What truth about myself have I been hiding, and what would it feel like to fully express it? Explore where you've been holding back your authenticity and what liberation could look like.

What outdated beliefs, roles, or expectations am I ready to release so I can move forward freely? Reflect on what no longer fits your evolving identity and how letting go creates space.

How do I want to contribute to my community or the collective in a meaningful way? Consider your gifts, voice, or purpose—how can they ripple outward for the greater good?

If I allowed myself to dream bigger than ever before, what vision would I follow into the future? Give yourself permission to dream boldly—without limits—and anchor into your inner visionary.

“ILLUMINATE THE PATH” TAROT SPREAD

This spread helps you reflect on where you've been, release what's outdated, and receive clarity on your unique path forward.



PERFORMING THE SPREAD

Find a quiet, sacred space where you can focus.

Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.

Lay out the cards in the pattern above.

Reflect on the meaning of each card and how it applies to your journey.

“ILLUMINATE THE PATH” TAROT SPREAD

What truth wants to be seen?

- A hidden aspect of yourself or a situation that's ready to come into the light.



What am I being called to release?

- A limiting belief, outdated role, or emotional pattern no longer aligned with your growth.



Where am I being asked to stand out or lead?

- A place in your life where your individuality is needed or your voice wants to be heard.



How can I align with my highest vision?

- A message or insight about embodying your purpose and moving with intention.



What support or energy is available to guide me now?

- Divine guidance, resources, or spiritual allies helping you walk this path.





2025 Moon Calendars



Monthly Moons			
Each month features a unique moon, often tied to seasonal themes and energies. These moons align with astrological signs as the moon moves through the zodiac, influencing how you connect with its power. The astrological sign the moon is in can enhance or shift its energy.			
Month	Moon Name	Associated Energy	Astrological Sign Examples
January	Wolf Moon	Reflection, inner strength	Cancer, Leo
February	Snow Moon	Purity, renewal, endurance	Virgo, Libra
March	Worm Moon	Growth, transformation, new beginnings	Scorpio, Sagittarius
April	Pink Moon	Blooming, love, creativity	Capricorn, Aquarius
May	Flower Moon	Abundance, fertility, celebration	Pisces, Aries
June	Strawberry Moon	Gratitude, sweetness, fulfillment	Taurus, Gemini
July	Buck Moon	Strength, leadership, vitality	Cancer, Leo
August	Sturgeon Moon	Wisdom, intuition, perseverance	Virgo, Libra
September	Harvest Moon	Completion, gratitude, abundance	Scorpio, Sagittarius
October	Hunter's Moon	Preparation, focus, determination	Capricorn, Aquarius
November	Beaver Moon	Hard work, community, stability	Pisces, Aries
December	Cold Moon	Reflection, rest, spiritual depth	Taurus, Gemini

2025 MOON PHASE DATES

January



First Quarter
6th
Aries



Full Moon
10th
Cancer



Last Quarter
18th
Libra



New Moon
29th
Aquarius

February



First Quarter
3th
Taurus



Full Moon
12th
Leo



Last Quarter
20th
Scorpio



New Moon
27th
Pisces

March



First Quarter
6th
Gemini



Full Moon
14th
Virgo



Last Quarter
22nd
Capricorn



New Moon
29th
Aries

April



First Quarter
3th
Cancer



Full Moon
12th
Libra



Last Quarter
20th
Aquarius



New Moon
27th
Taurus

May



First Quarter
4th
Leo



Full Moon
12th
Scorpio



Last Quarter
20th
Aquarius



New Moon
27th
Gemini

June



First Quarter
3rd
Virgo



Full Moon
11th
Sagittarius



Last Quarter
19th
Pisces



New Moon
25th
Cancer

July



First Quarter
2nd
Libra



Full Moon
10th
Capricorn



Last Quarter
18th
Taurus



New Moon
24th
Cancer

August



First Quarter
1st
Scorpio



Full Moon
9th
Aquarius



Last Quarter
16th
Taurus



New Moon
23rd
Virgo

First Quarter
30th
Sagittarius

September



Full Moon
3th
Pisces



First Quarter
10th
Gemini



New Moon
18th
Virgo



Last Quarter
26th
Capricorn

October



Full Moon
7th
Aries



First Quarter
14th
Cancer



New Moon
21st
Libra



Last Quarter
29th
Aquarius

November



Full Moon
5th
Taurus



First Quarter
12th
Leo



New Moon
20th
Scorpio



Last Quarter
28th
Pisces

December



Full Moon
4th
Gemini



First Quarter
11th
Virgo



New Moon
19th
Sagittarius



Last Quarter
27th
Pisces

2025 ASTROLOGICAL DATES

Planet Directs/Retrogrades

Mercury

Direction	Date	Sign
Direct	Jan 01	Sagittarius
Retrograde	Mar 15	Aries
Direct	Apr 7	Pisces
Retrograde	Jul 15	Leo
Direct	Aug 11	Leo
Retrograde	Nov 09	Sagittarius
Direct	Nov 29	Scorpio

Jupiter

Direction	Date	Sign
Direct	Feb 4	Gemini
Retrograde	Nov 11	Cancer

Uranus

Direction	Date	Sign
Direct	Jan 30	Taurus
Retrograde	Sep 6	Gemini

Pluto

Direction	Date	Sign
Direct	Jan 01	Capricorn
Retrograde	May 4	Aquarius
Direct	Oct 14	Capricorn

Venus

Direction	Date	Sign
Direct	Jan 01	Aquarius
Retrograde	Mar 2	Aries
Direct	Apr 13	Pisces

Mars

Direction	Date	Sign
Direct	Feb 24	Cancer

Saturn

Direction	Date	Sign
Direct	Jan 01	Pisces
Retrograde	Jul 13	Aries
Direct	Nov 25	Pisces

Neptune

Direction	Date	Sign
Direct	Jan 01	Pisces
Retrograde	Jul 04	Aries
Direct	Dec 10	Pisces

Meteor Showers

Quadrantids	03-Jan-2025
Alpha Centaurids	08-Feb-2025
Eta Virginias	14-Mar-2025
Kappa Serpentis	05-Apr-2025
Lyrids	22-Apr-2025
Pi Puppis	23-Apr-2025
Eta Aquariids	06-May-2025
Eta Lyrids	09-May-2025
Bottids	25-Jun-2025
South Delta Aquariids	30-Jul-2025
Alpha Capricornids	30-Jul-2025
South Delta Aquariids	04-Aug-2025
Persids	12-Aug-2025
Kappa Cygnets	18-Aug-2025
Alpha Aurigids	31-Aug-2025
Capricornids	03-Oct-2025
Camelopardalis	06-Oct-2025
Draconids	08-Oct-2025
Orionids	21-Oct-2025
Northern Taurids	06-Nov-2025
Southern Taurids	06-Nov-2025
Leonidas	17-Nov-2025
Alpha Monocerotids	21-Nov-2025
Geminids	14-Dec-2025
Ursids	22-Dec-2025
Comae Berenicids	25-Dec-2025

FOR MORE MAGICK



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!

© 2025 Modern Magickal Family. All rights reserved.

This workbook and all included content, graphics, text, and illustrations are the intellectual property of Modern Magickal Family and may not be reproduced, distributed, or used for commercial purposes without explicit written permission. This guide is intended for personal use only. Thank you for honoring and respecting this creative work.