# DECEMBER FULL MOON

**WORKBOOK & GUIDE** 



REST • REFLECT • RE-EMERGE

## 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 October Moons

October Moon Overview

Activities & Rituals (Family & Personal)

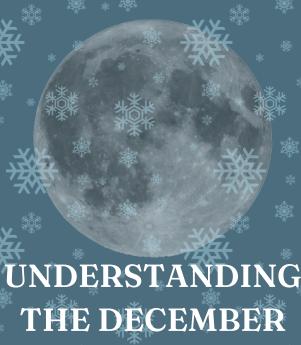
Journal Prompts & Tarot Spread

2025 Moon Calendars

#### DECEMBER MOON DATES

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

| Full Moon     | Date & Time                          | Astrological Sign    | Energies   |
|---------------|--------------------------------------|----------------------|--|
|               | Thursday, December 5<br>6:14 PM EST  | Gemini               | Learning & Writing     Exploring New Ideas     Socializing & Networking          |
| Last Quarter  | Date & Time                          | Astrological Sign    | Energies   |
|               | Thursday, December 11<br>3:52 PM EST | Virgo                | Focusing on Details     Organizing Your Life     Working on Self-<br>Improvement |
| New Moon      | Date & Time                          | Astrological Sign    | Energies   |
|               | Friday, December 19<br>8:43 PM EST   | Sagittarius          | Exploring New Horizons     Seeking Knowledge     Embracing Freedom               |
| First Quarter | Date & Time                          | Astrological<br>Sign | Energies   |
|               | Saturday, December 27<br>2:10 PM EST | Aries                | Taking Initiative Starting New Projects Embracing Your Inner Warrior             |
|               |                                      |                      |  |
|               |                                      |                      |  |



MOONS

### OTHE DECEMBER COLD MOON

The December Full Moon, known as the Cold Moon or Long Nights Moon, illuminates the quiet stillness of winter and the final chapter of the year. It's a time of deep reflection...an invitation to pause, rest, and honor how far you've come. The Cold Moon shines light on both your accomplishments and the lessons that shaped you, encouraging release and renewal before the next cycle begins. Spiritually, this moon carries the wisdom of stillness, reminding us that even in darkness, there is beauty, healing, and rebirth. Its energy supports closure, self-compassion, and the gentle planting of new intentions that will take root as the light begins to return. Under this moon, we find peace in reflection and strength in surrender.



#### Many Names of the December Moons

The December Full Moon goes by several evocative names, each reflecting the season's essence and the wisdom of those who observed the cycles of nature long before us.

- Cold Moon This is the most widely recognized name, rooted in the chill and stillness of winter. It symbolizes endurance, rest, and the quiet strength required to move through the darkest nights. The Cold Moon reminds us that even in frozen soil, life is gathering energy for renewal.
- Ong Nights Moon This name comes from the extended hours of darkness surrounding the winter solstice. It honors the deep rest that nature takes before the return of the sun. inviting us to slow our pace and find comfort in reflection, dreaming, and inner light.
- Oak Moon In some Celtic traditions, December's moon is called the Oak Moon, representing strength, wisdom, and endurance. The oak tree stands tall through the cold, symbolizing resilience and the promise of renewal when spring returns.
- Moon Before Yule In European pagan traditions, this name marks the approach of Yule—the celebration of the rebirth of the sun. It's a reminder that even in the darkest times, the light always returns.

Togother, these names paint a story of stillness, endurance, and quiet transformation. The December Full Moon is a spiritual pause...a sacred threshold between endings and beginnings, calling us to rest, release, and trust in the promise of renewal.

#### HISTORICAL + CULTURAL SIGNIFICANCE OF THIS TIME

Throughout history, the December Full Moon has held deep cultural and spiritual meaning across many traditions. For ancient peoples, it marked a time of survival, community, and reverence for nature's cycles. The long cold nights around the winter solstice were both a challenge and a sacred pause...a reminder of life's fragility and the promise of renewal. From Norse and Celtic peoples to Indigenous North American tribes, this moon honored the balance between darkness and light, giving thanks for the harvest and seeking guidance for the months ahead.

In Celtic and Northern European traditions, the December moon often aligned with Yule, the celebration of the sun's rebirth and the turning of the Wheel of the Year. The oak tree, evergreen boughs, and Yule log symbolized strength, endurance, and the eternal cycle of life.

Across Indigenous cultures, winter moons were times of storytelling, gratitude, and rest when communities gathered to honor ancestors and reflect on the year's lessons. Just as the Earth rested, so too did the people, trusting that unseen renewal was taking place beneath the frozen ground. The December Full Moon still carries this energy today, reminding us that slowing down and tending to our inner light are sacred acts of preparation for the growth ahead.



#### Energy & Themes of the December Moon

The December Full Moon carries a gentle yet powerful energy of closure, reflection, and renewal. It arrives as the year wanes and the nights grow longest, bathing us in silvery light that invites stillness and introspection. Spiritually, this moon reminds us that rest is not weakness: it is the fertile soil from which new beginnings will soon grow.

- Closure & Completion A time to reflect on the year, release what's finished, and honor your journey.
- Rest & Renewal Encourages slowing down, nurturing your spirit, and preparing for new beginnings.

 Inner Strength - Reminds you of your resilience and ability to endure even during life's darker seasons.

- Stillness & Reflection Invites quiet introspection, meditation, and mindfulness to find peace within.
- Illumination & Clarity The moonlight reveals truth helping you see what truly matters and what to leave behind.
- Grounding Energy Deeply connected to the Earth element, supporting stability and centeredness.
- Ancestral Wisdom A time to honor those who came before you and the lessons they've passed down.
- Gratitude & Release Offers closure through gratitude for the year's lessons and graceful letting go.
- Preparation for Renewal Like seeds resting in winter soil, this moon helps you plant intentions for the year ahead.
- Faith in the Cycle Symbolizes trust in the natural rhythm of death and rebirth reminding us that light always returns.

#### THE FULL MOON IN GEMINI

The Full Moon in Gemini brings a rush of mental energy, curiosity, and communication, illuminating how we share ideas and connect with others. Ruled by Mercury. Gemini thrives on words, learning, and versatility, making, this a powerful time to express yourself, speak your truth, and release thoughts that have been held inside. The Gemini Full Moon reminds us that words are magick...they shape our reality...so use them wisely to manifest





#### Energies of the Full Moon in Gemini

- Communication & Expression Encourages honest conversations, journaling, and speaking your truth with clarity and compassion.
- Curiosity & Learning Inspires mental exploration, new ideas, and a desire to learn or share knowledge.
- Release of Mental Clutter Supports clearing overthinking, worry, and distractions to make space for focus and peace.
- Connection & Community Highlights the importance of meaningful relationships.
- conversations, and shared perspectives.

  Truth & Authenticity Illuminates where you may be hiding behind words and
- helps you express your genuine self.

  Manifestation Through Words Words hold magick—what you speak and write
- now carries powerful creative energy.

  Playfulness & Curiosity Rekindles your sense of wonder, humor, and lighthearted connection with others.
- Duality & Reflection Gemini's twin energy helps you see both sides of a situation and integrate opposing truths with grace.

#### Moon Symbolism for Families

The Cold Moon holds beautiful significance for families, offering a moment to pause together, reflect, and reconnect before the new year begins. As winter settles in and the nights grow long, this moon encourages families to slow their pace, share stories, and find comfort in togetherness. It's a time to celebrate the warmth of home, the bonds that sustain you, and the love that carries you through life's darker seasons. Spiritually, the Cold Moon reminds families that rost and reflection are sacred just as the Earth rests beneath a blanket of snow, we too are invited to restore our energy and strengthen our roots. Gathering under this moon, whether by candlelight, around a fire, or sharing, a meal, becomes an act of magickal connection honoring, where you've been, expressing gratitude for one another, and setting gentle intentions for the light and growth to come.



The Full Moon in Gemini brings playful, curious, and communicative energy that beautifully supports family connection and learning, it's a wonderful time for families to share stories, ask questions, and explore ideas together. Gemini's influence makes conversation flow easily and encourages everyone to express themselves openly. This moon reminds families that communication is a form of love, and listening can be just as powerful as speaking, it's also a great time for fun, creative activities that spark the mind like storytelling, crafting, or playing, games that inspire imagination. Under the Gemini Full Moon, families are reminded to embrace curiosity, laughter, and flexibility, finding joy in the exchange of ideas and the simple act of being together.



#### Family Full Moon Activities

#### Family Storytelling Circle

Gather under the moon or by candlelight and take turns telling stories, real memories, made-up tales, or favorite family logends. This strengthens connection, encourages imagination, and honors Gemini's love of words and shared ideas.



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#### Moon Message Exchange

Have each family member write a short note of appreciation or encouragement to another person in the household. Read them aloud under the moonlight, letting everyone feel seen, heard, and valued.

#### Creative Expression Night

Spend the evening painting, writing poems, or making moon-inspired crafts together. Gemini energy thrives on creativity and communication—so let each person express their inner world in their own unique way.





#### Curiosity Scavenger Hunt

Create a 'Moonlight Curiosity Hunt' with clues or questions that encourage observation, problem-solving, and teamwork. It's a fun. Gemini-inspired way to engage young minds and remind the whole family that learning can be magickal.

#### Family Ritual: "Messages of the Moon"

To strengthen communication, release old energy, and invite curiosity, laughter, and understanding into the family as the year comes to a close.

This Full Moon in Gemini Family Ritual celebrates communication, connection, and curiosity, the heart of Gemini's airy, expressive energy. As the year winds down, this moon invites families to share openly, release old patterns, and speak their dreams into existence together. It's a beautiful opportunity to strengthen bonds through laughter, words, and the magick of shared intention under the glowing December sky.

#### What You'll Nood

- · A white or yellow candle (for Gemini's air energy and clarity)
- · A bowl of water or moon-charged water
- · Small slips of paper and pens for each family member
- A few feathers, wind chimes, or ribbons to represent the Air element
- Optional: cozy blankets, cocoa, and a spot near a window or outside under the moon



#### Family Full Moon Ritual

<u>I.Create Your Circle:</u> Gather together, light the candle, and take a few deep breaths as a family. Imagine a soft golden light connecting everyone's hearts and lifting your energy like a warm breeze.

2. <u>Reflect & Write:</u> Invite each person to write two things—one thought, habit, or worry they want to release and one idea, dream, or intention they want to speak into being.

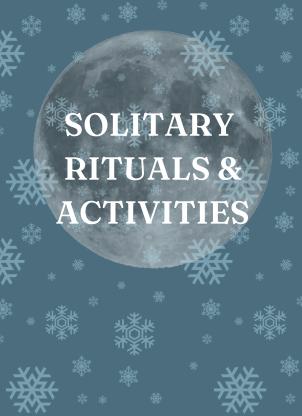




3. Share & Release: One by one, share your words aloud if you feel comfortable (Gemini encourages expression!). Dip the paper with what you're releasing, into the bowl of water, symbolizing clarity and cleansing, 4. Speak Intentions: As you share your new intentions, tie a ribbon, hang, a wind chime, or wave a feather through the air, saying. As the moon shines bright and the air moves free, we release the old and speak what's true for me.

5. Seal the Energy: End by holding hands and saying together: Under the Gemini Moon, our words bring light. Our hearts stay open. Our family grows bright.'
6. Celebrate Connection: Blow out the candle, pour the water outside under the moonlight, and end the ritual with laughter, storytelling, or sharing cocoa, embracing Gemini's playful, communicative energy.





#### FULL MOON ACTIVITIES

#### Moonlight Journaling Session

Sit under the moon or near a window and free-write whatever's on your mind-no editing, no overthinking. Let Gemini's energy help you release mental clutter and discover hidden insights through your own words





#### Breath & Air Element Meditation

Find a quiet space and focus on your breath, visualizing it as shimmering moonlight moving through you. With each inhale, invite clarity and inspiration; with each exhale, release tension and doubt

#### Divination & Self-Reflection

Pull tarot or oracle cards and ask, 'What truth needs to be expressed?' or 'What message is the Moon revealing?' Reflect on how communication—both internal and external-can guide your next steps.





#### Spell for Clear Communication

Light a yellow or white candle and hold a piece of paper with your intention for honest, heart-centered communication. Speak your desire aloud three times, then burn or bury the paper, trusting the Gemini Moon to carry your words into the world.

#### Solitary Ritual: "Whispers to the Moon"

To release mental clutter, find emotional clarity, and speak your truth under the illuminating energy of the Gemini Full Moon.

The Full Moon in Gemini is a time of heightened awareness, curiosity, and expression—an invitation to clear mental clutter and connect with your inner truth. This moon shines a light on your thoughts, helping you find balance

between logic and emotion, communication and contemplation. This ritual is designed to help you release what no longer serves your mind, open your heart to clarity, and speak your intentions into existence with confidence and grace.

#### What You'll Need

- · A yellow or white candle (for clarity and illumination)
- A small bowl of water (to balance emotion and thought)
- · A feather or incense (to honor the Air element)
- · Paper and pen
- · Optional: moonstone, citrine, or clear quartz for communication and focus



#### Solitary Full Moon Ritual

I.Create Your Sacred Space: Sit where you can see or feel the moonlight. Light your candle and take a few deep breaths, imagining the air filling your lungs with silvery light. Feel the Gemini energy swirling around you—light. curious, and full of possibility.

 Call in the Air Element: Gently wave your feather or incense through the air, saying: 'Air of clarity, carry my thoughts on your breeze. Help me speak and hear truth with ease.'





3. Release Through Words: On your paper, write down the thoughts, worries, or mental patterns that feel heavy or confusing. Speak them aloud softly, then fold the paper and pass it through the candle's light symbolically burning away confusion.
4. Invite Insight: On a new sheet, write what you want to call in...clarity, honest communication, curiosity, or courage to express yourself. Place the paper under your bowl of water and whisper: 'Moon of Gemini, illuminate my words, clear my mind, and open my heart.'

<u>5. Meditate in the Glow:</u> Sit in silence for a few moments, focusing on your breath. Notice any words, ideas, or emotions that surface...these are your messages from the Moon.

6. Close the Ritual: Thank the Moon and the Air element for their guidance. Extinguish the candle, pour the water outside, and keep your intention paper on your altar or under your pillow until the next New Moon.





## Journaling Prompts for Gemini

#### DECEMBER MOON REFLECTIONS

| What thoughts or stories am I ready to release that no longer reflect who I truly am?<br>Reflect on mental patterns or beliefs that keep you stuck, and how letting them go<br>can bring peace and clarity. |
|---|
|   |
|   |
|   |
| Where in my life do I need to speak my truth more openly or honestly?  Consider where you've been holding back your voice and how expressing yourself could bring healing or alignment.                     |
|   |
|   |
| How can I balance my logical mind with my intuitive heart when making decisions?  Explore how you might bring both reason and feeling into harmony under this moon's dual energy.                           |
|   |
|   |
| What new ideas, curiosities, or conversations are calling for my attention right now? Write about what's exciting your mind and how you can follow those sparks of inspiration in the weeks ahead.          |
|   |
|   |

#### The Voice of the Twins: A Full Moon in Gemini

The Full Moon in Gemini Tarot Spread helps you explore the themes of communication, clarity, and duality that this air sign brings. Use these five cards to uncover what thoughts need releasing, what truths want to be spoken, and how you can align your mind and heart in harmony.



#### PERFORMING THE SPREAD

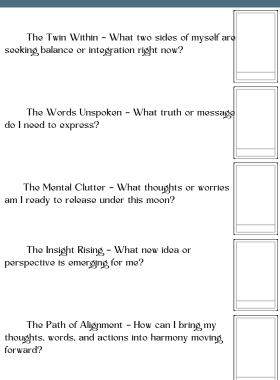
Find a quiet, sacred space where you can focus.

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.  $\label{eq:cardinate}$ 

## "The Voice of the Twins" Tarot Spread





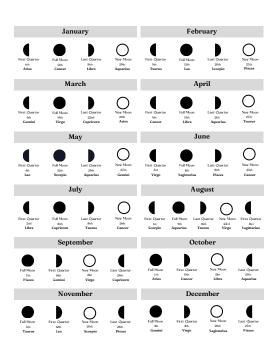
## 2025 MOON CALENDARS

#### 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<br>Examples |
|-----------|-----------------|--|-------------------------------|
| January   | Wolf Moon       | Reflection, inner strength             | Cancer, Leo                   |
| February  | Snow Moon       | Purity, renewal,<br>endurance          | Virgo, Libra                  |
| March     | Worm Moon       | Growth, transformation, new beginnings | Scorpio, Sagittarius          |
| April     | Pink Moon       | Blooming, love,<br>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



## 2025 ASTROLOGICAL DATES

#### Planet Directs/Retrogrades

|            |        |            |            | $\sim$  |          |
|------------|--------|------------|------------|---------|----------|
|            | Mercu  | ry         |            |         |          |
| Direction  | Date   | Sign       |            | Venus   | 3        |
| Direct     | Jan 01 | Sagttarius | Direction  | Date    | Sign     |
| Retrograde | Mar I5 | Aries      | Direct     | Jan 01  | Aquarius |
| Direct     | Apr 7  | Piscos     | Retrograde | Mar 2   | Artes    |
| Retrograde | Jul 18 | Loo        | Direct     | Apr IS  | Piscos   |
| Direct     | Aug II | Leo        |            |         |          |
| Retrograde | Nov 09 | Sagttarius |            |         |          |
| Direct     | Nov 29 | Scorpto    | Mars       |         |          |
|            |        |            | Direction  | Date    | Sign     |
|            | Jupite | r          | Direct     | Feb 24  | Cancer   |
| Direction  | Date   | Sign       |            |         |          |
| Direct     | Feb 4  | Gemini     |            |         |          |
| Retrograde | Nov II | Cancer     | Saturn     |         | n        |
|            |        |            | Direction  | Date    | Sign     |
|            |        |            | Direct     | Jan 0I  | Piscos   |
| Uranus     |        | Retrograde | Jul 13     | Artes   |          |
| Direction  | Date   | Sign       | Direct     | Nov. 28 | Pisces   |
| Direct     | Jan 30 | Taurus     |            |         |          |
| Retrograde | Sep 6  | Gemini     |            |         |          |

|            |        |           |            | черии  |        |
|------------|--------|-----------|------------|--------|--------|
|            | Pluto  | ,         | Direction  | Date   | Sigr   |
| Direction  | Date   | Sign      | Direct     | Jan 01 | Pisces |
| Direct     | Jan 01 | Capricorn | Retrograde | Jul 04 | Artes  |
| Retrograde | May 4  | Aquarius  | Direct     | Dec 10 | Pisces |
| Direct     | Oct 14 | Capricorn |            |        |        |

| Meteor Showers         |             |  |  |  |
|------------------------|-------------|--|--|--|
| Quadrantids            | 03-Jan-2025 |  |  |  |
| Alpha Centauroids      | 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 |  |  |  |
| Botilds                | 28-Jun-2025 |  |  |  |
| South. Delta Aquariids | 30-Jul-2025 |  |  |  |
| Alpha Capricornids     | 30-Jul-2025 |  |  |  |
| South. Delta Aquariids | 04-Aug-2025 |  |  |  |
| Persads                | 12-Aug-2025 |  |  |  |
| Kappa Cygnets          | 18-Aug-2025 |  |  |  |
| Alpha Aurigids         | 3I-Aug-2025 |  |  |  |
| Capricorn ds           | 03-Oct-2025 |  |  |  |
| Camelopardalis         | 06-Oct-2025 |  |  |  |
| Draconis               | 08-Oct-2025 |  |  |  |
| Orionids               | 2I-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!

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