

A full moon rises in a dark, starry sky above a forest. In the foreground, two beavers sit on a rocky bank, looking towards the moon. The scene is illuminated by the warm glow of the moon, reflecting on the water and the surrounding trees.

# NOVEMBER FULL MOON

## WORKBOOK & GUIDE

# 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

# NOVEMBER MOON DATES

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

| Full Moon                                                                         | Date & Time                        | Astrological Sign | Energies                                                                                                                                                  |
|-----------------------------------------------------------------------------------|------------------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Wednesday, November 5<br>8:19 AM   | Taurus            | <ul style="list-style-type: none"><li>• Abundance &amp; Prosperity</li><li>• Self-Care</li><li>• Earth Magick</li></ul>                                   |
| Last Quarter                                                                      | Date & Time                        | Astrological Sign | Energies                                                                                                                                                  |
|   | Wednesday, November 12<br>12:28 AM | Leo               | <ul style="list-style-type: none"><li>• Creative Expression</li><li>• Confidence &amp; Leadership</li><li>• Celebration &amp; Joy</li></ul>               |
| New Moon                                                                          | Date & Time                        | Astrological Sign | Energies                                                                                                                                                  |
|   | Thursday, November 20<br>1:47 AM   | Scorpio           | <ul style="list-style-type: none"><li>• Shadow Work &amp; Transformation</li><li>• Protection &amp; Banishing</li><li>• Emotional Healing</li></ul>       |
| First Quarter                                                                     | Date & Time                        | Astrological Sign | Energies                                                                                                                                                  |
|  | Friday, November 28<br>1:59 AM     | Pisces            | <ul style="list-style-type: none"><li>• Dream Work &amp; Intuition</li><li>• Spiritual Connection</li><li>• Healing &amp; Compassion</li><li>• </li></ul> |
|                                                                                   |                                    |                   |                                                                                                                                                           |
|                                                                                   |                                    |                   |                                                                                                                                                           |



# UNDERSTANDING THE NOVEMBER MOONS





# THE NOVEMBER SUPERMOON

The Full Moon in November is not just any moon—it's a Supermoon. When the Moon reaches its closest point to Earth, it shines brighter, appears larger in the sky, and carries an amplified energy that we can feel on every level. This makes November's moon especially potent for spiritual work, magnifying its themes of grounding, gratitude, and release. The Supermoon reminds us that even in the quiet, frosty stillness of late autumn, the light of the Moon is powerful enough to guide us, comfort us, and illuminate what we most need to see.



November is a month of deep stillness, reflection, and preparation as the year begins to wind down. The air grows colder, the nights stretch longer, and the natural world reminds us that rest and renewal are just as sacred as growth and action. Spiritually, November invites us to look inward—to honor our ancestors, embrace gratitude for what has sustained us, and release what no longer serves before the year's end.

# MANY NAMES OF THE NOVEMBER MOONS

The November Full Moon carries several traditional names, each rooted in cultural practices, seasonal changes, and spiritual symbolism. These names reflect the ways people across time and place have connected with nature's rhythms and the cycles of survival, gratitude, and release.

## Frost Moon

This name comes from the visible shift in weather as the first frosts settle across the land. The Frost Moon reminds us of the transition into colder, darker months. Spiritually, it encourages stillness, rest, and honoring the natural cycles of death and rebirth.

## Beaver Moon

In some Native American and Colonial traditions, this moon marked the time when beavers prepared for winter by building and repairing their dams. It also signaled the start of the fur-trapping season. Symbolically, the Beaver Moon speaks to preparation, industriousness, and the importance of building strong foundations before times of hardship.

## Mourning Moon

In European traditions, the November moon has been called the Mourning Moon. It symbolizes endings, grief, and the spiritual work of release before the year closes. This is a powerful time for shadow work, forgiveness, and reflection on the year.

## Snow Moon

In some traditions, the Snow Moon represents the quiet strength and resilience, preparing for the challenges of the new year.



## HISTORICAL + CULTURAL SIGNIFICANCE OF THIS TIME

Throughout history, the November Full Moon marked an important seasonal threshold. As the final harvests were gathered and the first frosts appeared, communities prepared for the long winter ahead. The glow of this moon served as both a guide and a reminder: the season of abundance was ending, and the time of survival and rest was near.

In Indigenous traditions across North America, the November Full Moon was often called the Beaver Moon, because it coincided with the time when beavers were most active building their lodges and storing food before waterways froze. This was also a signal to humans to complete their own preparations for winter—repairing shelters, preserving food, and ensuring warmth and safety in the months ahead.

In European pagan traditions, the November moon was sometimes known as the Mourning Moon, representing the cycle of death and rebirth. It was seen as a liminal time, a chance to honor grief, release old patterns, and prepare spiritually for the inward journey of the dark half of the year. This moon often coincided with festivals of remembrance and rituals for ancestors, connecting the living with those who had passed before.

In agrarian societies, the November Full Moon was a marker of both endings and gratitude. Fields were cleared, tools were stored, and families gathered to celebrate the last abundance of the season. The moon's light, lingering longer in the cold night sky, provided extra time to finish essential work before the deep freeze.

✨ Historically, this moon was a symbol of preparation, remembrance, and resilience—themes that continue to guide spiritual practice today.

# ENERGY & THEMES OF THE NOVEMBER MOON

The November Full Moon arrives as the natural world slows down and turns inward, carrying with it energies of stillness, reflection, and preparation. It reminds us that rest is not weakness but a sacred part of the cycle of life. This is a moon that encourages both gratitude and release, taking time to honor what has carried us through the year while gently letting go of what no longer belongs in our journey.

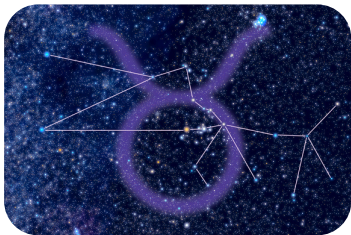
## 🌕 Key Energies:

- **Reflection & Shadow Work** - This moon illuminates what is hidden within, making it a powerful time for journaling, meditation, and diving deep into your inner world.
- **Gratitude & Harvest** - Though the fields are bare, this moon invites us to honor the abundance we have received—relationships, lessons, and spiritual growth.
- **Release & Mourning** - Called the Mourning Moon in some traditions, it gives us permission to grieve endings and acknowledge the natural cycles of death and rebirth.
- **Protection & Preparation** - Like the beaver building its dam, this moon supports creating strong foundations, setting boundaries, and securing what will sustain you through the winter months.
- **Ancestral Wisdom** - With its placement between Samhain and Yule, the November Full Moon bridges the veil between the living and the ancestors, offering guidance, healing, and connection.

✨ Spiritually, the November Moon whispers: "Be still. Gather what is needed. Honor what has been. Release what no longer serves. Trust that in the dark, you will find renewal."

# THE FULL MOON IN TAURUS

In 2025, the November Full Moon falls in the grounded and earthy sign of Taurus. This brings a stabilizing energy to the otherwise reflective and emotional tone of the season. Taurus, ruled by Venus, values comfort, security, beauty, and the simple pleasures of life. Under this moon, we are reminded to slow down, care for our bodies, and create a sense of safety and nourishment in our homes and spirits.



## ENERGIES OF THE FULL MOON IN TAURUS

- **Grounding & Stability** - The Taurus moon anchors us when emotions feel overwhelming, helping us stay steady during times of change.
- **Sensuality & Comfort** - This is a perfect time to enjoy warm meals, cozy blankets, soothing baths, and tactile rituals that honor the body.
- **Gratitude & Abundance** - Taurus energy is tied to the Earth's bounty and encourages us to appreciate the resources, relationships, and blessings we already have.
- **Security & Boundaries** - This moon highlights where we need stronger foundations in our physical and emotional lives, urging us to set boundaries that protect our peace.

# MOON SYMBOLISM FOR FAMILIES

The November Full Moon offers families a beautiful chance to slow down and connect before the busyness of the holiday season begins. Its grounding energy invites you to create cozy moments together—sharing warm meals, crafting by candlelight, or stepping outside to marvel at the frosty night sky. This moon encourages gratitude, making it the perfect time to reflect on the blessings your family has experienced this year. It also supports creating a sense of comfort and security for children, reminding them that even as the world grows colder and darker, the warmth of home and love surrounds them.



The Taurus Full Moon brings a sense of grounding and calm that families can truly benefit from. Its energy encourages slowing down, enjoying simple pleasures, and creating cozy, nurturing spaces together. This is a wonderful time for family rituals that involve food, comfort, and creativity, like cooking a favorite meal, making nature-inspired crafts, or cuddling up under blankets to watch the moon rise. For children, the Taurus Moon offers a gentle reminder that safety and stability are always close at hand, helping them feel secure and connected. As a family, this moon invites you to celebrate the abundance you already share and to express gratitude for the love that surrounds you.



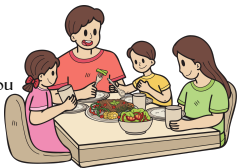
# FAMILY RITUALS & ACTIVITIES



# FAMILY FULL MOON ACTIVITIES

## Cook a Comfort Meal Together

Gather in the kitchen and prepare a hearty, grounding dish using seasonal ingredients like root vegetables, grains, or warm spices. As you cook, talk about the blessings of the year and stir gratitude into your meal.



## Nature Crafting

Collect leaves, pinecones, or acorns and create a simple family craft—such as a gratitude wreath or nature-inspired altar decoration. This activity ties Taurus's earthy energy to creativity and togetherness.



## Sensory Relaxation Ritual

Invite each family member to choose a soothing sensory activity, listening to calming music, sipping warm tea, or enjoying the scent of herbs like lavender or rosemary. Share the experience together, noticing how simple pleasures bring comfort and peace.



## Plant or Tend a Family Herb Pot

Even as the season grows colder, plant a small indoor herb like basil, rosemary, or thyme as a symbol of growth and nourishment. Each family member can take turns caring for it, grounding the home in Taurus's steady earth energy.





# FAMILY RITUAL: MOONLIT GRATITUDE & GROUNDING

To connect as a family, ground into Taurus's steady energy, and express gratitude for the abundance and love that sustains you.

The November Full Moon in Taurus invites families to slow down, find comfort in one another, and honor the abundance of love and stability that surrounds them. Taurus's earthy energy is grounding and nurturing, reminding us to focus on simple pleasures—warm meals, cozy blankets, laughter, and gratitude. As the year winds down, this moon encourages families to come together in stillness, celebrate what they've shared, and build a sense of security for the season ahead. A family ritual under this moon becomes not just a spiritual practice, but also a chance to strengthen bonds and create cherished memories.

## What You'll Need

- A candle (green, white, or brown if available)
- Small stones, crystals, or natural objects (one for each family member)
- A cozy blanket or pillows for sitting together
- A simple comfort food or warm drink to share afterward (tea, cocoa, or soup)



# FAMILY FULL MOON RITUAL

## 1. Create the Space

Set up a small altar or central space with the candle in the middle. Surround it with the stones or crystals and any natural items (leaves, pinecones, herbs) you've gathered.

## 2. Light the Candle

As a family, light the candle together, saying: "Under this Full Moon, we gather with love, gratitude, and peace."



## 3. Share Gratitude

Each family member holds a stone or crystal and shares one thing they are thankful for. After speaking, place the stone near the candle, building a circle of gratitude.

## 4. Ground Together

Sit quietly for a few moments, breathing deeply. Imagine roots growing from your bodies into the Earth, steady and strong, just like Taurus energy.



## 5. Closing

Hold hands and say: "May our home be grounded in love, gratitude, and abundance. So it is." Blow out the candle together.

## 6. Celebrate

End with a shared comfort meal or drink, savoring the joy of being together.





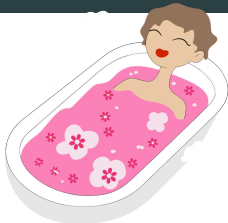
# SOLITARY RITUALS & ACTIVITIES



# FULL MOON ACTIVITIES

## Grounding Moon Bath

Draw a warm bath and add herbs like rosemary, chamomile, or lavender along with a handful of salt for purification. As you soak, visualize Taurus's earthy energy wrapping you in calm, stability, and protection.



## Crystal Charging & Gratitude

Place grounding crystals such as green aventurine, rose quartz, or jade under the full moon. As they charge, hold one in your hand and speak aloud words of gratitude for the stability and abundance in your life.

## Sacred Space Beautification

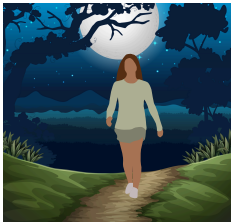
Taurus energy thrives on beauty and comfort. Spend time tending to your altar or sacred space: cleanse it, add cozy touches, and decorate with natural items like pinecones, stones, or autumn leaves to ground your practice.



## Moonlight Grounding Walk

Take a quiet walk under the full moon, breathing deeply and feeling your feet connect to the Earth with every step.

Pause to reflect on where you feel rooted in life and where you wish to grow stronger.



# SOLITARY RITUAL: GROUNDING IN GRATITUDE

To release what no longer serves, connect with the grounding energy of Taurus, and cultivate gratitude for abundance and stability.

The November Full Moon in Taurus offers a chance to pause and reconnect with the simple, grounding rhythms of life. As the year draws to a close, its steady energy helps us release what weighs us down while reminding us to cherish comfort, beauty, and gratitude in the present moment. This is a moon that invites you to slow down, breathe deeply, and trust that you are supported by both the Earth and your own inner strength.

## What You'll Need

- A candle (green, white, or brown)
- A small stone or crystal (jade, rose quartz, or any stone you feel drawn to)
- Paper and pen
- A bowl of soil, salt, or a small dish of water (for grounding)
- Optional: warm tea or a simple food to enjoy afterward



# SOLITARY FULL MOON RITUAL

## 1. Create Sacred Space

Set up your candle and place your stone or crystal beside it. Cleanse the space with smoke, sound, or a simple clap of your hands to invite fresh energy.

## 2. Light the Candle

Say aloud: 'I call on the steady, grounding energy of Taurus and the wisdom of the Full Moon. May I be rooted in gratitude and peace.'



## 3. Release

On your paper, write down what burdens, habits, or fears you are ready to let go of before the year's end. Hold the paper to your heart, then safely burn or tear it, placing the ashes or scraps into the soil, salt, or water to neutralize the energy.

## 4. Gratitude Offering

Hold your crystal or stone in your hand and speak aloud three things you are grateful for. Imagine the stone absorbing this gratitude, glowing with grounding energy from the moon.

## 5. Ground & Close

Place the stone on your altar or carry it with you as a reminder of your gratitude. Sip your tea or eat your simple food slowly, bringing Taurus's earthy energy into your body. Blow out the candle, saying: 'I am steady, I am grateful, I am grounded. So it is.'





**JOURNAL  
PROMPTS &  
TAROT SPREAD**



# JOURNALING PROMPTS

## NOVEMBER MOON REFLECTIONS

Gratitude & Abundance – What blessings have I received this year that bring me comfort, stability, or joy? How can I honor them more fully in my daily life?

---

---

---

---

Grounding & Security – Where in my life do I feel the most grounded and safe right now? Where could I create stronger foundations or healthier boundaries?

---

---

---

---

Release & Renewal – What habits, fears, or patterns am I ready to release so I can enter the winter season lighter and more at peace?

---

---

---

---

Beauty & Simplicity – How can I bring more beauty, pleasure, and simplicity into my daily routine? What small rituals or actions help me feel nurtured and connected to the Earth?

---

---

---



# TAURUS FULL MOON SPREAD: ROOTS, RELEASE & RENEWAL

The Taurus Full Moon is a time to ground yourself, release what no longer supports you, and find gratitude in the simple, steady gifts of life. This spread is designed to help you uncover what roots you, what needs letting go, and how to nurture yourself with Taurus's earthy wisdom.



## 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.

# “IGNITE YOUR INNER FIRE” TAROT SPREAD

What grounds me right now?

The foundation or source of stability in your life.



What abundance I should celebrate

The blessings, relationships, or resources to honor with gratitude.



What I need to release before winter

Habits, fears, or burdens weighing you down.



How to nurture myself moving forward

Practical ways to create comfort, beauty, or security in daily life.



A message from the Earth/Moon

Guidance from Taurus and the Full Moon's energy about your path ahead.





# 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  
5th  
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  
5th  
Cancer



Full Moon  
13th  
Libra



Last Quarter  
21st  
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  
8th  
Sagittarius



Last Quarter  
16th  
Pisces



New Moon  
25th  
Cancer

## July



First Quarter  
2nd  
Libra



Full Moon  
10th  
Capricorn



Last Quarter  
18th  
Taurus



New Moon  
26th  
Cancer

## August



First Quarter  
1st  
Scorpio



Full Moon  
9th  
Aquarius



Last Quarter  
17th  
Taurus



New Moon  
23rd  
Virgo



First Quarter  
31st  
Sagittarius

## September



Full Moon  
7th  
Pisces



First Quarter  
14th  
Gemini



New Moon  
21st  
Virgo



Last Quarter  
29th  
Capricorn

## October



Full Moon  
7th  
Aries



First Quarter  
15th  
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 18 | 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 15 | Pisces   |

### Mars

| Direction | Date   | Sign   |
|-----------|--------|--------|
| Direct    | Feb 24 | Cancer |

### Saturn

| Direction  | Date   | Sign   |
|------------|--------|--------|
| Direct     | Jan 01 | Pisces |
| Retrograde | Jul 15 | Aries  |
| Direct     | Nov 28 | Pisces |

### Neptune

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

## Meteor Showers

|                        |             |
|------------------------|-------------|
| Quadrantids            | 03-Jan-2025 |
| Alpha Centauriids      | 08-Feb-2025 |
| Eta Virginids          | 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 |
| Botlids                | 28-Jun-2025 |
| South. Delta Aquariids | 30-Jul-2025 |
| Alpha Capricornids     | 30-Jul-2025 |
| South. Delta Aquariids | 04-Aug-2025 |
| Persids                | 12-Aug-2025 |
| Kappa Cygnids          | 18-Aug-2025 |
| Alpha Aurigids         | 31-Aug-2025 |
| Capricornids           | 03-Oct-2025 |
| Camelopardalids        | 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 Bereniceids      | 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](http://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.