

🌕 Taurus Full Moon Ritual: “Rooted in Pleasure”

Theme: Grounding abundance, embodiment, and gratitude for what already *is*.



You'll need:

- Your *Bliss* or *Float* Body Buttah candle (for sensual grounding)
- A bowl of salt or soil (to represent Earth)
- A small piece of something natural that feels abundant — a coin, a fruit, a crystal, or a flower
- Pen + journal

Steps:

1. **Create your space.** Light your candle and take three slow breaths, inhaling gratitude, exhaling tension. Feel the weight of your body and the support beneath you.
 2. **Anoint yourself.** Use the warm candle oil to massage into your hands, feet, or heart space. Whisper:
“I root into my body. I honor the wisdom of the Earth within me.”
 3. **Release and receive.**
Write down one thing you're ready to let go of that keeps you from feeling safe or worthy, and one thing you're ready to welcome in — something that feels lush, grounded, or beautiful.
Place the paper beneath your chosen token and say:
“As the Moon shines full, I claim what nourishes me and release what no longer does.”
 4. **Give thanks.** Close by writing three things you're grateful for in this season of your life. Let the candle burn a while longer as an offering to your growth.
-

Journal Prompts:

1. What does *true comfort* feel like in my body, and how can I create more of it in my daily life?
2. What areas of my life are asking for more patience and slow growth?
3. Where do I equate my worth with productivity, and how can I return to pleasure instead?
4. How can I honor my sensuality — through touch, scent, beauty, or ritual — as a form of devotion?



Dont forget to like, share and
save if you like this post



THE BLACKSENCE

A Black Cultural Archive in
Scent, Ritual, and Healing
Form