

A large, glowing full moon is the central focus, partially obscured by a dense forest of evergreen trees. The scene is misty and snowy, with a soft, ethereal light. The moon's surface shows some darker patches, and the overall atmosphere is serene and wintry.

# SNOW MOON

## *Illumination & Integration*

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*A gentle Full Moon offering for early February 2026*

*The Moon sets the rhythm, and the seasons provide the landscape -  
sometimes named, sometimes simply felt.*

**Alison Foster**

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# *Entering the Light*

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The Snow Full Moon rises at a tender moment in the year. Winter has not yet released its hold, and yet something has undeniably shifted. Beneath the frozen ground, life is stirring.

The days are lengthening, even if only by minutes. What was once held entirely in darkness now begins to meet the light.

This Full Moon does not ask for celebration or culmination. It offers illumination, a gentle revealing of what has been quietly forming since the dark of the New Moon.

Where the January New Moon invited rest and clearing, the Snow Full Moon invites recognition.

Not action.

Not urgency.

Simply seeing.

What is becoming visible now may feel subtle, unfinished, or still fragile. That is enough. This is not the moment to force clarity, only to notice what is present and allow it to be acknowledged.

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# *A Weaving of Wisdom*

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In many Northern Hemisphere traditions, this Full Moon is known as the Snow Moon, named for the deep winter snows that often fall at this time. Survival once depended on conservation of energy, careful use of resources, and community support.

The Snow Moon reminds us that illumination does not mean excess. It means awareness within restraint.

In the Hindu lunar tradition, the Full Moon 'Pūrṇimā' represents fullness not as completion, but as wholeness. A moment when all parts are included, even those still becoming.

Within earth-based seasonal traditions, this time sits close to Imbolc, the festival of first light and hidden fire. Though little is visible above ground, the Earth is already preparing. The work is internal, structural, and patient.

Together, these traditions point to the same wisdom.

This is a time to:

- Integrate, not initiate.
- Release, not rush forward.
- Let what has surfaced be gently metabolised by body, heart, and awareness.

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# Reflections for the Full Moon

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You may wish to write, sit quietly, or simply notice what arises as you read these reflections.

*There is no need to answer them all.*



What has become clearer for me since the New Moon, even if I don't yet know what to do with it?



What feels ready to be released now that it has been seen?



Where am I being asked to soften rather than push?



What kind of support, - inner or outer - would help me move through this season with steadiness?



If I trusted that growth is already underway beneath the surface, what pressure could I release?

*Take your time.*

*Illumination does not require explanation.*

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# Simple Snow Moon Rituals

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Choose one practice, or none at all.

*These are offered as gentle companions, not requirements.*

## Moonlight Acknowledgement



If possible, step outside under the Full Moon, or sit near a window.

Place a hand on your body and quietly name (aloud or inwardly) one thing you are ready to release, and one thing you are willing to tend with care.

## The Cleansing Breath



Inhale slowly through the nose. Exhale through the mouth, allowing the shoulders and jaw to soften.

Silently repeat:

*"I let go of what no longer needs to be carried."*

## Water Release



Write a word, phrase, or symbol that represents what is ready to be released.

Dissolve the paper safely in water, or pour water onto the earth as an offering of completion.



## *Seasonal Note*

Although winter still surrounds us, the Earth is no longer dormant in the same way. Roots are strengthening. Energy is gathering. The quiet fire of Imbolc continues to burn beneath the surface.

The Snow Full Moon offers a moment to clear emotional and energetic weight before movement increases in the weeks ahead.

Nothing needs to be fixed. Nothing needs to be hurried.

What is ready will emerge in its own time.

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## *Seeding the Cycle Ahead*

What has been revealed under this Full Moon does not ask to be acted upon yet.

What has come into awareness is being held gently beneath the surface, gathering coherence and strength in its own time. The weeks ahead will bring new momentum.

This moment invites integration. So for now, the invitation is simple:

- allow what has been illuminated to settle.
- allow what has been released to remain behind you.
- and allow what is quietly forming to continue, undisturbed.

*Nothing more is required.*



# *Blessings*

*May you honour what has been revealed without demanding answers.*

*May what is ready to fall away, do so gently.*

*And may what is quietly forming be given the patience it deserves.*

*With warmest wishes,*

*Alison*

*~x~*

