



WOLF MOON

Reflections & Rituals

A gentle winter offering for the first full moon of 2026

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The Wolf Moon Rises

The first full moon of the year rises in the deep quiet of winter, known traditionally as the *Wolf Moon*.

Named for the sound of wolves calling across the long, cold nights, this moon speaks not of loneliness, but of communication, connection, and belonging.

Wolves howl to locate one another, to strengthen the bonds of the pack, and to survive the season together.

In the same way, this moon invites us to listen—to our instincts, to our inner voice, and to the rhythms that truly support us.

As the first full moon of 2026, the Wolf Moon marks the beginning of a new cycle. Its energy is reflective rather than rushed, illuminating without disturbance—like moonlight shimmering across a still, glassy lake.

It reminds us that we don't need all the answers to begin, only a willingness to pause, release, and meet the year ahead with honesty and courage.





Wolf Moon Reflections

Take your time with these prompts.

You may wish to write, sit quietly, or simply reflect.



What am I being asked to release
as I step into this new year?

What feels heavy, outdated, or no longer aligned?



Where have I been silencing my instinct?

*What does my inner voice quietly know, even if I haven't fully
trusted it yet?*



What truly nourishes and supports me
during quieter or more challenging season?

Who or what helps me feel steady, connected, and whole?



What part of me is calling to be gathered back?

*Like the wolf's call across the winter night — what longs to
be heard, honoured, or reclaimed?*



If I moved through 2026 with honesty rather
than pressure, what might change?

What would it feel like to walk this year with trust instead of force?





Simple Wolf Moon Rituals



Cold Air Communion

*Step outside under frosty full moon light.
Let it still. Let it restore you as you inhale slow.*



Moon Gazing

*Look up at the night sky. Allow a moon to be a
wise mother to guide you.*



Release Offering

*Write down what you intend to release, and then,
with gratitude, safely burn it.*



The Wolf's Question

*Sit quietly. Let your breath slow and steady.
What do you deeply need? What truth do you seek?*



Warmest Blessings

The Wolf Moon reminds us that new beginnings
don't require urgency or *perfection*.

They ask only for presence, honesty, and courage.

May you release what no longer serves you.

May your instincts grow wise and clear.

May you walk this year with trust instead of
force.

May the wild open sky meet you with
kindness, wherever you go.

Alison Foster

