

ALIGNED ENERGY



FREE RITUAL GUIDE

Harvest Moon *Ritual Guide*

MIND, BODY & HOME • 3 SIMPLE RITUALS

Full Moon in Aries • September 26, 2026



WELCOME

About this moon

The Harvest Moon asks you to pause and honor what you've grown. This year it rises in Aries, which asks you to stop waiting and claim what's next.

The Harvest

The Harvest Moon is the full moon closest to the fall equinox. Traditionally it gave farmers extra light to bring in the last of the crops. Its energy is gratitude, gathering, and rest.

Aries

Aries is the first sign of the zodiac. It carries courage, fresh starts, and forward motion. Opposite the Libra sun, it highlights the pull between what others want and what you want.

When

The moon reaches full on **Saturday, September 26, 2026, at 12:49 p.m. EDT**. It will look full when it rises that evening. The energy of a full moon lingers for a few days on either side, so there's no need to catch the exact moment.

How to use this guide

There are three short rituals inside, one each for your mind, your body, and your home. Each takes about ten minutes. Do all three in one evening, or spread them over the next few days. There's no wrong order.

YOU'LL NEED A pen, a quiet corner, and a window. A candle is a nice extra.

ARIES ENERGY

*Stop waiting.
Run toward
what's next.*



Write two *lists*

Before bed, sit somewhere quiet and write two lists. The first honors the harvest. The second answers the Aries call to begin.

What I harvested this year

Lessons, wins, growth, and even the hard-earned stuff.

One bold thing I'm ready to begin

Keep it to one. Aries likes a clear target.

My first small step this week

Breathe into your solar plexus

Your solar plexus sits just above your navel. It's your center of confidence and personal power, and it's where Aries energy lives. Full moons are for release, so this practice pairs a steady breath with letting go.

- 1 Sit or stand comfortably. Let your shoulders drop and soften your jaw.
- 2 Place one hand gently just above your navel.
- 3 Breathe in slowly through your nose and feel your hand rise. Notice what you're holding there, like tension, worry, or doubt.
- 4 Exhale slowly and let the breath carry out whatever keeps you small.
- 5 Repeat for five to seven easy breaths, then rest for a moment before you move on.

What I'm releasing

How I feel afterward

Make room for new *energy*

Your space holds energy too. Tonight, invite the moonlight in and give new energy somewhere to land. Check each one off as you go.

- ☐ **Open a window (or curtains) tonight** and let the moonlight in.
- ☐ **Clear one surface you use every day**, such as a nightstand, your desk, or the entryway table.
- ☐ **Set seasonal fruit or a few candles** near the window as a small gratitude offering.

The surface I cleared

Three things I'm grateful for

From this season, this year, or just today.

A clear space gives new energy somewhere to land.



AS THE MOON WANES

Release what's finished.
Carry what you've gathered.

I honor everything I've grown.

I release what no longer fits.

I have the courage to begin.

KEEP THE ENERGY GOING

Fall Equinox Energy Reset

A 7-day workbook for resetting your body, mind, and space. Find it through the link on aligned_energy.co.

This guide is for reflection and everyday wellbeing. It isn't a substitute for medical or mental health care.