

Sacred Rhythms: Full Moon in Scorpio—The Courage to Be Seen Full Moon in Scorpio | Beltane Date: May 1, 2026



Energies at a Glance | Full Moon in Scorpio

- **Deep Truth & Radical Honesty** - Scorpio does not do surface level. This Full Moon shines her light into the deepest, most hidden corners of our inner world—illuminating what we have been avoiding, denying, or keeping carefully out of sight, even from ourselves. What is asking to be seen honestly right now?
- **Death & Rebirth** - Scorpio is the sign of profound transformation—not the gentle, gradual kind, but the kind that requires something to truly end so something new can be born. This Full Moon marks a powerful completion point. What has run its course? What is ready to die so that something more aligned can rise in its place?
- **Shadow Integration** - This lunation invites us to turn toward the parts of ourselves we have judged, suppressed, or exiled—our anger, our grief, our desire, our power—and to begin the sacred work of bringing them back into wholeness. Our shadow is not our enemy. It is the part of us most in need of our compassion.
- **Power & Sovereignty** - Scorpio rules personal power—not power over others, but the deep, unwavering power of someone who knows herself completely and refuses to abandon herself for the sake of comfort or approval. This Full Moon asks: where have you been giving your power away, and are you ready to reclaim it?
- **Sacred Endings** - The Full Moon in Scorpio, especially falling on May 1st—Beltane in the Celtic Wheel of the Year—carries the energy of a sacred threshold. We stand between worlds, between what was and what is coming. This is a powerful time to consciously honor and release what is complete, making room for the new life that is already stirring.

Greetings Magick Maker,

There is something particularly potent about this Full Moon.

She falls on Beltane—May 1st—one of the most sacred fire festivals on the Wheel of the Year. A day when the veil between worlds grows thin, when the energy of life force and

possibility is at its peak, and when we are invited to step across a threshold into something new.

And she rises in Scorpio—the sign that does not allow us to stay on the surface, no matter how comfortable the surface has become.

Together, these energies create something extraordinary. A portal, really. An invitation to do the most courageous and most sacred work any of us will ever undertake.

The work of being seen.

Not the edited, filtered, socially acceptable version of ourselves. Not the version that has learned to perform and accommodate and shrink in all the right places. But the real version—the one that lives beneath the masks and behind the curtains of our conditioning. The one that has been quietly waiting, sometimes for decades, for someone—beginning with ourselves—to finally look her in the eye and say: *I see you. And you are enough.*

This Full Moon in Scorpio is shining her light directly into that space.

She is illuminating the places where we have been telling ourselves stories instead of our truth. The ways we mask our need for validation by using the excuse of needing clarity. The habits and patterns and narratives we have been carrying for so long that they have begun to feel like they are us—when in truth, they are simply the mask we learned to wear so that we would be loved, accepted, and safe.

Scorpio does not ask us to rip the mask away all at once. She is not cruel. But she is unflinching. And she will keep shining her light into those hidden places until we are ready to look.

This Full Moon window is an invitation to look.

Not with judgment. Not with the expectation that you will have it all figured out by morning. But with the same gentle, unwavering curiosity you would offer a woman you love deeply—the kind of looking that says: *I am not afraid of what I find here. I am willing to see.*

Because here is what Scorpio knows, and what Beltane confirms: on the other side of the unmasking, there is not emptiness. There is not shame. There is not the ruined version of yourself you have perhaps been afraid to find.

There is treasure.

There is the woman you were before the conditioning layered itself over you. There is your truth, your power, your sovereignty, your magick—all of it intact, all of it waiting, all of it

yours.

This is the most important work. And this Full Moon is one of the most powerful invitations you will receive all year to begin it—or to go deeper into it, if you have already started.

Trust what surfaces during this Full Moon window. Trust what she illuminates. And be gentle with yourself as you look.

You are not here by accident. And what lies beneath the mask is not something to be feared.

It is something to be celebrated.

With honor, trust and sacred devotion,
Kim 

Reflection Prompts for This Full Moon

Gentle Reminder...

Whether you contemplate these questions in the quiet of the morning, during a walk, or seated in front of your altar with your journal—the most important thing is to give them some time and energy during the Full Moon window.

I normally define the Full Moon Window as the day before, day of and day after the date the Full Moon falls upon.

Here are your reflection prompts for this Full Moon:

- Where in my life have I been telling myself a story instead of my truth—and what might I find if I looked beneath that story with genuine curiosity and zero judgment?
- What parts of myself have I kept hidden, dimmed, or carefully managed for the sake of being accepted, loved, or safe—and what would it mean to begin allowing those parts to be seen?
- Where have I been giving my power away—through people-pleasing, over-giving, shrinking, or self-abandonment—and what would it feel like to begin reclaiming it?
- What is complete in my life right now—what has run its course and is ready to be honored and released—so that something more aligned can rise in its place?

Invitation Into Sacred Practice

Your Sacred Rhythms membership exists to not only help you develop a relationship between yourself and the Moon, it also serves as a simple, yet powerful way to create a sustainable spiritual practice over time. But the truth is, practice is a verb, and your engagement is necessary. No grand gestures required, just follow your own rhythm, flow and trust your inner knowing, then let your practice unfold over time.

Here is a gentle way to lean into your practice during this Full Moon Window:

1. Give yourself the space to sit with the *Energies at a Glance* and see what stands out to you and then feel into why that might be. Remember, there are no right or wrong answers, just allow yourself to acknowledge what comes up without judgement.
2. Read through the reflective prompts and allow your unfiltered response to land in your body.
3. Full Moon energies are a time for setting intentions around release. What is one thing that was revealed during your reflections that you are willing to commit to releasing?

Please be gentle with yourself—it is likely that whatever needs releasing, took years to root in and take shape in your life and it will not be eradicated in one intention set on a Full Moon. However, with consistent practice over time, you will experience a shift, as long as you make and keep the commitment to yourself to let it go.

Try not to see this as an act of self-improvement—but rather an act of sacred devotion to yourself and to your truth.

Let your actions be simple, realistic, and most importantly kind. 💜