SELF-ACCEPTANCE

In the Dark We Shine

A SCORPIO NEW MOON CYCLE GUIDE

November 9 – December 7, 2026

Welcome to In the Dark We Shine

How often have we told ourselves that we'll make a change when the time is right, when we have more information, or when we finally feel ready? We wait for reassurance that we're making the right decision, hoping that if we think things through long enough, the uncertainty will disappear. Yet some of life's most important decisions arrive without guarantees, and sometimes the very patterns that once helped us feel safe become the ones keeping us from moving forward.

Self-acceptance isn't about approving every decision we've made, excusing the behaviour of others, or convincing ourselves that everything happens for a reason. It's about acknowledging where we are today, including what we understand, what we wish had been different, and what remains beyond our control. We can recognize the part we've played in our experiences without allowing those experiences to determine every choice we make next. We can value the independence we've developed while also recognizing when it has become a barrier to connection.

Throughout this Scorpio New Moon cycle, we'll explore what happens when familiar ways of living no longer fit, when accepting support feels more difficult than facing a challenge alone, and when unexpected opportunities ask us to reconsider what we thought was possible. We won't always find the answers we're looking for, and some of the questions we begin with may change along the way. We don't have to wait for the darkness to disappear before discovering how bright the present moment is.

What Is Self-Acceptance?

Self-acceptance is often mistaken for being satisfied with everything about ourselves or learning to live with circumstances we'd rather change. But accepting where we are doesn't mean we have to approve of everything that brought us here. We can acknowledge our mistakes, recognize the ways we've been hurt, and admit that some of our choices no longer reflect who we want to become. Acceptance begins when we stop arguing with what has already happened and start considering what we can do with what we know today.

Sometimes the hardest part of self-acceptance is recognizing that the strength we've spent years developing has also taught us to keep others at a distance. We may have learned to rely on ourselves because we had no other choice, because asking for help led to disappointment, or because doing everything alone felt safer than trusting someone else. Those experiences helped shape who we are, but they don't have to determine how we live today. We can be capable, independent people and still need companionship, encouragement, advice, or someone willing to share the responsibility. Accepting ourselves doesn't require us to remain the same. It gives us permission to change without rejecting the person we used to be.

Self-acceptance also asks us to make room for what we cannot predict. When we allow other people into our lives, we cannot control everything they think, offer, or do. Their ideas may challenge our assumptions; their support may arrive differently than we expected, and the outcome may not resemble the plan we originally imagined. We still have a responsibility to make our own decisions, but we don't have to discover every possibility alone. Sometimes moving forward begins with accepting that someone else might see something we cannot.

Vasilisa and Baba Yaga

Finding Our Way Through the Unknown

Vasilisa is a young girl whose mother leaves her a small wooden doll before she dies, promising that it will help her when she needs guidance. Years later, Vasilisa's stepmother and stepsisters send her into a dark forest to retrieve fire from Baba Yaga, a fearsome witch who lives in a hut surrounded by a fence of human bones. With no way of knowing what awaits her, Vasilisa takes the doll and enters the forest, carrying the one source of support her mother left behind.

When Vasilisa reaches Baba Yaga's dwelling, she is given a series of seemingly impossible tasks. She must complete an overwhelming amount of work before Baba Yaga returns, including separating good grains from spoiled grains and picking tiny poppy seeds out of dirt. Tasks so painstaking that completing them in the time allowed seems impossible. And failure is not simply a disappointment. Baba Yaga threatens to devour her if the work remains unfinished. Rather than attempting everything alone, Vasilisa turns to her doll for help.

With the doll's assistance, Vasilisa survives Baba Yaga's demands and is eventually sent home carrying fire inside a skull with burning eyes. When she returns, the fire illuminates the home she once knew, but its purpose is far more terrible than simply providing light. The skull's burning eyes follow her cruel stepmother and stepsisters wherever they turn, until the flames consume them. Vasilisa had entered the forest seeking fire, never imagining what bringing it home would mean. The home she once knew could never be the same.

Vasilisa's story reminds us that courage doesn't always come from knowing what to do. Sometimes it comes from taking the next step while we're still uncertain, recognizing when we need help, and allowing our experiences to change what we thought was possible. We don't have to reject everything that brought us to where we are, nor do we have to keep living by patterns that no longer serve us. Like Vasilisa, we may discover that what we carry out of the darkness changes how we see life waiting for us.

Read the full blog: Read: Vasilisa the Beauty

How to Use This Workbook

This workbook is designed to accompany the four weeks of the Scorpio New Moon cycle, but you can explore it at your own pace. Each section begins with a summary of the corresponding blog, followed by activities that invite you to recognize familiar patterns, consider different perspectives, and make meaningful changes in your everyday life. You don't need to complete everything in one sitting, and you certainly don't need to have all the answers before you begin.

Each week follows three simple steps. Notice invites you to look at your experiences and recognize what may be influencing your choices. Do encourage you to take one practical step beyond reflection, whether that's changing an old response, asking for support, or allowing someone else's perspective to influence what happens next. Reflect gives you an opportunity to consider what you've learned, including what surprised you and what remains uncertain.

Throughout the workbook, you'll also find a space called What I Don't Know Yet. Rather than treating uncertainty as something you must immediately resolve, use this space to acknowledge the questions you're still carrying. At the end of each week, our Dark / Light reflection invites you to recognize what's still hidden and what's beginning to shine. As you move through the four weeks, you may discover that something you couldn't understand at the beginning looks quite different in the end.

Most importantly, this workbook isn't about completing every activity perfectly or proving how much you've changed. It's about participating in your own life, recognizing when you need support, and allowing yourself to move forward without knowing exactly how everything will unfold. You don't have to do everything alone, and you don't have to have everything figured out to take the next step.

New Moon in Scorpio: What the Darkness Reveals

November 9, 2026 | 16°53' Scorpio

The November 9 New Moon begins in Scorpio, the fixed water sign that takes us beneath the surface of what we think we know. Scorpio has a way of bringing us face to face with uncomfortable truths, familiar patterns, and the things we've learned to keep hidden, sometimes even from ourselves. Unlike the usual invitation to plant new intentions, this New Moon asks us to consider what we're still holding on to and whether it deserves a place in what comes next. We may sense that something needs to change without knowing exactly what that change will require. There are no guarantees, no clear view of the road ahead, and no promise that what we discover will be comfortable.

Mars, Scorpio's traditional ruler, is in Leo, challenging the New Moon alongside Jupiter and the South Node. This creates tension between the truths beginning to emerge and the familiar stories, loyalties, and ways of protecting ourselves that we've carried for years. Jupiter amplifies the pressure, while the South Node draws attention to old habits and attachments that may have outlived their purpose. With Mercury retrograde in Scorpio, we're also being asked to look again, reconsider what we thought we understood, and question whether our first interpretation tells the whole story. The challenge isn't simply recognizing what may no longer fit. It's resisting the temptation to react as we always have before we've taken the time to understand what we're facing.

The Russian folktale of Vasilisa the Beautiful offers a fitting image for this New Moon. Sent into a dark forest to face Baba Yaga's impossible tasks, Vasilisa cannot rely on knowing the outcome before she begins. She must pay attention, learn to distinguish one thing from another, and accept help along the way. Her story reminds us that moving forward doesn't always require certainty. Sometimes acceptance begins with acknowledging that the old way may no longer serve us, even when we cannot yet see what will replace it. This is where our Scorpio New Moon cycle begins, at the edge of the forest, with an empty basket and the willingness to discover what truly belongs in it.

Read the full blog: New Moon in Scorpio: What the Darkness Reveals

Week 1: Outgrowing Old Patterns: When the Past No Longer Feels Like Home

How much of ourselves have we sacrificed to preserve something familiar? And what happens when we reach the point where we’re no longer willing to pay that price?

Scorpio season has a way of bringing us face to face with what we've kept buried, tolerated, or quietly hoped would change. Old expectations resurface, memories pull at us, and situations we thought we understood suddenly demand a different response. We may still love the people, traditions, and experiences that shaped us, but that doesn't mean we must continue living by every rule we inherited.

Outgrowing old patterns can be uncomfortable, especially when choosing differently means disappointing others or stepping into circumstances we cannot predict. The pressure to act can be intense, yet there's a difference between finding the courage to make a change and allowing years of frustration to make the decision for us.

Like Vasilisa standing at the edge of the dark forest, we may not know what awaits us. We only know that returning to what we've always done is no longer the answer. This week's reflection explores the pull of the past, the cost of remaining where we no longer belong, and the courage to take that first step without knowing where it will lead.

We don't have to abandon ourselves simply because we cannot see the entire way forward.

Read the full blog: Outgrowing Old Patterns

NOTICE — The Cost of Familiarity

- What am I continuing to carry because it feels familiar?
- What did this once give me?
- What is it costing me today?
- What I Don't Know Yet — What uncertainty can I acknowledge without forcing an answer?

DO — Make One Small Change Real

Choose one manageable action that interrupts an old habit or expectation. Say no where you would normally say yes, step away from an unnecessary obligation, or choose based on what you need today. Notice whether the discomfort comes from the decision itself or simply from doing something unfamiliar.

REFLECT — Dark / Light

What's Still in the Dark? What am I still uncertain about or not yet ready to change?

What's Starting to Shine? What am I beginning to recognize about myself or my choices?

Week 2 — Finding Support: Learning to Let Someone In

As the Moon reaches its First Quarter in Aquarius, the Sun in Scorpio brings our private emotional world into tension with the ways we've learned to stand on our own. We may know what needs to change, but allowing someone else to witness that change can feel surprisingly difficult.

We can spend years breaking old patterns, learning to trust ourselves, and becoming stronger through difficult experiences. Yet somewhere along the way, we may have become so accustomed to carrying everything alone that we no longer know how to let someone share the weight.

Changing an old reaction doesn't mean every uncomfortable feeling disappears. Even when we've made a conscious choice, we may still carry hurt, disappointment, or uncertainty long after an encounter has ended. And when we slip into familiar behaviour, it's easy to overlook how much progress we've already made.

Sometimes what we need isn't another conversation with ourselves, but someone who can listen, offer a different perspective, or remind us of the victories we've forgotten to celebrate.

As Vasilisa approaches Baba Yaga's dwelling, she carries the little doll her mother gave her, a source of guidance in unfamiliar territory. Her journey reminds us that finding our own strength doesn't mean we must face every challenge without support.

But recognizing that we need a connection is only part of the journey. What happens when the very independence that helped us survive begins to keep others at a distance? And can we learn to trust someone enough to let them see the parts of ourselves we've spent so long protecting?

Read the full blog to explore the old patterns that can hide beneath self-reliance, the emotions we carry in silence, and the courage it takes to let someone in.

Read the full blog: Finding Support

NOTICE — Where Have I Closed the Door?

What was happening when I chose to handle something alone?

What made asking for or accepting help difficult?

What kind of support would have genuinely helped?

What I Don't Know Yet — What uncertainty can I acknowledge without forcing an answer?

DO — Open the Door a Little

Choose one person you feel comfortable approaching and ask for something specific: listening, advice, or help sharing a task. Make the request clearly rather than hoping they notice. Accepting support does not mean handing over responsibility; you still decide what to do with it.

REFLECT — Dark / Light

What's Still in the Dark? What still feels difficult about allowing support?

What's Starting to Shine? What did I learn when I made room for support?

Full Moon in Gemini: Everyone Loves a Good Mystery

November 24, 2026 | 2°19' Gemini

The November 24 Full Moon in Gemini brings curiosity, unanswered questions, and the possibility that something unexpected is unfolding right before our eyes. With Mercury continuing its investigation in Scorpio, not all the information is available, and what we believe to be true may be only part of a much larger story. The Sun in Sagittarius encourages us to look at the bigger picture, but sometimes the details and the meaning we've given them don't quite agree. This Full Moon reminds us that understanding isn't always immediate, and even the most convincing explanation can change when new information comes to light.

With Uranus joining the Moon shortly after it reaches its fullness, the unexpected becomes part of the story. Something we considered impossible may suddenly become possible, while an ordinary moment could turn out to be a turning point we won't recognize until much later. Like Vasilisa completing Baba Yaga's impossible tasks, we may discover that circumstances don't always unfold according to the rules we thought we understood.

But recognizing a turning point and understanding what it means are two very different things. Mercury is still investigating, and the significance of what happens beneath this Full Moon may not become clear for some time. Not every mystery needs to be solved today, and not every surprise arrives with an explanation. Sometimes the most important thing we can do is remain curious, question what we've assumed, and leave room for possibilities we haven't yet imagined.

Read the full blog: Full Moon in Gemini: Everyone Loves a Good Mystery

Week 3 — Learning to Trust: Breaking the Pattern of Doing Everything Yourself

As the Gemini Full Moon brings new perspectives and unexpected possibilities into view, we explore a pattern that can be difficult to recognize: our insistence on doing everything ourselves. After years of relying on our own strength, accepting another person's advice or contribution can feel uncomfortable, especially when we're accustomed to being in control.

Through Vasilisa's trust in her little doll and Margaret Wheatley's reflections on meaningful conversation, we discover that accepting help doesn't mean surrendering our judgment or abandoning responsibility. Sometimes another person sees something we've overlooked, offers a better approach, or makes a difficult task easier. Other times, things don't go as planned, challenging us to communicate, adjust, and learn rather than retreat into old habits.

This week, self-acceptance invites us to recognize that independence and trust can exist together. Breaking patterns isn't about depending on everyone who offers to help. It's about remaining open to what others can contribute and discovering possibilities we might never have found on our own.

Read the full blog: Learning to Trust

NOTICE — Am I Open to Another Way?

What is my first reaction when someone suggests a different approach?

When have I dismissed an idea because it wasn't my way?

What opportunity might I have overlooked by insisting on my plan?

What I Don't Know Yet — What uncertainty can I acknowledge without forcing an answer?

DO — Let Someone Else's Idea Have a Chance

Choose a situation where you would normally take charge. Invite another perspective, listen without immediately defending your approach, and consider trying one part of the suggestion. You remain responsible for your choices, but allow another person's contribution to influence what happens next.

REFLECT — Dark / Light

What's Still in the Dark? What makes it difficult to trust an approach that isn't mine?

What's Starting to Shine? What new possibility or perspective am I beginning to recognize?

Week 4 — At the Crossroads: The Truth About Moving Forward

As the Scorpio New Moon cycle draws to a close, we arrive at a crossroads where the truths we've uncovered ask something of us. Old patterns may resurface just when we thought we'd moved beyond them, tempting us to return to familiar ways of handling disappointment, disagreement, or uncertainty. But the lessons we've learned haven't disappeared. We can recognize those reactions, acknowledge the part we've played in our experiences, and decide whether the choices that once protected us still reflect the people we're becoming.

As the Moon moves through its final phases, relationships also come into sharper focus. Some connections have grown stronger because we've learned to listen, trust, and make room for another perspective. Others may no longer be what we believed them to be, and accepting that truth can change the direction of our lives. Moving forward doesn't mean dismissing what mattered or regretting the decisions we've made. It means recognizing that people change, relationships evolve, and sometimes the greatest opportunities emerge when we stop insisting that everything remain as it was.

Like Vasilisa returning from Baba Yaga's darkness with the fire she'd earned, we carry the wisdom of our experiences into a future we cannot yet see. Throughout Self-Acceptance: In the Dark We Shine, we've explored the patterns that kept us alone, the courage it takes to accept support, and the trust required to let others contribute to our lives. Now we discover that the fire we've been searching for has become part of us. We can stand on our own without closing ourselves off, welcome new people without knowing where those connections will lead, and move forward without having every answer. The road ahead remains unwritten, and we no longer have to discover its possibilities alone.

Read the full blog: At the Crossroads

NOTICE — What Has Changed?

What familiar pattern am I now able to recognize more clearly?

What truth about myself, a relationship, or a situation am I ready to acknowledge?

What would moving forward look like if I allowed that truth to guide my next decision?

What I Don’t Know Yet — What uncertainty can I acknowledge without forcing an answer?

DO — Let Your Next Choice Reflect What You Know

Choose one thoughtful action that reflects something you now recognize as true. It might be a conversation, a changed expectation, a stronger connection, or a boundary. Let the choice come from what you know today rather than an automatic reaction. You do not need to know how everything will unfold.

REFLECT — Dark / Light

What’s Still in the Dark? What remains uncertain as I prepare to move forward?

What’s Starting to Shine? What strength, understanding, or possibility am I carrying forward?

Closing Reflection

Self-Acceptance: In the Dark We Shine

We began this Scorpio New Moon cycle exploring the patterns we've carried for years, some because they once protected us, others because they had become so familiar that we stopped questioning them. Along the way, we considered what it means to let someone in, to accept a different perspective, and to recognize opportunities that don't arrive as expected. We may have discovered that some things are worth preserving, others are ready to change, and not every question needs an immediate answer.

Self-acceptance doesn't mean we've overcome every old habit or that uncertainty no longer makes us uncomfortable. We may still hesitate, react in familiar ways, or find ourselves wanting to handle everything alone. But we can recognize those moments without allowing them to define what happens next. We can appreciate the strength that brought us this far while making room for the people, experiences, and possibilities that might help us go further.

As we prepare to enter a new Sagittarius Moon cycle, the focus begins to shift from what we've uncovered to what we might discover beyond it. We don't need to know where every road leads before choosing a direction. Some answers will come through experience, some through the people we meet, and others may change as we learn more. The darkness hasn't necessarily disappeared, but we've learned that we don't have to wait for it to disappear before moving forward.

One Last Reflection

What would I do differently if I stopped waiting until I knew how everything would turn out?

Has my answer changed? What do I recognize now that I couldn’t see before?

What is one thing I want to carry forward into the next cycle?

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