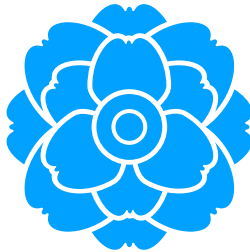


# FULL MOON RELEASE

I GIVE GRATITUDE TO THE UNIVERSE FOR PROVIDING EVERYTHING I NEED.  
I TRUST THAT SPIRIT IS ALWAYS TAKING CARE OF ME.

Set aside 15-30 minutes to do the practice itself. If possible, create yourself a sacred space where you can carry out the ceremony with the full moon.



**Get comfortable**  
**Light a candle**  
**Listen to calming music**  
**Paper & Pen & Bowl**  
**Preferable in the light or sight of the**

A prayer for protection and guidance like this or one that you feel connected to:

**“Spirit/ Universe/ Angels”, I ask for your divine guidance and protection during this Full Moon ceremony. May all that is done be for my highest good and the highest good for all generations to come. I give deep gratitude for the blessings you have given me in the last month including:\_\_\_\_\_ . I trust that you will always take care of me, as you have done since the beginning of my existence. Amen/ And so it is or something similar.**

**Meditate for 10 minutes or longer.**

**Connect** with your breath.

Silently ask Spirit to help you release what needs to be released at this time.

**Trust** what you hear, see or feel.

Continue to meditate than come out slowly.

Journal what it is that you need to release now that you are in a good space and your intuition is centred and peaceful.

**Ask** yourself what no longer serves you in your life, be it a daily habit, old beliefs of value and abundance or negative word of self-talk or clutter.

On individual slips of paper begin to write down what you want to release at this time. Get the fire, or your bowl to burn the paper, are you ready?

Say the following prayer/affirmation until you feel yourself smiling:  
**"For my highest good and for the highest good of all, I release all that no longer serves me. I release clutter, negative words and people, and all things that hold me back from all the love, joy, good health, abundance, prosperity, and peace that I came into this life with. These things are my birth-right and I claim them all now."**

### **It is now time to release.**

Take each piece of paper and read it out loud before putting it into the fire or lighting a match to it. (Visualizing this will also work if unable to do the fire ritual)

After you read each item out loud, say

**"You no longer serve my highest good. Be gone once and for all. I am done with you."**

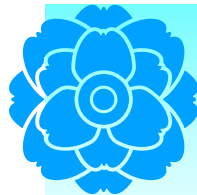
Be bold and affirming when you say this each time. The Universe reads energy better than words, so feel and speak with conviction how truly done you are with each of these things in your life. Jump up and down, do a dance or wave goodbye to each of the items you burn.

After all of your items have been burned, offer gratitude:

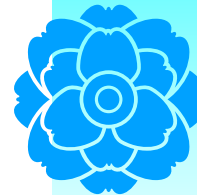
**"Thank you, Spirit/ Universe, for how these things have served me until this point in my life. Thank you for removing these things that no longer serve me. And so it is."**



Full moon is the perfect time to cleanse yourself and crystals or sacred items by re-charging in the moonlight.



The full moon comes with amazing energy and some might say a crazy energy 3 days before and 3 days after.



The Full Moon is Forgiveness and Gratitude. This a time to clear and clean your energy and practice forgiveness and gratitude.