

RELEASING WITH *The Full Moon*



Step 1

Cleanse all of your crystals. Get into the routine of cleansing all of your crystals at the Full Moon and at the New Moon.



Step 2

Play some soft spiritual music, light a candle and some incense and take some time to raise your vibration by thinking about all of the things you are thankful for in life.



Step 3

Put the date on a piece of paper and write the following Full Moon statement underneath:

"Under this full moon I release anything that is no longer serving my highest good or limiting me from living my best life for my highest good and for the highest good of all concerned."



Step 4

Answer the following questions onto the paper:

- Am I playing small in any areas of my life?
- Do I feel abundant and flowing in all areas of my life?
- Do any situations in my life feel draining, negative or won't shift no matter how hard I try?
- What am I fearful about?
- What's the worst thing that could happen in this situation? What's my plan B? Am I OK with both outcomes happening and do I trust that the universe is protecting me here?
- Who do I need to forgive?
- What do I need to forgive in myself?



Step 5

Next, make a list of all the emotions, situations, limiting beliefs, people, and so on that you are ready to let go of and forgive



Step 6

Once you've finished your list, sign it. In a safe place, and preferably under the glow of the full moon, burn the list and whilst it burns, say out loud:

“Angels of the Full Moon, I am now ready and willing to let this all go. I forgive everything, everyone, every experience, every memory of the past or present that needs forgiveness. I forgive positively everyone. I also forgive myself of past mistakes. The universe is love, and I am forgiven and governed by love alone. Love is now adjusting my life. Realizing this, I abide in peace. Universe, I trust that you will bring me whatever is for my highest good. I ask that you acknowledge this surrender and support me along the process. Thank you. And so it is!



Step 7

Call upon Lady Ariel three times. State the following: "Lady Ariel, thank you for embodying me with your strength and love. May I now overcome the fears stated in this list and all others that come before and after them. I know and trust that all is well and I'm safe at all times. And so it is.'

Call upon Lady Mary three times. State the following: "I forgive everyone on this list, those before them and after them, on all levels of time, space, dimension, and being. I forgive everything that has come forward to be absolved and banished. I choose forgiveness. I choose wholeness and perfect health. I choose love. I choose me. Thank you. And so it is."

Together with The Angels of the moon, Archeia Ariel, Archei Mary, the cleansing fire and your intentions, you will begin to banish and clear your blockages and fears.



Step 8

Now bring everyone and every feeling on your burnt list into your heart, wrapping everything and everyone in pure, loving goodness. Surrounding them in pink loving light.

Affirm aloud "I release myself from all negative emotions that remain. I call in Love and peace instead.

Turn your thoughts to the people, emotions and feelings you are grateful for. Who or what are you grateful for? What would life be like without these people or things? Say out loud 'I know that I am blessed and I live my life within that knowing'