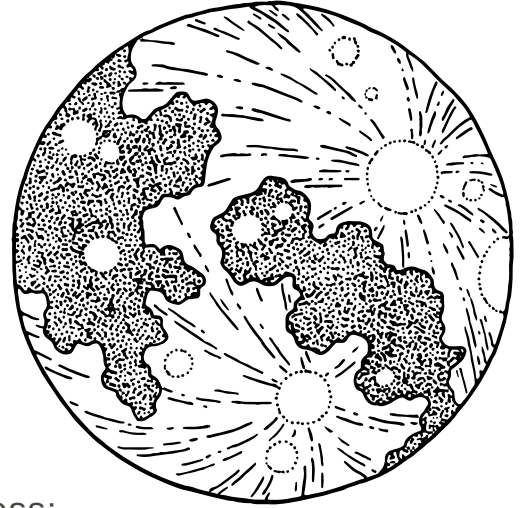


How to use your worksheet...



Releasing with the Full Moon

By Charlie Edwards

Working with the moon is super powerful and it doesn't have to be complicated. Full moons are for letting go and releasing. This creates space for all of the new things you desire. This worksheet will explain how to complete your moon work with the full moon step by step. Let's dive right in

What do you need to let go of?
What's been bugging you? What do you keep going over and over in your mind, but know you can't change?
This may be recent situations or it could be deeper trauma or things from the past that you can't seem to move on from. Things to consider...

- anger
- patterns
- memories
- bad habits
- frustrations

All of these things are lower vibrations that no longer serve you.

Forgiveness;

The ultimate healer.

What or who do you need to forgive?
Are there mistakes you made in the past that you regret? Have you forgiven yourself as well as others?

Forgiveness is not always easy but it's essential to move in the right direction.

Forgiveness takes time and there is no rushing this process. When you write it you need to mean it. This may result in a few tears. That's fine, it's the perfect release. Let it flow.

Ending the ritual: I always recommend burning your sheets for symbolism and the fact that we don't really want to be carrying around a low vibe piece of paper. How you burn yours is up to you. But use the visualisation and then know you have created space tonight for new and fabulous things to come into your life.

Feels Good, doesn't it?

Full Moon Release

DATE

♥ I AM LETTING GO OF...

THANK YOU THANK YOU THANK YOU

1

2

3

4

5

6

7

8

9

10

11

Read through your list and one by one say " I NOW RELEASE.....WITH LOVE AND LIGHT AND SO IT IS"

" Dear Universe,
I am ready to manifest joy,
love & abundance into this
moment by creating space for
the new."

♥ MY FORGIVENESS LIST..



visualize each of these situations or people, see the cut cords being cut between you and them. Then imagine them surrounded in a bubble of love as they float away from you.

Finally...

- Take a quiet 10 minutes to focus on your breathing in silence
- Visualise your desires releasing floating away towards creation.
- Finish with the affirmation on the left & then burn your sheet.

Oceans of Cosmic Love

Charlie xx