

The Full Moon is a potent time to say goodbye to the stories of the past and to free yourself from any stresses, burdens, or anxieties that you no longer wish to carry.

It is also a great time to bring resolution or let go of anything unresolved that has been brewing.

While there is support from the Moon to do release work around this time, there is also a powerful vibration of healing too, so we can feel recharged and restored.

This ritual is best done on December 12 but will still be effective through the 19th.

You will need:

- Smudging tool of choice (sage or Palo Santo)
- Candle (preferably white)
- Bowl of water or burning bowl
- Paper and Pen
- Cup of herbal tea or hot water with lemon (cleansing) for drinking during the ritual
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Directions:

1.) Have your ritual ingredients including your hot drink prepared and to the side. I suggest putting your hot drink in a thermos in order to keep it warm until needed. Start by smudging your aura and then your surroundings. As you smudge your aura, feel free to recite~

“Another year is about to pass, another 10 year cycle complete. I give honor and thanks to myself for all I know, all I have grown, and the many times I have chosen love over fear. I honor my journey, my emotions, and my path, but I now ask Mother Moon, the Universe, and the counsel of light and love to cleanse and release me of all that no longer serves. I am cleansed. I am healed. I am restored. I am cleansed. I am healed. I am restored. Thank you.”

As you cleanse your surroundings, feel free to recite~

“I cleanse the energy of this space to make room for lightness, joy, peace, and prosperity. May all those that walk through here feel protected; may my work today and all days be protected. May all the beings of light and love bless this space with health, with healing, and with love. This space is cleansed. This space is free. Only love and light dwells here. Thank you. Thank you. Thank you.”

2.) Start by doing a guided grounding meditation and using your Young Living Grounding Oil. This meditation and oil will help to cultivate inner peace and get you in the right space for the writing prompts.

3.) Take your pen and paper and choose one of the following journal prompts to work with. Allow your intuition to guide you to the prompt that is best for you- this usually means that you go with your first instinct!

- Write a letter to someone you are holding resentment, anger, or frustration towards or an ex-partner or loved one who has crossed over. You are not physically going to send this letter to the person, so don't censor yourself. Start your letter with Dear _____ and then just get all your feelings, grief or angst out on paper.
- Write a letter to your past self. Pretend that you are writing a letter to who you were at the start of the year but with the knowledge you have today. Think of yourself as a wise spirit guide offering guidance for 2019. What messages or insights would you share with yourself? What advice would you offer? (Do your best to be kind!)
- Use the journal prompts- “I am ready to release...” or “I no longer want to carry...” Write until all your thoughts, feelings, and words are out on paper. Aim for at least 15 minutes or more and challenge yourself to keep writing. The more you write the greater chance you have of being able to dig deeper and have a

breakthrough. Even if you get stuck, come back to your prompt and ask questions until you get back into the flow.

4.) With your writing in front of you, take a moment to reread it. Try not to judge, just notice any points that stand out or notice any breakthroughs you may have felt while writing. Acknowledge any thoughts and feelings that come up.

5.) Guided Meditation for Alchemizing Energy ~ you might want to journal about your experience of this meditation.

6.) When ready, take your writing and begin ripping it into long strips. As you rip, recite the following three times or feel free to say what you feel in the moment~
"I release and let go of all that no longer serves. I am free of this. I am released of this. Thank you."

7.) Take your strips and burn them using the light of your candle and let them burn completely in the burning bowl or drop them in the bowl of water.

8.) After you have finished burning all the strips take 3-4 deep breaths. Perhaps stand up and shake out your body and stretch just to get a little movement and energy flowing after all the release work.

9.) Take your herbal tea or hot lemon water and hold it in your hands. Feel the warmth of the mug comforting you after all that releasing!

Holding the mug in both hands, recite the following or feel free to say what you feel in the moment. After reciting, take a sip of your drink-

"A new decade, a new year is now here. I love myself for all I have been through. I forgive myself for all I have been through. As I have traveled, I have discovered how wise I am, how loved I am, just how strong I am. May the work of this ritual help to release me of all that is heavy and all that no longer serves a place in my life moving forward. As I sip, I allow this warm drink to heal and soothe me, to nourish me from the inside out. I am safe. I am protected. I am loved. I am healed. I am comforted. (Take a sip). I am safe. I am protected. I am loved. I am healed. I am comforted. (Take a sip). I am safe. I am protected. I am loved. I am healed. I am comforted. (Take a sip)."

10.) To close the ritual, place your hands over your heart and just thank yourself for taking the time to do this ritual, to take yourself, and to honor yourself for the year gone by.

Snuff out the candle and discard the water and/or burnt papers. (Please recycle the papers and throw the water in some plants if you can!)

Consider cleansing the candle by smudging it before using it again.