



RELEASING RITUAL

How to Prepare for the New Moon

RELEASING RITUAL:

What you need:

~piece of paper

~pen

~fire proof bowl or in a pot over your stove

~a lighter

INSTRUCTIONS:

1. Find a quiet place to sit and reflect on this question:

What do I need to let go of and no longer serves me.

Take 3 deep breaths and connect to your heart and higher self before you create your list.

2. Write a list of all the things that no longer serve you.

Don't forget to include feelings you carry of past events in your life.

I wasn't feeling very angry or frustrated today when I recorded the video but I have created loooong lists when I am feeling angry or annoyed.

Getting all those thoughts and emotions out of my head and on to a piece of paper always makes me feel better!

3. Grab your lighter and go to your fire safe bowl or your stove and light it on FIRE!

make sure you are able to collect the ashes when you are done.

4. Collect some of the ashes.. (you don't need to collect every single little ash) go outside and let the wind blow it away!!

5. You are now ready to set your New Moon Intentions next week on MONDAY APRIL 16TH!

Let me know how it goes for you!