

Full Moon Releasing

Each Full Moon is an opportunity to allow that which comes forward for farewelling to be sent off with appreciation and gratitude for the lessons and blessings.

Below are 3 tips to help you ride this gorgeous New Moon Energy

1 Allow it to come forward to heal

However you are feeling you need to let that which is bubbling under the surface to come forward for shifting.

Tears are such an amazing way in which to process how you are feeling and one of the best ways to release that which no longer works.

2 Be gentle with yourself

You are human and need to remember that wounds heal. Wrap yourself up in a beautiful blanket as you feel the support of the Divine as you let go of hurt, anger, frustration for better energy to come on in.

3 Be Grateful

Be grateful for the experience no matter how much it brought you to your knees as it will shape you as a water does a river rock.

Rest in the knowledge that you are on a Divine mission to learn and experience and that you will be more than ok.



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There is no right or wrong way to do this although I am going to walk you through what works for me.

Please feel free to tweek it for yourself.

Grab pens/markers/stationary that you want to use to pretty up your wish list.

Light a candle and call in your Spiritual Pit Crew for assistance.

First, start writing your "Release List".

Now sit back and look at your list.

It is completely your choice if you choose to burn the list and send the intentions out into the Universe or if you choose to keep them tucked away in your journal. Again, there is not right or wrong way - follow your own.

Now its time for you to focus on what you are grateful for.

You can write it out onto paper or sit and run through it in your mind.

Blow out the candle and thank your Spiritual Pit Crew for their assistance.



Kim Williams
- Flourish R&R -



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Lined writing area consisting of 23 horizontal grey lines spaced evenly down the page.



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Let the waters settle
and you will see the moon
and the stars mirrored in
your own being.

Rumi