

Full Moon

fun, tips and how to
work with the energy



Quieten your mind and become still as around the Full Moon is when we tend to receive clearer downloads of information from the collective consciousness as well as vibrational upgrades.

-- Kim Williams --

Full Moon energy is amazing for woo peeps as it really does shine a light on what needs to be removed from our lives. Every month, we are asked to release what no longer works within and around us to make room for the new that will come on in.

In the following pages, I have information for you that will help you to ride out this heightened energy for your highest good. Please don't over complicate this - go with what feels good in you gut and allow your inner warrior lead you.

Full Moon Info

The Full Moon spotlights the darker side of ourselves and asks us to see where we need to release, revise and bring forward for dealing with. This may be a relationship that needs to be farewelled or even that you have been working way to hard and now need to invest in a good old fashioned dose of self-care.

Two rather important themes of the Full Moon are gratitude and forgiveness. Please remember that forgiveness isn't about you letting the other person off the hook but rather a way of letting yourself no longer feel hurt or upset by the actions of others. A Full Moon is perfect timing for writing a list or letter of peeps you need to let go of and release the hurt they may have caused you.

Gratitude will help you to notice all that the Universe has gifted you already. If you can't take the time to sit and notice what is right in front of you why would you be gifted with more to take for granted?

Full Moon Ceremony

Now before you think I am going to tell you that this needs to be done at midnight with you naked and freezing your arse off please know that it is not a pre-requisite for this to work.

In the same thought pattern as the New Moon you will need to get onto paper what it is you want to release. Take the time to thank old teachers, lovers, friends and even family for the lessons they have bought into your and that you now send them off with love.

Take your paper over to the kitchen sink or somewhere safe in which you can burn it to release it over to the Universe.

Cut your cords with the help of Archangel Michael and ask that your Pit Crew help to tidy up loose ends with you.

Full Moon Tips

Grab crystals and candle if you would like too.

Remember to allow your Inner Warrior to lead the way. She has lived many lifetimes and knows what suits you in this process. If you feel the need to play base heavy music and dance around like a Wild Woman then go with it.

This is an amazing way to shift energy and release what no longer works for you.



Remember to keep this simple and don't overcomplicate the process. It really is about the intention you set rather than all the bits and pieces you use.

