

# Full Moon: Forgiveness & Release

Why we use the Full Moon to forgive and release:

When the moon is in the full phase we are being pulled to the max. Your emotions are likely running higher than usual, so remember to breathe deeply and try to stay calm.

Also, symbolically, when the Moon is fully illuminated in the sky, the light will shine on that which was hidden. It illuminates any secrets and also any work which has been done this cycle.

The Full Moon is a time for cleansing, releasing and recharging, ourselves and our tools. This is an ideal time to clear any stagnant or negative energy out of crystals, oracle decks or other spiritual items and let them recharge under the light of the Full Moon.

Create space and settle in, get committed to your practice. This forgiveness and release work is just as important, if not more important, than making your wishes and setting your intentions at the New Moon. Find a place to sit that is relatively quiet and calming. Light a candle, start a diffuser, smell flowers, find a chant or other mindful meditative YouTube video... Set the mood. Take some deep breaths and allow yourself to feel safe and then think about people or situations which have upset you or that bring up negative emotions.

When you're ready, take a pen and paper and write out a forgiveness list. This is simply a list of who or what you want to forgive, including yourself, for past issues or upsets in order to move on and get passed any blocks. This doesn't mean you have to write about every single issue in your life, or write out every single detail of the event, you can simply write out a name, or some general details if you prefer. Whatever it is that you need to get it out of your heart, and onto the paper. This also doesn't mean you have to forget what happened or be ok with what happened or what was said, it just means you are not going to hold onto the negative energy any longer.

Energy attracts energy, so you get to choose which energy you'd rather be attracting; low vibration anger, fear, resentment ... or high vibration of compassion, forgiveness, gratitude. You can also use this time to release anything that is not serving you, such as anger, the need for control, an aversion to exercise... whatever it is you personally want to release, write it down on your list as well.

Once you have written out your forgiveness list, you can think of the people you are forgiving and that which you are releasing and send them on their way in a bubble or on a cloud. Maybe you prefer to pluck the thought out of your heart and let it go out into the ethers. When you've gone through your list, you can burn the list if you have a safe place to do that, if not, tear it into tiny pieces and get rid of it and know the Divine will transmute it into love. Energy does not disappear, it can simply transform, and the same can be said about the space those thoughts and emotions took up, so now it's time to fill those spaces with gratitude. Make another list, but this time fill it with people and situations you are grateful for. The energy of gratitude is the perfect replacement for resentment. It is also a key ingredient in manifesting! Again, this is a time to let the light of the Full Moon illuminate what needs to be seen in order for you to really take charge of what you want to release, and that which you want to bring into your life.