

**-Take time to heal and be with yourself-
Grab your journal and begin...**

Release

On this full moon...

Dear universe, I sit with you in a circle of trust, power, protection, and support.

In this circle I am to be cleansed of all that doesn't serve me anymore:

I release any and all guilt lingering from the past.

I release any and all shame that is still carried in my body.

I release any and all fears that are not mine to carry.

I release any and all worry and repetitive thoughts that weigh me down.

I release any and all doubt for how can I doubt when I have you with me.

I release any and all unwanted lingering conditioning and patterns that no longer
feel like my truth.

I release any and all...

****write down everything you're ready to release and let go of with this Full Moon****

Declaration

I am no longer who I was, I am who I choose to become.

I thank my past and all my experiences for bringing me to where I am today. To all the versions of myself at all ages of my life I say I love you, I accept you and I am proud of you.

I am now the container holding all of me with love and love only.

In my life there is no space for that which no longer serves me, I hold myself with reverence and I love myself fully and unconditionally.

On this full moon I declare that all of me deserves love, the shadow, the dark as much as the light. That I will honor my truth in every moment. I will speak my mind and speak it with kindness. I will set boundaries and say no. I will take action regardless of my fears. I will give myself permission to rest and to heal.

On this full moon I create space for all my desires, all my dreams and all my goals near and far. I am open to receive what is mine and I fully believe that what is mine is coming my way. On this full moon I declare all my desires with an intention to bring my desires to life.

I declare...

Write down all your desires that you'd like to declare to yourself on this Full Moon

Gratitude

Dear universe thank you for blessing me with the gift of life, of breath, of seeing, and touching and tasting and hearing, of willpower to create myself and my life as I see fit for the highest good of my soul and my truth.

(write down all your blessings small and big)

Divine Contract

On this full moon I promise myself to keep believing in myself, my voice and show up fully to each moment and live everything I do wholeheartedly with a deep sense of presence.

write down what you promise yourself on this full moon

Surrender

Dear universe I surrender to you:

Myself

My goals

My dreams

My desires

My problems

My prayers

In trust that it is now yours to take care of... lead me and I shall follow <3

May you find healing with every full moon

May you find new beginnings with every new moon

**May you find peace and inner quiet with every dark
moon**

**May you always flow with your own cycles and dance to
your own rhythm**

-Yours... *Sara*