

Full Moon Releasing Ceremony

Things you will need:

- Your favourite tarot deck
- blank paper and a pen
- a fire or candle (safely!)
- Sage Smudge (optional)
- print out of the Full Moon spread

If you like, smudge and bless the room you are in to create a sacred space. Hold your cards and spend a few quiet moments reflecting on this past year and what you need to release and let go of. Just let the feelings bubble up inside you. Have a piece of paper handy, as the spread will reveal even more about what would be the most effective emotion, blocking belief, etc to let go of for 2015. When you feel it is it time to stop shuffling, select each card needed for the spread and place them in the positions. Make notes answering each question with the prompts from the tarot card in that position. Complete the spread.

Once you are done the spread, and have your list of one or more things to release and let go of, thank the universe for guiding you in this ceremony and light a candle, or a fire outside or in your fireplace. Spend a few moments with your list in your hand, hold it to your heart and say, "I am ready to release and let go of..." and name each of the things on your list.

Throw them in the fire, or burn them in a candle (safely!) and watch your blocking beliefs, or emotional pain you might have been clinging to drift up to the universe in cleansing smoke.

Thank the Universe or your higher power for its guidance and protection.

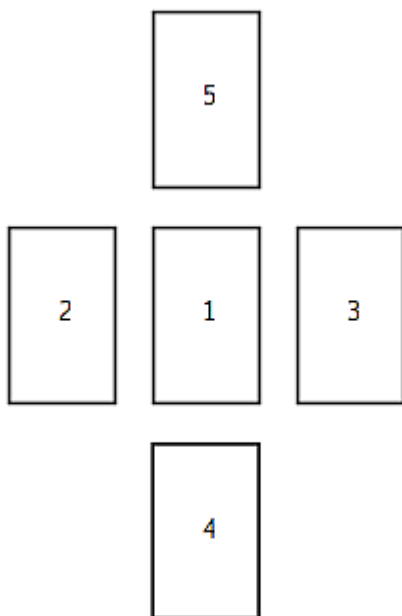


Full Moon Releasing Spread



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I am a huge lover of the moon. I swoon at the very sight of her! She also can bring some pretty heavy emotional feelings when she waxes and wanes, particularly as she gets to her fullness and her newness. One of the ways we can work with her powerful energy, is to perform a ceremony during the full and new moons. This spread is one that you can do during or leading up to a full moon. This is a perfect time to release what no longer serves you, and is a very powerful spread for moving forward with less of an emotional burden on your spirit.



1. What has deeply affected you?
2. What constantly blocks you from living up to your full and true potential?
3. What do you need to release around this block?
4. What supports you?
5. How can you release fully?

Now write down on a piece of paper what you discovered from the final card, and burn it in a sacred fire.

Release and let go.....