

Bring Light Inside

- 1. Awareness**
- 2. Acknowledgement**
- 3. Acceptance**

Releasing energetic karmic debts that take away from your ownership of your energy patterns can be achieved by the simple three step approach. It will help you release the debts of the past that undermine your greatest value in the here and now.

The questions are designed to see what energetic answers quickly come to mind. Answering the questions quickly and uncensored will gain the most introspection and insight.

IMPORTANT: Try not to be spiritually correct or have any reservations with how you are answering the questions. The internal inventory serves to uncover what has energetic residence inside you. Whatever is taking up residence also leads to the resistant barriers in your life.

The three step approach is the fast track to clearing energies.

- 1. Awareness!**
- 2. Acknowledgement!**
- 3. Acceptance!**

EXTREMELY IMPORTANT: We don't have to know every single energetic debt that exists, to own a more empowered state of being. It is about recognizing how past circumstances and experiences act as energetic debts that take away from our position of power and ownership of today. The awareness of the process to "write it right" will begin to heal and release the debts of the past to get free in the now of today.

Easy ~ Powerful ~ Healing

Rituals have a powerful way of trapping energy into compressed intention/ active prayer to be channeled for release and surrender. The Full Moon Ritual is the release of what has been dark or heavy. Resentments, hurts, grievances and areas of lack can all be miraculously transformed with the power of the Full Moon Ritual.

Set the intention for all the areas of your life you would like to relinquish and turn over to God, the Universal Loving Presence, the unifying field of creation, so that the space can open up the miraculous Divine karmic action to manifest for you!

Release!

Relinquish!

Be Gone!

Give Yourself Freedom for the Miraculous!

Emotional Debts:

Name someone you feel has done wrong to you.

What did they do that was wrong in your mind?

Name a situation that was unfair to you.
(first one that comes to mind)

Who do you need to forgive?

Financial Debts

Do you feel you have less money than your needs?

Do you owe money? If yes, then which debt bothers you the most and why?

Who do you feel indebted to, which may or may not have to do with money?

FINDING YOUR TRANSFORMING MONEY MANTRA MESSAGE.

Fill in the blank for the most disempowering feelings you have about money.

Money is _____.

Money is _____.

Money is _____.

Money is _____.

Money is _____.

Put an X through each disempowering word in the above statements.

(Now take the disempowering money statements and fill in an opposite empowering statement for money on the next page. For example: Money is hard to get and keep. The opposite: Money is easy to get and keep.)

KEEP THIS SHEET FOR LATER REFERENCE
FOR THE BONUS SESSION
CREATING YOUR PERSONAL MAGNETIZING MANTRA:

Money is _____.

Money is _____.

Money is _____.

Money is _____.

Money is _____.

Now circle the most empowering words that stand out that you wrote about money. Write the one most soothing word that comes to mind and brings a sense of calm peace surrounding money below.

Karmic Debts:

What would you like most changed in you?

Name as least three repetitive behaviors you wish you could release.

1.

2.

3.

What do you dread most that you feel obligated to do?

What is the last thing you did and regretted that still crosses your mind?

Write something you would not want shared with the world.

What do you feel guilt or shame about right now?

What is something you would like to never feel bad about again?

Turning the Light On

~ Full Moon Ritual Writing Exercises ~

Bring light to the darker energies that need to be relinquished and released in areas that are holding you back, blocking you or weighing you down!

Answer fully and privately for yourself. You will be burning the sheet, so feel free to disclose fully ~ the more honest you are, the better!

Answer only the areas that apply right now with heavy energies you carry that need release ~

Situation Needs Resolution

With Whom?

Over What?

Hurt or Pain Being Held Inside:

Where?

Relates to What?

Lack:

What Area/Areas of Your Life?

Where has it dis-empowered you?

Disconnect:

What Area/Areas of Your Life Are Blocked?

With Whom?

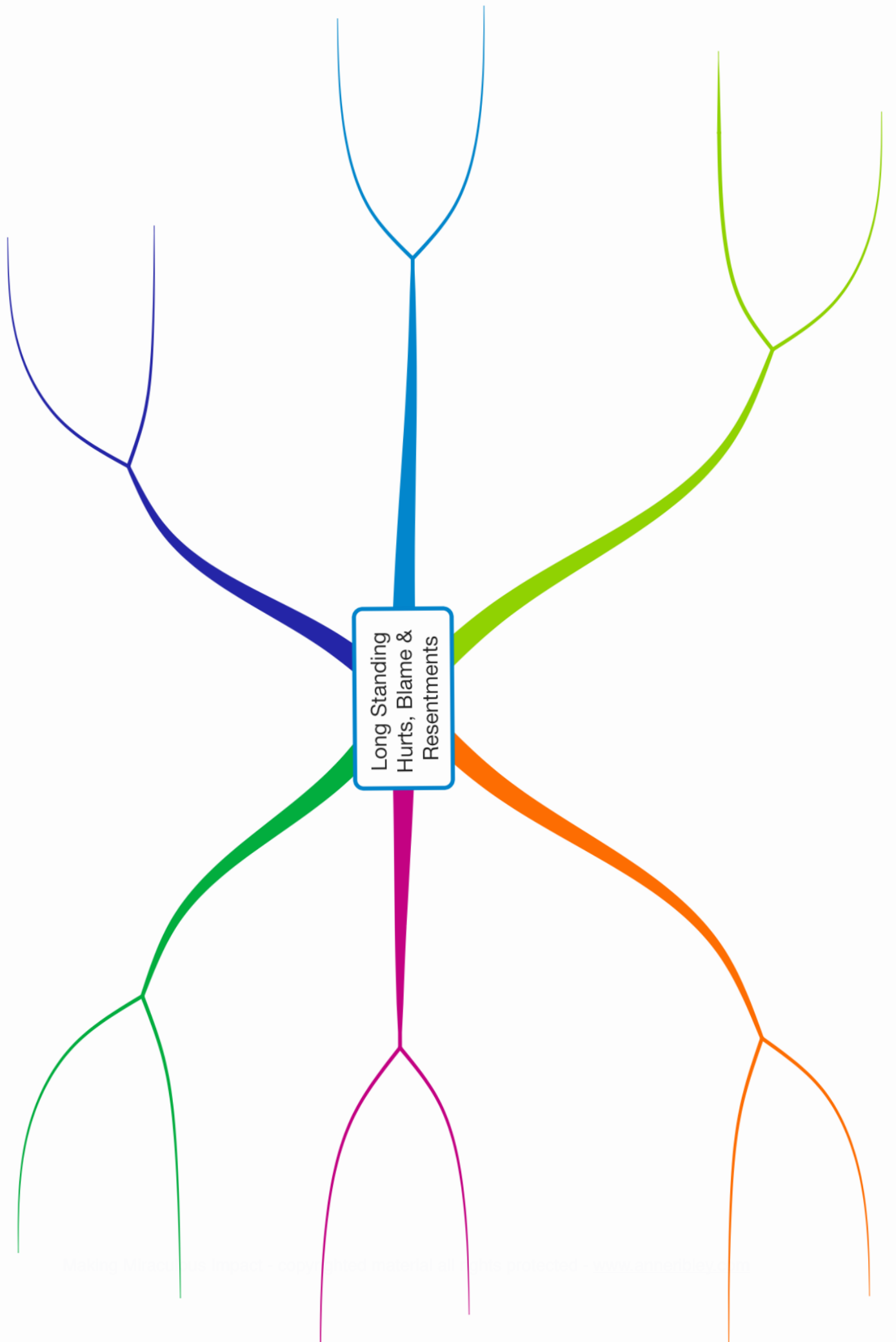
Over What?

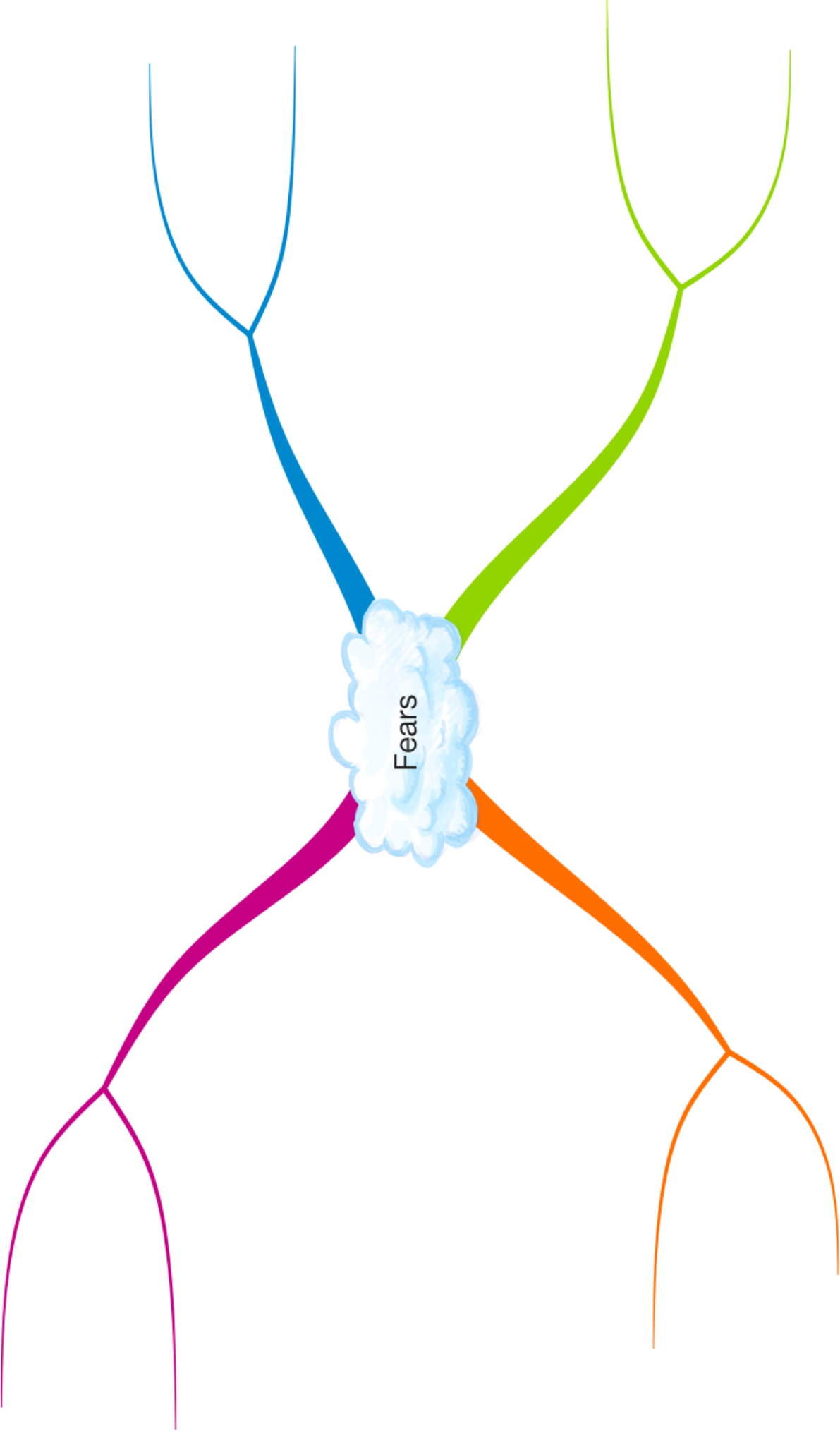
Betrayal (with self or others):

With Whom?

Over What?

Long Standing Hurts, Blame & Resentments





Letter to Relinquish and Release ~

A letter of release works best when you give yourself permission to be free and loose with your emotions, language and expression. Use the full range of real thoughts and emotions, written completely uncensored!

Most importantly, don't try to be spiritually 'right'. The healing transformation begins to clear the toxic feelings, words and internal clutter you may write about as soon as you allow steadfast, full-on expression of your real thoughts. And remember, you are throwing this letter into the fire during your Full Moon Ritual. No one will ever see it!

**Who do you release? What do you release?
What emotions, thoughts, habits, people...?**

Write the words. Speak your mind. Let it go!
Use as many sheets of paper as it takes to release the energy with your words using the "write it right" process.

