

Full Moon Ritual

Clear negativity from your life through this simple ritual.

Chant: Sa Ta Na Ma, Ra Ma Da Sa, Sa Say So Hung
Brings peace and protection

Things you are clearing:

Write down

Things that hurt you, make you angry, betrayed, disappointed, failures, drama, pain, hopeless, frustrated. Write down how you feel eg. I feel so angry....

NB: If you want to keep this page, then you can write on a separate piece of paper, as you will be burning it.



After Writing:

Burn this paper saying 'I RELEASE YOU WITH LOVE AND LET YOU GO' (repeat until paper is burned away)

To Finish:

Listen to the Guided Full Moon Meditation -
<https://yogasoulacademy.com/full-moon-meditation/>

Comments:

Burning Sage throughout your home will also support the clearing of negativity. You can call on Melchizedek to bring his Violet Flame and transmute all energy that is not of pure love and light.