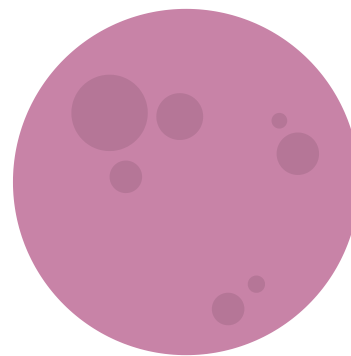


## YOUR 'HOW TO' GUIDE TO

# Full Moon Magic



**The Full Moon marks the end of the cycle and it's our cue to deal with "stuff", and let go of lower energy that are stumbling blocks in our manifestation and success.**

1. Take a few moments to sit still and centre yourself. Take a few deep breaths and bring your awareness into the present and into your body. Ask your DEva to join you to facilitate the rebalancing of your energy blueprint.
2. Think about any ideas, habits, thoughts of upsets that you want to release. Write them all down fully on paper until have expressed it fully. Write as many as come into your consciousness and trust that they are appearing in perfect flow to be relinquished.
3. Now think about what people have upset you. This could be yesterday or early childhood. Who was it? What did they do or say to upset you? Again write as much detail as you can to express it.
4. Close your eyes and release the emotion and thought forms from your energy field, Work through each incident and person and release them with forgiveness.
5. NOW FOR THE MAGIC. Ask your Deva to hold you in its loving embrace, feel its tenderness envelop you. It wants nothing more than the perfect fulfilment of your being and your path.
6. Allow its love to guide you into gratitude for all that is and all that will be. You can write out a list of who and what you are grateful for,
7. Burn your list and thank the Fire spirit for transforming this energy and returning it into the Universal energy of love.
8. Thank you Deva for being present with you, even if you did not sense it. Picture yourself without that fear, upset or memory and say to yourself "I am blessed".
9. Do something gentle and relaxing such as breathing exercises, or a gentle walk to allow your energy field a moment or convalescence and to ground yourself into the present moment.