

MUSINGS & MEDITATIONS
FULL MOON-RELEASE, FORGIVE & FIND GRATITUDE



Every month we get a change for a fresh start, a clean slate. When we sync our energy with nature we can follow the path of least resistance and learn to go with the flow as oppose to pushing against the tides. The moon controls the tides of the oceans, and since we are made up of mostly water it's said the moon has a tremendous effect on us as well!

The full moon is the height of the lunar cycle, where things come into fruition, built up energy comes to a climax, emotions can run amuck if we aren't careful. Tremendous yet subtle power is coming at us even if we aren't aware, so positive intentions are key! Whatever we put out we get back amplified. This transformative time of the month is a time to let go of what no longer serves us and make room for change in our lives. A time to detox, not only physically but mentally and emotionally. Old thought patterns, self-sabotage, toxic or negative beliefs or people can be obstacles for bringing into our lives what we want.

Challenging times teach us lessons. We must acknowledge and thank every lesson brought to us, good or bad. Find gratitude in it all then release what you no longer need to hold onto. Take the time of the full moon to do some internal work-reflect, forgive, find gratitude and release! Make room to manifest what you *do* want and stop giving energy to what you *don't*. Keep it positive and remember your given a monthly opportunity to make real changes in the direction of your life.

Musings for this Meditation:

*What is keeping you from bringing what you want into your life?

*What lessons have you learned? What can you acknowledge, honor and release?

*What has worked for you this month? What has not worked? How can you make a positive shift to create what it is that you want?