Full Moon Forgiveness List

What is it that you need to release? This can be a habit, a thought pattern, an idea or an upset. Now think of any person in your life that you need to forgive. And don't forget to forgive yourself! "Express it all out onto this page and write it down from your heart. When you have finished, recite the Full Moon Forgiveness and Karma Release Formula and then burn the page and release it all to the ethers to be transmuted with love.

 	 	 	
 	 	 	



Full Moon Gratitude List

Now it is time to replace all that you have just released by making a list of the things in your life that you are grateful for. Finish by burning the list and letting it all go.

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2
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"Under the glorious Full Moon, I forgive everything, everyone, every experience, every memory of the past or present that needs forgiveness."

"I know that I am blessed and I live my life within that knowing."

