

FULL MOON RELEASE WORKBOOK



RELEASE WHAT NO LONGER SERVES YOU
DURING THE FULL MOON

reikiamazes.com



**Hi there,
I am Jivita,
Reiki Master Teacher**

The full moon and new moon have significant importance in esoteric practices, serving as powerful tools for manifestation and spiritual growth.

This workbook is based on the article: *The Power Of The Full Moon: Your Guide To Release & Let Go*

[CLICK HERE TO READ THE FULL ARTICLE](#)

WELCOME

A COMPREHENSIVE WORKBOOK TO RELEASING AND LETTING GO WITH THE FULL MOON

The glorious full moon has always played a fascinating role in mystical traditions from all corners of the world. Across diverse cultures and belief systems, this celestial beauty is revered as a potent symbol of fulfillment, abundance, and vibrant energy.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Limiting Beliefs: Releasing beliefs that hold us back, such as "I'm not good enough," "I don't deserve success," or "I'll never change," can empower us to pursue our goals and dreams with confidence.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

**IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT
DOWN IN DETAIL**

Emotional Baggage: Letting go of past hurts, grudges, resentment, anger, and sadness can free us from emotional burden and promote healing.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

**IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT
DOWN IN DETAIL**

Unhealthy Habits: Breaking free from unhealthy habits and addictions, such as smoking, overeating, or excessive screen time, can improve our physical health and overall well-being.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Toxic Relationships: Letting go of toxic relationships, whether romantic, familial, or friendships, can create space for healthier, more supportive connections that nurture and uplift us.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Fear and Anxiety: Releasing fears, worries, and anxieties that hold us back from taking risks, trying new things, or pursuing our passions can help us live more boldly and authentically.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Perfectionism: Letting go of the need to be perfect and embracing imperfection can reduce stress and self-criticism, allowing us to enjoy life more fully and take risks without fear of failure.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Past Trauma: Letting go of past traumas and experiences that continue to haunt us can facilitate healing and emotional resilience, allowing us to move forward with greater strength and resilience.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Negative Self-Talk: Releasing negative self-talk and self-doubt can improve self-esteem and self-confidence, empowering us to pursue our goals and dreams with courage and conviction.



SOME COMMON AREAS WHERE YOU MAY BENEFIT FROM RELEASING NEGATIVE EMOTIONS, BELIEFS, AND PATTERNS:

IS THIS APPLICABLE TO YOU IN ANY AREA OF YOUR LIFE? WRITE IT DOWN IN DETAIL

Expectations and Attachments: Letting go of rigid expectations and attachments to specific outcomes can foster acceptance, flexibility, and inner peace, allowing us to flow with the natural rhythms of life.



Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

**WHAT FEARS HAVE BEEN HOLDING ME BACK FROM PURSUING MY
DREAMS OR TAKING RISKS IN MY LIFE?**





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

**WHAT PAST MISTAKES OR REGRETS AM I STILL CARRYING WITH ME,
AND HOW ARE THEY AFFECTING MY PRESENT HAPPINESS AND WELL-
BEING?**





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

**IN WHAT WAYS HAVE I BEEN COMPARING MYSELF TO OTHERS, AND
HOW IS THIS COMPARISON HINDERING MY SELF-ESTEEM AND SENSE
OF WORTH?**





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

WHAT RESENTMENTS OR GRUDGES AM I HOLDING ONTO, AND HOW ARE THEY IMPACTING MY RELATIONSHIPS AND OVERALL SENSE OF PEACE?





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

**WHAT SELF-IMPOSED LIMITATIONS OR EXCUSES HAVE I BEEN USING
TO AVOID STEPPING OUT OF MY COMFORT ZONE AND EMBRACING
CHANGE?**





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

**WHAT OBLIGATIONS OR COMMITMENTS AM I HOLDING ONTO OUT OF
A SENSE OF DUTY OR OBLIGATION, RATHER THAN GENUINE DESIRE
OR PASSION?**





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

HOW HAVE I BEEN SABOTAGING MY OWN SUCCESS OR HAPPINESS THROUGH SELF-SABOTAGING THOUGHTS, BEHAVIORS, OR HABITS, AND WHAT CAN I DO TO BREAK FREE FROM THIS CYCLE?





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

HOW HAVE I BEEN SABOTAGING MY OWN SUCCESS OR HAPPINESS THROUGH SELF-SABOTAGING THOUGHTS, BEHAVIORS, OR HABITS, AND WHAT CAN I DO TO BREAK FREE FROM THIS CYCLE?





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

**IN WHAT WAYS HAVE I BEEN COMPARING MYSELF TO OTHERS, AND
HOW IS THIS COMPARISON HINDERING MY SELF-ESTEEM AND SENSE
OF WORTH?**





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

WHAT RESENTMENTS OR GRUDGES AM I HOLDING ONTO, AND HOW ARE THEY IMPACTING MY RELATIONSHIPS AND OVERALL SENSE OF PEACE?





Reflection prompts

REFLECTION PROMPTS FOR IDENTIFYING WHAT NEEDS TO BE RELEASED DURING THE FULL MOON

WHAT RESENTMENTS OR GRUDGES AM I HOLDING ONTO, AND HOW ARE THEY IMPACTING MY RELATIONSHIPS AND OVERALL SENSE OF PEACE?





YES, I WANT TO RELEASE THESE...

Now that you are clear about what you want to release, list all the things here, so that you can work easily on each of it.

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

I want to release

CHECKLIST

Step-by-Step Checklist to Harnessing the Power of the Full Moon for Release and Let Go



Checklist for a Full Moon Release and Let Go



1. **Set Intentions:** Take some time to reflect on what you want to release during this full moon phase. Set clear intentions for what you want to let go of and why.



2. **Choose Release Techniques:** Decide which release techniques resonate with you. This could include journaling, meditation, visualization, rituals, or any other practices that feel right for you.



3. **Create a Sacred Space:** Find a quiet and comfortable space where you can engage in your release practices without distractions. Consider lighting candles, burning incense, or playing calming music to create a peaceful atmosphere.



4. **Gather Supplies:** Collect any supplies you'll need for your chosen release techniques, such as a journal and pen for journaling, a meditation cushion or chair for meditation, or any ritual items for a ceremonial release.



5. **Engage in Release Practices:** Begin your release practice by engaging in your chosen techniques. Write down your thoughts and feelings in your journal, meditate on releasing negative energy, perform a visualization exercise, or conduct a ritual to symbolically let go of what no longer serves you.



6. **Express Gratitude:** After releasing, take a moment to express gratitude for the opportunity to let go and make space for positive change in your life. Thank the universe, higher power, or whatever higher source you believe in for supporting you on your journey.



7. **Reflect on Your Experience:** Take some time to reflect on your experience with the release practice. Journal about any insights or emotions that arose during the process, and consider how you can integrate these learnings into your life moving forward.



8. **Express Gratitude:** After releasing, take a moment to express gratitude for the opportunity to let go and make space for positive change in your life. Thank the universe, higher power, or whatever higher source you believe in for supporting you on your journey.



9. **Release Attachments to Outcome:** Release any attachments to the outcome of your release practice. Trust that the universe has heard your intentions and will support you in your journey, regardless of immediate results.



10. **Practice Self-Care:** Finally, remember to practice self-care after engaging in your release practice. Take a relaxing bath, spend time in nature, or engage in any other activities that nourish your mind, body, and soul.

FULL MOON BURN LETTER

A Full Moon Burn Letter is a ritualistic practice where individuals write down their thoughts, emotions, fears, or anything else they wish to release or let go of onto a piece of paper. These writings are often symbolic representations of negative energy, limiting beliefs, past traumas, or anything else that is holding them back from living their fullest and most authentic lives.

Once the letter is written, it is customary to burn it during the full moon phase. The act of burning the letter symbolizes the release of these burdens, allowing individuals to let go of what no longer serves them and make space for positive change and growth in their lives. As the paper turns to ash and rises into the air, it is believed that the energy of the full moon helps to transmute these negative emotions and energies into light and positive energy, freeing the individual from their emotional baggage and promoting healing and renewal.

The Full Moon Burn Letter ritual can be performed individually or in a group setting, and it is often accompanied by other practices such as meditation, visualization, or chanting to enhance the energetic release and purification process. It is a powerful and cathartic practice that allows individuals to release emotional attachments, clear energetic blockages, and create space for new intentions and manifestations to enter their lives.



FULL MOON BURN LETTER

Release _____

Date: _____

Lined writing area consisting of 18 horizontal lines for text entry.



Published by La Grace Publication.
Copyright ©Jivita Rane.

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, stored in a database, and/or published in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

