

LUCY BRAND

Intuitive Business Coach

Full Moon Releasing Ritual

Hi there gorgeous! Thanks for requesting my full moon ritual. I believe rituals are an important part of our lives, business and growth. They allow us to “Stop”.

In our “busy” lives, acknowledge and give thanks for all which has come to pass and either ask for more or bless and release that which we no longer desire in our lives and business.

The full moon is the perfect time to do this and release all which no longer serves you or is in your highest good or the highest good of others. It's a time of shearing all which is preventing you from realising and manifesting your intentions, dreams, desire and goals.

The Moon represents our emotions and our emotions under a full moon are illuminated. What you choose to release could be emotional but also a situation, negative thinking or something or someone who still has a hold over you and you can't seem to let them go. It could even be a physical thing or ailment, you may wish to release.

We set intentions under the new moon and our intentions are like seeds which we want to grow and blossom into our dreams and aspirations. The full moon offers us the opportunity to illuminate all which is hindering us from achieving our goals, (before the harvest or reaping what we sow or making our dreams manifest) so we can acknowledge, bless and release them. Giving us clear sight, (as we are no longer being clouded by “negative” emotions or situations which are not our truth) so we know how to authentically, elegantly and gracefully move forward and manifest our desires and dreams.



Photo by Andrea Reiman on Unsplash

Full Moon Releasing Recipe

Ingredients

- ★ Crystals
- ★ Candle
- ★ Lighter or matches
- ★ Pencil or pen
- ★ Paper
- ★ A pot or container to burn paper in. I use a ceramic plant pot. (If you're lucky enough to have a garden & own a fire pit then that will work too!)
- ★ A lid for the pot. I use a metal camping plate.
- ★ A small bowl containing water.

1. Depending on the weather, I find a place either inside or out, where I can connect to the beautiful, illuminating full moon and send her love and gratitude.

(If the weather is not fabulous and I can't see the full moon, I sit under our skylight in our lounge and connect with her.)

2. Next, I setup my space with my crystals and settle myself into a seated position.
3. Once connected with the Moon, I ground and send roots down, deep down into Mother Earth and connect with her too and send love and gratitude down through my roots.
4. I then light my candle, take three deep breaths and centre myself and invite whoever I would like to assist, guide and support in my ritual. The Universe, the Angels, God, Elementals, Spirit Guides, Ancestors.
5. Take your pencil or pen and write on the paper, "I acknowledge, bless and release all of the following which is not in my highest good or the highest good of those involved."
6. List out all you wish to acknowledge, bless and release, under this full moon, all which is hindering you from achieving your desires, dreams and aspirations. It could be emotions, it could be thoughts, it could be situations, it could be negative patterns or stories which you are holding on to. Just write it all out, free flow and trust and know it will be released.

(If you're stuck, ask the Moon or whoever you invited into your space to help you.)

7. Once finished, sign it off, "And so it is. It is done, it is done, it is done." And write your name and date.

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8. Blow the candle out, fold the paper up and head outside with your pot, lid, lighter and bowl of water.
9. I then re-establish connection with the moon, Mother Earth and my guides and say a little prayer:
“Dear _____ (insert the Higher Power you believe in) tonight I acknowledge, bless and release all which is written on this piece of paper and all which is holding me back from achieving my dreams, desires and intentions under this illuminating, beautiful full moon.”
10. I then light the piece of paper and place it in the pot and give thanks that all is being released which no longer serves me or is in my highest good or the highest good of all involved and watch it burn away.

(If it’s windy, which it can be here in Brighton on our balcony, I use the metal plate to control the flames.)
11. Once burnt to ash, I pour the water over the remnants just to make sure it is definitely out.
12. I then give thanks to the Moon, Mother Earth, all who joined me and the ritual itself and sit in gratitude for a few minutes to see if anything wants to come through, ideas or nudges on how to move forward and then that’s it!

Enjoy!

Lucy x



Lucy Brand is an Intuitive Business Coach & Speaker who helps women entrepreneurs to heal at their core & create a profitable business which supports their dreams. Lucy combines her digital marketing experience with energy work & Shamanic healing to address your inner game of mindset & energetic alignment with outta game marketing strategies. She is passionate about encouraging women to know they ARE enough & worthy of fearlessly going after their business dreams.