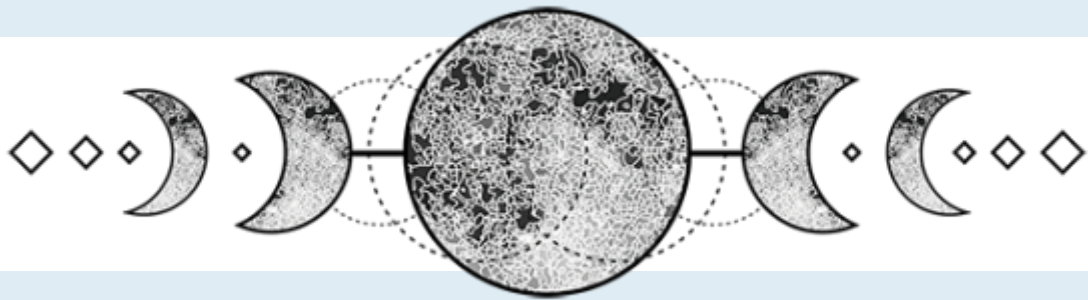


# FULL MOON

A beautiful workbook to help you navigate this moon phase.



*Inner Goddess.*



The Goddess doesn't enter us from outside;  
she emerges from deep within.

She is not held back by what happened in the past.

She is conceived in consciousness, born in love and nurtured by higher thinking.

She is integrity and value, created and sustained by the hard work of personal  
growth and the discipline of a life lived actively in hope.

- Marianne Williamson -

Do you remember that magical feeling you got when you were a child and you looked up at the moon? I still get that!

The moon is still full of incredible magic that can be tapped into - intuitive abilities, energy healing and psychic visions plus so many more offerings.

The intentions you hold between the phases of the moon cycles come to fruition during a full moon.

It's really no secret how powerful the moon energy really is. You just need to think about the full moon and how people, without probably having much understanding of what they mean when say 'oh its a full moon all the crazies are out tonight'.

As you become familiar with how the moon cycles work, you will start to experience a little more magic in your own life.

The FULL MOON is all about releasing what no longer serves you, letting go and forgiveness. Releasing control of anything and everything - releasing ourselves of toxic and negative energies. Whereas the new moon is more about setting new intentions, making wishes, manifesting and creating.

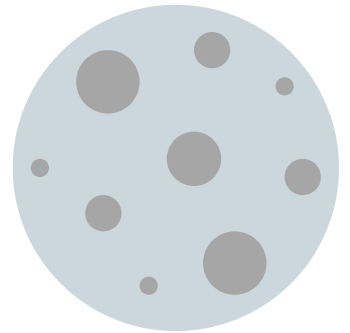
I can't be sure of when I first fell in love with the moon but I do love the energy of her and love forever learning about the cycles and the connection it has to us as humans.

It really helps to remind you that we are all connected to something bigger, more powerful than just ourselves.

After all, we are all children of the universe.

*Moon Cycles.*

# Full Moon.



Every full moon we have the beautiful opportunity to release what no longer serves us!

This can be in the form of releasing energy, limiting beliefs, fears, old habits and even relationships.

When we engage in this process of letting go we can make room for new blessings and abundance in all forms.

## WHEN IS IT?

It's important you know when the full moon is arriving. Always add the time and date in your calendar and set a reminder. I use an app on iPhone called 'moon' to track it but there is also plenty of info online.

## WHAT YOU'LL NEED TO WORK WITH THE FULL MOON?

Alone uninterrupted time : Must allow this time for you to be on your own when and where you won't be disturbed (if you need to make arrangements so you have space and don't have your kids, then do so).

Switch off your phone, unplug and tell everyone you're busy!

Create a sacred space : Give some thought to how you will create your sacred space - make it beautiful and comfortable.

You may want to include sage, crystals, angel or tarot cards and essential oils.

Play soothing and connecting music (you will find a playlist I've created on Spotify).

Grab a comfy blanket and pillow, a cup of hot chocolate or tea or even a sneaky glass of wine.

Journal or Notebook : Have your journal and a pen/pencil ready with you so you can note down anything you're feeling - emotions, visions, thoughts, realisations or reflections.



# Essential Oils.

TO CONNECT WITH THE FULL MOON

Frankincense :

The oil of "Spiritual Truth"

Frankincense assists us in removing any low vibe or false components in our lives. This can mean letting go of toxic relationships, negative situations or an uninspiring job. This oil helps create a spiritual opening within us to create new perspectives based on truth and light.

Thyme :

The oil of "Releasing and Forgiving"

Thyme is a significant cleanser of the emotional body making it ideal for the full moon. This oil can help us to deal with feelings that have been stuck for a while as it goes deep within our soul to cleanse any unresolved issues. When we use thyme in our full moon ritual we begin to open our heart and experience forgiveness and love towards others and from this we are able to find peace.

Lemongrass :

The oil of "Cleansing"

Lemongrass is a powerful and effective cleanser of any energies that no longer aids in our expansion. When we use lemongrass on the full moon it helps us let go of old belief systems and any negative energy we may have accumulated from others or situations. Lemongrass is an uplifting and joyous citrus oil making it an ideal oil to help you tune in to what energies no longer match this vibration.

Cypress :

The oil for "Change and Transition, Motion and Flow"

Cypress is the perfect oil to release any stagnant energy or relationships on the full moon. Cypress helps to create energetic flow and emotional purification. When we use this oil in our full moon ritual we begin to let go of the past and move forward with the flow of life. A flow of joy and wellbeing always exists within the universe- it is up to us to decide if we want to flow with it or go against it.

I to order please contact me here or send me an email to [rebecca@foodfitnesswellness.com](mailto:rebecca@foodfitnesswellness.com) I

If you don't like something, change it.  
If you can't change it, change your attitude.

Maya Angelou





Crystals can help amplify your manifestations.

The energy of a full moon is also the perfect time to cleanse and recharge your crystals.

Crystals absorb energy, just like we do. Whether it be positive or negative energies they need to be cleansed regularly. This is at an energetic level, not just cleaning dust from them.

Crystals hold powerful energy properties.

Your crystals will absorb the energy of their environment, and if they are frequently handled or used for healing practice or in meditations, they will also need to be cleansed of that energy every month.

You can at any time earth your crystals, by putting them in the soil and you may also like to use sage to cleanse them through out the month prior to the full moon.

But the powerful energy of the full moon will give them a stronger and deeper cleanse.

Charge your crystals with intention around what you are needing support in.

You may want to state them out loud or write the intentions on paper.

Finally once they have been left out to cleanse and bathe in the moon light over night you want to make sure you give thanks, it's important to show your gratitude towards the universal energy or god, higher power (whichever you believe in).

It's important to note that clouds do not effect the moon's energy. So if its overcast or raining, you can still cleanse your crystals with the powerful FULL MOON energy.

Just make sure that you put out crystals that are OK to come in contact with water.

For example, keep Selenite and Malachite inside because the rain will cause damage to them.

Crystals like the Quartz family, and most tumble stones are all safe to be outside in the rain.

In fact, the rain and water will help cleanse them too.

Examples of intentions around your crystals:

Charging rose quartz with love to support my relationship with \_\_\_\_\_.

The stones I use with clients will be charged to intensify their healing properties\_\_\_\_\_.

Smokey quartz with energy to help me stay grounded during the transition of \_\_\_\_\_.



As wonderful as the full moon is, its not uncommon to feel overwhelmed, scattered and like your energy is everywhere. Thats because the moon tries to take you out of your body. If the energy is too strong and your crown chakra is open to the energies flooding in, you may have an unbalanced and ungrounded root chakra. So you'll need a more grounding stone at this time of the month.

There are many grounding crystals available to us, but the Geodes are what you can really benefit from. These stones take millions of years to come into being. They're not as old as the moon but have been around a very long time to help lift you with your energy.

These will also help you to heal and rejuvenate your feminine side.

**Moon Stone** : helps to amplify the energy of both the new moon + full moon.

**Clear Quartz** : Clear and Purify

**Selenite** : Recharge.

**Labradorite** : Spiritual Magic.

**Amethyst** : Spiritual Protection

**Kunzite** : Stone for letting go of worry and fear.

**Rose Quartz** : Love

## HOW TO USE THEM WITH THE MOON

There are many ways to use your crystals during the full moon, here are a few examples:

- Place a crystal under your pillow during the night of the full moon to unlock the moons power in your dream world. This could help you to receive messages of guidance. Just be careful which you choose to use for this as some are too powerful and may keep you awake.
- Place your crystals outside and charge them up over night, setting an intention of what energy you would like to amplify. For eg. If you have manifested abundance through this moon cycle ask that the crystals be charged with the energy of abundance to bring it with you though to the next phase.
- The day of the full moon carry it around in your pocket, as a reminder for what you have manifested and stay in tune with that energy.

I let go of my need to control  
and I allow the Universe to do her thing.  
Gabrielle Bernstein



You are what you believe yourself to be.

Paulo coelho



## *Things you may want to release.*

Fear of Change

Old Beliefs

Habits that no longer serve you

Relationships/Friendships

Emotional attachments to things ie. people

Belief you are not good enough

Shame

Guilt

Blame

Letting go of a job

Fear of criticism

Fear of judgement

Any negative emotions that are holding you back

Comparison

External validation

## Full Moon Release Steps.

Unlike the New Moon which was all around intention setting, dreams, goals and wishes you were wanting to manifest (which you can learn about in my other ebook for purchase).

The full moon is around releasing and letting go of what no longer serves you.

### Step 1 :

Make sure you are sitting comfortably in your sacred space under the direct gorgeous light of the full moon if you can be. Have your crystals and other special items around you.

Burn sage to help clear away any toxic or unwanted negative energy.

Being under the silver light of the moon will help you wash away any of these energies.

### Step 2 :

Meditate/Close Your Eyes - Become present and aware of your breath. Notice any tension or pain points in the body, acknowledge them and breathe into them, allowing yourself to fully relax.

### Step 3 :

Write on paper what you wish to release from your life:

What limiting beliefs do you want to be free of?

What relationships or job are no longer serving you?

What emotions need to be healed, forgiven and released?

### Step 4 :

Once you have written out what no longer serves you and you want to release, you can sign it and date it and then burn it if you wish (please make sure you are careful if you choose this option).

Have a small bowl or something to burn the paper in to and watch the flames burn away and release what you have written.

Breathe deep into your heart as you say out loud, declaring that:



' I now release ---- '

Most important part is to TRUST, the universe will take care of the rest.

If you have oracle cards, angel cards or tarot. You may also feel called to pull some cards around the intentions or the full moon, new beginnings and see what comes up for you.

What are you letting go of?

*I now release what no longer serves me  
and openly accept change.*

AFFIRMATION

# Full Moon PRAYER



May I turn inward in times of fear and learn to trust in the inner wisdom and knowing  
in the depth of my heart.

May I breathe into the discomfort and create space for my destiny to reveal itself.

May I soften the edges in my thoughts and create new beliefs around what it means  
to truly be.

May I find balance in the ups and downs that are part of this current transition and  
part of my life.

May I face any lies I've been telling myself and others to allow for connection,  
vulnerability and healing.

May I stand strong like a tree, flexible in the wind and rooted in the present.

notes.

notes.

Its time to wake up *Godless.*

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@iamrebeccaneale

Share your *journey* with me

#innergoodnessjourney