



Full Moon Forgiveness List

The Full Moon offers these powerful portals to invite forgiveness... Forgiveness also includes yourself too... Harboring pain, anger, resentment, shame or guilt associated with any relationship past or present only ends with feelings associated with unworthiness or not enoughness...

So take your time and consider what has been your role in these relationships so that you can forgive yourself... Write it down as two aspects - others & self and then upon the full moon burn it...

Begin the process of forgiveness/releasing & acceptance starting with -

I forgive & release

Then let all your thoughts, feelings, emotions, and energy attached to that experience be written down... Consider these 3 areas on the next page that may prompt you to reconnect with and help let your pain be released & gain pleasure in letting it go...

♥ Set yourself free through forgiveness gorgeous ♥

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Questions to consider on a full moon

Which relationship left me the most pain & why... Can I forgive them and myself in my role I played so you can continue my personal/spiritual journey free from the pain & only take forward the lesson?

Who do I need to communicate with & what needs to be said? Be specific... Avoid triggering things that can not be changed and focus on what about that experience with them needs to be clearly spoken about in a loving manner so you both can move forward...

Is there a conversation that you need to have with yourself... What do you feel needs to be addressed, released and replaced with love...

