

Full Moon Journal

It's time to let it all go



Full moons 2020

January 10th
February 9th
March 9th
April 7th

May 7th
June 5th
July 5th
August 3rd

September 2nd
October 1st
November 30th
December 29th

The time of the Full Moon each month can be challenging for many people, as it bring up to the surface many repressed emotions.

The full moon has an effect on the Water on Earth, like the oceans and the seas, creating big waves and disrupting the gentle and easy flow of the water.

Our bodies are made up of more than 85% Water, so you can imagine the impact that the Full Moon can have on us, creating waves inside of us which creates emotional imbalance during these times.

This is the reason many sages and saints fast and meditate for a few days every months during the full moon phases. This helps us with our human emotions and allows us to deal with them calmly by going within and asking ourselves questions like : Why am I feeling this anger, fear, shame, resentment? What is it here to teach me? What is the lesson? How can I get closer to the Divine?

This is why practices such as fasting, prayer, contemplation and meditation are crucial for our spiritual development and becoming closer to the Divine. Purifying the body, mind and soul.



So what else can we do to become more aware of the intense energies of this time and use it to our advantage.

We can create a practice or a ritual every month for ourselves to create a safe, sacred space, where we can let go of our stagnant emotional energy that has low vibration attached to it and no longer serves us.

Here is a list of things we can choose to do:

1. It's important to not get worked up during this time and try to control things, but to Surrender and Let go.
2. Have a bath
3. Light some candles
4. Burn sage, palo santo or frankincense
5. Put some calming Music
6. Get pen and paper out and write down your feelings, anything that comes up and then burn it or throw it away.
7. This way you subconsciously let go of beliefs, emotions, thoughts and energy that you no longer want and that are not serving you anymore.
8. Make the intention to let go of the old and invite the New positive energy and miracles into your life.

Some Questions that you may want to answer for yourself are :

How can I Surrender more?

How can I trust in the process of Life?

How can I believe in my own worthiness, authenticity and power more?

How can I ground myself and be in the present moment today?

How can I be more gentle with myself and Love myself more.

How can I open my Heart for the Divine Love to flow through me?

How can I be more forgiving, understanding and compassionate?

How can I be more patient and calm.

How can be more allowing and Receptive to this beautiful energy of Love?

How can I express my creativity during this time and create something special that can be shared with others ?

How can I receive the gentle guidance of the Universe and follow it.

Full Moon invocation

May the energy of the Full Moon amplify the energy of my intentions enough to manifest them into my reality. I now release all the things in my life that are not serving my higher purpose, creating space for Love, Joy and Abundance to flow. I release all internal and external blocks that have masked me from reaching my true potential. I am ready to receive Divine guidance and hold only energies that serve my highest self. So it is. Ameen.

MAY THIS FULL MOON REMIND YOU THAT YOU ARE LOVED,
YOU ARE WORTHY, YOU ARE WHOLE AND EVERYTHING THAT
HAS HAPPENED IN YOUR PAST HAS PREPARED YOU TO SHINE
BRIGHTER THAN EVER AND YOUR OWN DIVINITY.



Sotoda Saifi
Self Love School
www.SotodaSaifi.com